

# GROUP EXERCISE CLASS SCHEDULE



# September 2024

In September, we're excited to offer the Pump Challenge on Saturday, Sept. 7 at 9:15am, where you'll test your strength using Pump moves in stations, allowing you to focus on each move in isolation. There will be no 8:15am class on Sept. 7. Yoga will take the place of Warrior Rhythm on Friday, Sept 6 at 9:15am. Lastly, join us for a fun Zumba specialty class on Saturday, Sept. 14 at 10:30am for a dance-filled workout. Please note that the early morning Wednesday Cycle 45 class has a new start time of 5:45am beginning September. For all of those early morning cycle enthusiasts, we have added a Monday morning 5:45am Cycle 45 class.

\*Please note that on Labor Day, Monday, September 2, the gym will be open from 6am-2pm, with childcare available from 9am-12pm. Morning classes will be held, but there will be no evening classes.

<b>MONDAY</b>	5:45A-6:30A 9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45 ** Cycle 45** Pump** SMAC S&C	Jessica S./Jen Cassandra Kelly Nay
	5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Pump** Cycle 45** Step**	Corrie Jen Corrie/Glori
<b>TUESDAY</b>	9:15A-10:15A	Cardio & Core	Cassandra
	5:15P-6:00P 6:15P-7:15P	Kickboxing Zumba	Kelly Nay
<b>WEDNESDAY</b>	5:45A-6:30A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jessica S./Jen Corrie/Sherry Nay
	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** Cycle 45** WARRIOR Rhythm	Corrie/Sherry Jessica S. Rachel
<b>THURSDAY</b>	9:15A-10:00A 10:15A-11:15A	Bootcamp Pilates	Jim Susan
	5:15P-6:00P 6:15P-7:00P	WARRIOR Combat Yoga	Kelly Arielle
<b>FRIDAY</b>	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45** WARRIOR Rhythm SMAC S&C	Laura Jessica B. Susan
	5:00P-6:00P	Bootcamp	Jim
<b>SATURDAY</b>	8:15A-9:00A	Kickboxing (Sept 14)	Kelly
	8:15A-9:00A	Max Burn (Sept 21 & 28)	Jen
	9:15A-10:00A	Cycle 45** (Sept 7 Jessica, 14 Cassandra, 21 Laura, 28 Jen)	Alt.
	9:15A-10:15A	Pump** (Sept 7 Instructors, 14 Glori, 21 Glori, 28 Glori)	Instructors Alt. Instructors
<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