



GROUP EXERCISE CLASSES

Monday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Total Body Conditioning
Spin (beginning August 2)

NEW

5 – 6 PM
Total Body Conditioning

Tuesday

6 – 7 AM
Total Body Conditioning

9 – 10 AM
Total Body Conditioning
for Seniors

11:30 AM – 12:30 PM
Zumba

Wednesday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Total Body Conditioning
Spin (beginning August 2)

NEW

5 – 6 PM
Total Body Conditioning

Thursday

6 – 7 AM
Total Body Conditioning

9 – 10 AM
Total Body Conditioning
for Seniors

Friday

6 – 7 AM
Spin

11:30 AM – 12:30 PM
Total Body Conditioning
Spin (beginning August 2)

NEW



Tuesdays
11:30 AM – 12:30 PM



Thursday's Zumba Class:
**CANCELED UNTIL
FURTHER NOTICE**

Get Beach Body Ready With Smith Gym

703-614-8759
www.mccsHH.com

