

# GROUP EXERCISE CLASS SCHEDULE



# March 2025

March is packed with exciting fitness specials at SMAC! **New Intro to Cycle classes** added this month—perfect for beginners! **Specialty morning Zumba** on **Wednesday, March 6**—don't miss the energy boost! **Early morning Pump** starts **Monday, March 11 at 5:45 am**—kickstart your day with strength! **Saturday Sampler** on **March 22**—try a mix of different workouts in one class! **Line Dancing is back** on **Saturday, March 29**—get ready to move and groove! Join us and make March your strongest month yet!

Day	Class Times	Class Name	Instructor(s)
MONDAY	9:15A-10:00A 9:15A-10:15A 10:45A-11:45A 12:00P-1:00P	Cycle 45** Pump** SMAC S&C** SMAC S&C**	Cassandra Kelly Nay Nay
	5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Pump** Cycle 45** Step** (3 & 17 Glori, 10, 24 & 31 Corrie)	Corrie Jen Corrie/Glori
TUESDAY	5:45A-6:45A 9:15A-10:15A 10:30A-11:30A	Pump ** Cardio & Core Pilates/Yoga (4 & 18 Pilates, 11 & 25 Yoga)	Sherry Cassandra Susan/Arielle
	5:15P-6:00P 6:15P-7:15P	Kickboxing Zumba	Kelly Nay
WEDNESDAY	5:45A-6:30A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jen Corrie Nay
	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** Cycle 45** WARRIOR Rhythm	Sherry Jessica S. Jessica B.
THURSDAY	9:15A-10:00A 10:15A-11:15A	Bootcamp Pilates	Jim Susan
	5:15P-6:00P 6:15P-7:15P	WARRIOR Combat Yoga	Kelly Arielle
FRIDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:00P	Cycle 45** WARRIOR Rhythm SMAC S&C	Laura Jessica B. Susan
	5:00P-6:00P	Bootcamp	Jim
SATURDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (1 & 8) Max Burn (15 & 29) Cycle 45** (1 Jessica, 8 Cassandra, 15 & 22 Laura, 29 Jen) Pump** ((1, 8 & 15 Corrie, 29 Glori)	Kelly Jen Alt. Instructors Corrie/Glori
	No classes		
	No classes		
	No classes		
SUNDAY	No classes		

\*\*Reserve your spot for Pump, Step, Monday SMAC S&C & Cycle 45 at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096