

# GROUP EXERCISE CLASS SCHEDULE



# February 2025

We're excited to share some updates and highlights for February's group exercise schedule! We've added a second **SMAC S&C class** to Mondays and introduce a **Yoga/Pilates** rotation on Tuesdays at 10:30 am. Don't miss our **Butts & Guts class** on Saturday, February 8, at 10:30 am, or the **Saturday Sampler** of classes on February 22, starting at 9:00 am, where you can try a mix of different workouts. Plus, from **February 10-14, bring your friend, significant other, or sweetheart to fitness classes for FREE** in honor of Valentine's Day. It's a great opportunity to share the love of fitness while having fun together!

<b>MONDAY</b>	9:15A-10:00A 9:15A-10:15A 10:45A-11:45A 12:00P-1:00P	Cycle 45** Pump** (Feb. 3, 17, 24 Kelly, 10 Sherry) SMAC S&C** SMAC S&C**	Cassandra Kelly/Sherry Nay Nay
	5:15P-6:15P 5:30P-6:15P 6:15-7:00P	Pump** Cycle 45** Step** (Feb. 3 & 17 Glori, Feb. 10 & 24 Corrie)	Corrie Jen Corrie/Glori
<b>TUESDAY</b>	9:15A-10:15A 10:30A-11:30A	Cardio & Core Pilates/Yoga (Feb 4 & 18 Pilates, 11 & 25 Yoga)	Cassandra Susan/Arielle
	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** (Feb. 5, 12, 19 Kelly, 26 Corrie) SMAC S&C	Jen Corrie/Kelly Nay
	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump**(Feb. 5, 19, 26 Sherry, 12 Corrie) Cycle 45** WARRIOR Rhythm	Corrie/Sherry Jessica S. Jessica B.
<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-12:00P	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 (Feb. 1 & 15)	Kelly
	8:15A-9:00A	Max Burn (Feb. 8)	Jen
	9:15A-10:00A	Cycle 45** (Feb. 1 Jessica, 8 Cassandra, 15 Laura, 22 Jen)	Alt.
	9:15A-10:15A	Pump**(Feb. 1 Corrie, 8 Glori, 15 Kelly, 22 Glori)	Instructors Corrie/Glori
<b>SUNDAY</b>	No classes		

\*\*Reserve your spot for Pump, Step, Monday SMAC S&C & Cycle 45 at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096