



NOVEMBER 2022

GROUP EXERCISE CLASS SCHEDULE

THANKSGIVING DAY 11/24 HOURS 6AM-2PM

CHILD CARE HOURS 9AM-12PM (SEE BELOW FOR TURKEY BURN CLASSES)

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9:15A-10:00A	Spinning**	Melissa
	9:15A-10:15A	BodyPump**	Jill
	11:15A-12:15P	Senior SMAC Strength & Cardio	Nay
	5:00P-5:45P	Yoga	Arielle
	5:00P-5:45P	Spinning**	Jen
	6:00P-7:00P	BodyPump**	Mel
TUESDAY	9:15A-10:15A	Bootcamp	Jim
	5:15P-6:00P	Kickboxing	Kelly
	6:15P-7:15P	Zumba	Glenda
WEDNESDAY	9:15A-10:00A	Spinning**	Michelle
	9:15A-10:15A	BodyPump**	Corrie
	11:15A-12:15A	Senior SMAC Strength & Cardio	Nay
	5:30P-6:15P	Cycle**	Hillary
	6:15P-7:15P	WARRIOR Strength (NOV 9,11,23,25)	Melissa
6:15P-7:15P	WARRIOR Rhythm (NOV 2,4,16,18,30)	Melissa	
THURSDAY	9:15A-10:15A	Bootcamp (NO CLASS 11/24)	Jim
	10:15A-11:15A	Pilates (NO CLASS 11/24)	Susan
	6:00P-7:00P	BodyPump** (NO CLASS 11/24)	Corrie
		11/24 TURKEY BURN CLASSES: 9:15A-10:00A SPINNING 10:15A-11:00A KICKBOXING	HILLARY KELLY
FRIDAY	9:15A-10:00A	Spinning**	Michelle
	9:15A-10:15A	WARRIOR Strength (NOV 9,11,23,25)	Melissa
	9:15A-10:15A	WARRIOR Rhythm (NOV 2,4,16,18,30)	Melissa
	11:15A-12:00P	SMAC Strength	Susan
SATURDAY	8:15A-9:00A	Kickboxing (NOV 12, 26)	Kelly
	8:15A-9:00A	Max Burn (NOV 5, 19)	Jen
	9:15A-10:15A	BodyPump**	Alternating Instructors
SUNDAY	NO LIVE CLASSES		

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