

# GROUP EXERCISE CLASS SCHEDULE



## August 2025

We're excited to welcome Fran back to SMAC for another Sound Bath class on Thursday, August 7 at 6:30pm! Her last session filled the room, and we hope to do the same again—come experience this relaxing way to unwind and reset. We're also bringing you a special total body workout on Saturday, August 23 at 10:30am: Step it, Kick it, Lift it! Join Corrie and Kelly for 20 minutes of Step, 20 minutes of Kickboxing, and 20 minutes of Pump—all packed into one energizing 60-minute class. Don't miss it!

<b>MONDAY</b>	9:15A-10:00A 9:15A-10:15A 11:15A-12:15A	Cycle 45** Pump*** SMAC S&C	Laura Kelly Nay
	5:15P-6:15P 5:30P-6:15P 6:15P-7:00P	Pump*** Cycle 45** Step** (4 & 18 Glori, 11 Jen, 25 Corrie)	Corrie Jen Corrie/Glori
<b>TUESDAY</b>	5:30A-6:15A 9:15A-10:15A 10:30A-11:30A	Pump ** Cardio & Core Pilates/Yoga (5 & 19 Yoga, 12 & 26 Pilates)	Sherry Jim Susan/Arielle
	5:15P-6:00P 6:15P-7:15P	Kickboxing Zumba	Kelly Nay
<b>WEDNESDAY</b>	9:15A-10:15A 11:15A-12:15P	Pump** (6 & 13 Kelly, 20 & 27 Corrie) SMAC S&C	Corrie/Kelly Nay
	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** (6 Corrie, 13 Sherry, 20 & 27 Kelly) Cycle 45** WARRIOR Rhythm	Corrie/Kelly Jessica S. Jessica B.
<b>THURSDAY</b>	9:15A-10:00A 10:15A-11:15A 11:15A-12:15P	Bootcamp Pilates Zumba	Jim Susan Dory
	5:15P-6:00P 6:15P-7:15P	WARRIOR Combat Yoga	Kelly Arielle
<b>FRIDAY</b>	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
<b>SATURDAY</b>	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (9 & 23) Max Burn (2, 16 & 30) Cycle 45** (2 & 23 Jessica, 9 Laura, 16 & 30 Jen) Pump** (2, 23 & 30 Corrie, 9 Glori, 16 Kelly)	Kelly Alt. Instructors Corrie/Glori
<b>SUNDAY</b>	No classes		

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

# GROUP EXERCISE CLASS DESCRIPTIONS

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

## PUMP\*\*

Get stronger with this 45/60 minute barbell class focusing on endurance training with over 1,000 reps in this total body workout. For anyone looking to get lean and toned!

## KICKBOXING

A combination of Martial Arts techniques and fast-paced cardio. Burn calories as you build lean muscle with this fun and challenging workout!

## BOOTCAMP

Challenge yourself with this high intensity total body burning workout using various equipment and bodyweight exercises to blast calories! We take this outdoors when the weather is nice!

## WARRIOR COMBAT

Boxing inspired, powerful, and fierce! This class includes high intensity intervals, stress-melting strength training, and music driven fight combos. This empowering conditioning class will leave you feeling confident to take on anything!

## WARRIOR RHYTHM

Fitness-focused with yoga undertones. This class increases strength, flexibility, and balance. It's yoga + weights + HIIT rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

## SMAC STRENGTH & CARDIO

Senior or beginner mobility class that includes cardio, strength and stability training. This class is designed to help you burn fat, keep muscles strong and improve bone density.

## CYCLE 45\*\*

An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiorespiratory conditioning all in 45 minutes.

## CARDIO & CORE

A HIIT timer style class that incorporates toning the whole body, taking your heart rate up and down to burn maximum calories and finishing up with a core toning session.

## ZUMBA

A combination of dance and fitness moves done to a background of exhilarating, international rhythms. This "Latin-inspired dance party" is a terrific way to melt off the pounds!

## YOGA

A physical, mental and spiritual practice with the ultimate goal of attaining tranquility in the mind and spirit by moving through various poses and meditation.

## PILATES

This is a 60 minute class that focuses on strengthening core muscles to promote flexibility and stability.

## STEP\*\*

A dynamic cardiovascular functional workout to improve endurance.

## MAX BURN

The ultimate cardiovascular challenge! A unique blend of high intensity and high energy intervals designed to promote muscular strength and endurance.