



GROUP EXERCISE CLASSES

Monday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Total Body Conditioning
Spin

5 – 6 PM
Total Body Conditioning

Tuesday

6 – 7 AM
Total Body Conditioning

9 – 10 AM
Total Body Conditioning
for Seniors

5 – 6 PM
Zumba

Wednesday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Total Body Conditioning
Spin

5 – 6 PM
Total Body Conditioning

Thursday

6 – 7 AM
Total Body Conditioning

9 – 10 AM
Total Body Conditioning
for Seniors

5 – 6 PM
Zumba

Friday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Devil Dog Cardio Blast

Starting June 17

NEW

TOTAL BODY CONDITIONING

Devil Dog Cardio Blast

Stay Summer Slim!

Fridays
11:30 AM – 12:30 PM



Join a Smith GYM Group Class Now!

703-614-8759

Please check
www.mccsHH.com
for most current
information



Current as of May 27, 2011