

**\*\*Reserve your spot for BodyPump or Cycle/Spinning at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096**

## **BODYPUMP\*\***

Challenge all your major muscle groups using light to moderate weights with lots of repetition! An ideal 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**

This class increases strength, flexibility, and balance. It's yoga + weights + HIIT rolled into one insanely rhythmic experience! 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.

## **SPINNING\*\***

Challenge your body in a variety of energy zones in this exciting Madd Dog indoor performance cycling class.

## **CYCLE\*\***

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

## **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.

## **MAX BURN**

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

## **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!

## **PILATES**

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

## **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.