

GROUP EXERCISE CLASS SCHEDULE



January 2025

Kick off the new year strong with January's exciting group fitness schedule at SMAC Fitness! Don't miss the **Pump Challenge** on **Saturday, January 11, at 9:15 am**—a 75-minute, full-body workout using weights to help you push your limits and maximize your strength. Then, join us on **Saturday, January 18, at 9:15 am** for the **New Year's Pump Release Launch**, featuring all your favorite Pump instructors as we debut the latest Pump format for 2025. Finally, mark your calendars for the return of the **Line Dancing Class** on **Saturday, January 25, at 10:30 am**—a favorite that's sure to get you moving and having fun!

New Year's Day (Jan. 1): Gym Hours 8 am-5 pm (morning classes available, no evening classes).

Day	Class Times	Class Name	Instructor(s)
MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Cassandra Kelly/Sherry Nay
	5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Pump** Cycle 45** Step** (Jan. 6 & 20 Corrie, Jan. 13 & 27 Glori)	Corrie Jen Corrie/Glori
TUESDAY	9:15A-10:15A 5:15P-6:00P 6:15P-7:15P	Cardio & Core Kickboxing Zumba	Cassandra Kelly Nay
	5:45A-6:30A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jen Corrie Nay
WEDNESDAY	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** Cycle 45** WARRIOR Rhythm	Kelly/Sherry Jessica S. Jessica 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
THURSDAY	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
FRIDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (Jan. 11 & 25) Max Burn (Jan. 4 & 18) Cycle 45** (Jan. 4 Jessica, 11 Cassandra, 18 Jen, 25 Laura) Pump** (Jan. 4 Corrie, 11 Corrie/Glori & 18 All Pump Instructors, 25 Glori)	Kelly Jen Alt. Instructors Corrie/Glori
	No classes		
SUNDAY	No classes		

**Reserve your spot for Pump, Step & Cycle 45 at www.smacfit.com or call us at 301-884-8096