



APRIL 2023

EASTER
SUNDAY 4/9:
GYM HOURS
8AM-2PM

SATURDAY 4/8: WARRIOR COMBAT LAUNCH PARTY @8:15AM
SATURDAY 4/15: SURPRISE CORE FLOW CLASS @10:30AM
MONDAY 4/17: BODYPUMP NEW RELEASE PARTY @9:15AM & 6PM

GROUP EXERCISE CLASS SCHEDULE

MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P 4:30P-5:30P 5:30P-6:15P 6:00P-7:00P	Spinning** BodyPump** Senior SMAC Strength & Cardio Zumba Spinning** BodyPump**	Melissa Jill Nay Nay Jen Corrie
TUESDAY	9:15A-10:15A 5:15P-6:00P 6:15P-7:15P	Bootcamp Kickboxing Zumba	Jim Kelly Glenda
WEDNESDAY	5:30A-6:15A 9:15A-10:00A 9:15A-10:15A 11:15A-12:15A 4:30P-5:30P 5:30P-6:15P 6:15P-7:15P 6:15P-7:15P	Spinning** Spinning** BodyPump** Senior SMAC Strength & Cardio Zumba Cycle** WARRIOR Strength (APR 5,19) WARRIOR Rhythm (APR 12,26)	Jaime Michelle Corrie Nay Nay Hillary Melissa Melissa
THURSDAY	9:15A-10:15A 10:15A-11:15A 5:15P-6:00P 6:15P- 7:00P	Bootcamp Pilates Kickboxing BodyPump**	Jim Susan Kelly Corrie
FRIDAY	9:15A-10:00A 9:15A-10:15A 9:15A-10:15A 11:15A-12:00P	Spinning** WARRIOR Strength (APR 14,28) WARRIOR Rhythm (APR 7,21) SMAC Strength	Michelle Melissa Melissa Susan
SATURDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:15A 2:00P-3:00P	WARRIOR Combat (APR 8,29) Max Burn (APR 1,15,22) BodyPump** Zumba	Kelly Jen Alt. Instructors Karen/Nay
SUNDAY	NO LIVE CLASSES		

**Reserve your spot for BodyPump or Cycle/Spinning at www.smacfit.com or call us at 301-884-8096