

# GROUP EXERCISE CLASS SCHEDULE



# June 2024

Exciting classes are lined up for June! Kick off the month with our Saturday Sampler on June 1 from 9-11am. Enjoy five fun 20-minute classes: Cycle 45, Kickboxing, Pump, Warrior Rhythm, and Bootcamp. Don't miss out on our new Step class, now added on Monday evenings from 6:15-7pm. Remember to sign up early, as spaces are limited. Finally, mark your calendars for a special Total Body Conditioning class with Glori on Saturday, June 8, replacing the usual Pump class at 9:15am this day. Get ready for a month full of energy and excitement!

<b>MONDAY</b>	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P  5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Cycle 45** Pump** SMAC S&C  Pump** Cycle 45** Step**	Cassandra Kelly Nay  Corrie Jen Corrie/Glori
<b>TUESDAY</b>	9:15A-10:15A  5:15P-6:00P 6:15P-7:15P	Cardio & Core  Kickboxing Zumba	Cassandra  Kelly Nay
<b>WEDNESDAY</b>	5:30A-6:15A 9:15A-10:15A 11:15A-12:15P  5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Cycle 45** Pump** SMAC S&C  Pump** Cycle 45** WARRIOR Rhythm	Jen Corrie/Sherry Nay  Corrie/Sherry Jessica S. Rachel
<b>THURSDAY</b>	9:15A-10:00A 10:15A-11:15A  5:15P-6:00P 6:15P-7:00P	Bootcamp Pilates  WARRIOR Combat Yoga	Jim Susan  Kelly Arielle
<b>FRIDAY</b>	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P  5:00P-6:00P	Cycle 45** WARRIOR Rhythm SMAC S&C  Bootcamp	Laura Jessica B. Susan  Jim
<b>SATURDAY</b>	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (June 1 & 15) Max Burn (June 8, 22, 29) Cycle 45** (June 1 Jessica S., 8 Jen, 15 Cassandra, 22 Laura, 29 Jen) Pump** (June 1 Corrie, 8 no Pump, 15 Corrie, 22 Kelly, 29 Corrie)	Kelly Jen Alt. Instructors Alt. Instructors
<b>SUNDAY</b>	No classes		

\*\*Reserve your spot for Pump, Step & Cycle45 at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096