





Schedule (effective December 4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:30AM Spin * Bob SS	5:45-6:45AM Spin * Val SS	6:30-7:30AM Energiser Interval Bente BG	6:00-7:00AM Spin * Jack SS	6:30-7:30AM Video Spin * Mikey SS	7:00-8:00AM Spin * Bob SS
6:30-7:30AM Spin * Bob SS	8:00-9:00AM Spin * Charles SS	8:00-9:00AM Spin Helen SS	8:00-9:00AM Spin * Tim SS	8:30-9:25AM Inner Strength AS	8:15-9:10AM Boot Camp Vince BG
6:30-7:15AM Core Strength Mike AS	8:30-9:25AM Smartbells Bente AS	8:30-9:25AM Inner Strength AS	8:45-9:25AM Rebounding Kathleen BG	9:15-10:30AM "Let it Fly" Helen BG	8:30-9:25AM Inner Strength AS
8:30-9:25AM Inner Strength AS	8:45-9:25AM Power Rebound Kathleen BG	9:30-10:30AM Spin * Sandy/Bob SS	9:30-10:25AM Power Plus Bente BG	9:30-10:30AM Spin * Tom SS	9:00-10:00AM Spin * Dennis SS
9:15-10:25AM Interval Aerobics Helen BG	9:30-10:30AM Alternating Tuesdays: BOSU Boot Camp/ Multi Impact Madness Vince BG (Check Calendar on website for details!)	9:00-10:00AM Step it up  Kathleen BG	9:30-10:25AM Inner Strength AS	9:30-10:25AM Inner Strength AS	9:15-10:25AM Power Plus Bente BG
9:30-10:25AM Inner Strength AS	9:30-10:30AM Spin * Charles SS	9:30-10:25AM Cardio Pulse Heather  AS	9:30-10:30AM Spin * Helen SS	10:30-11:25AM Yoga Stretch Helen BG	9:30-10:25AM Cardio Interval Helen AS
9:30-10:30AM Spin Kathleen SS	9:30-10:30AM Spin * Charles SS	10:00-11:15AM Zumba Kickbox  Helen BG	10:30-11:25AM Inner Strength AS	10:30-11:25AM Inner Strength AS	9:30-10:30 Water Aerobics P
10:30-11:25AM BOSU Body Sculpt Helen BG	9:30-10:25AM Inner Strength AS	10:30-11:25AM Inner Strength AS	10:30-11:30AM Zumba Marie BG	10:30-11:30AM Pilates Small Group Training Ernest A	10:30-11:30AM Zumba Helen BG
10:30-11:30AM Pilates Ernest AS Small Group Training Fee Based Class	10:30-11:25AM Inner Strength AS			Fee Based Class	10:30-11:30AM Spin Lorraine SS
10:30-11:25AM  Inner Strength AS					
11:00AM-12:00PM Cardio Tennis Ct 1&2					
2:00-3:00 Water Aerobics P	2:00-3:00 Water Aerobics P	2:00-3:00 Water Aerobics P	2:00-3:00 Water Aerobics P	2:00-3:00 Water Aerobics P	
6:15-7:10 BOSU Sculpt Helen AS	6:00-7:00 Spinning Into Yoga Dorothy SS	4:30-5:30 SmartBells® Bente AS	5:30-6:30 Inner Strength AS	7:30-8:30 Water Aerobics P	
7:30-8:30 Spin Lorraine SS	6:00-7:00 Zumba Helen BG	6:00-7:00 Jam & Jab Leigh Ann BG	6:00-7:00 Rebound Interval Vince BG		
7:30-8:30 Water Aerobics P	7:30-8:30 Spin * Bobi SS	7:00-8:00 Spin * Dennis SS	6:30-7:30 Spinning into Yoga Dorothy SS		
8:30-9:30 Ballroom Dance Val AS		7:30-8:30 Water Aerobics P	7:30-8:30 Spin * Candi SS		

Sunday

8:45-9:45AM Spin * Tim/Charles SS	10:00-11:00AM Spin * Tim/Charles SS
9:00-10:00AM Strength Interval Kathleen BG	11:30-12:30 Water Aerobics P

KEY:

BG	Big Gym
AS	Aerobic Studio
SS	Spin Studio
A	Studio A
B	Studio B
C	Studio C
P	Pool

- Instructors subject to change without notice.
- Children must be 12 years and older.

Please refer to Yoga Schedule for all Yoga classes

Note: Sign-up is required to all Spin classes up to 30 minutes before start of class at front desk. You MUST be present for Free sign-up. One sign-up per person. **For your convenience, you may make a reservation for a \$5 fee beginning at 7:00AM the day before.** All phone reservations are \$5 fee. If not present at class time, you will forfeit your bike.

Exercise Classes

Because we recognize that everyone has different fitness levels, the Saw Mill Club is excited to offer classes for all of our members' needs. Our professional and friendly Group Exercise instructors are here to help you reach your own personal goals in a fun way

Ballroom Dance~ Learn how to dance...make friends...have fun! All levels welcome – no partner required.

Body Sculpt~ A well-rounded non-aerobic conditioning class designed to strengthen and tone all the major muscle groups. Body bars, free Weights and tubes are used to accomplish this goal. All levels benefit!

Boot Camp~ a one hour class filled with cardio and strength calisthenics designed to push you to the limit. Jump rope, Bosu push ups, sprints, abdominals, mini medicine ball drills and weights. NO choreography! Strictly drills! Be on time and be prepared to sweat.

BOSU Bodysculpt~ And you thought floorwork (bodysculpting) was only done on a mat! Experience the new wave of bodysculpting using the dome shaped BOSU ball. Non-impact workout to firm & strengthen your entire body.

Boxing for Fitness~ This sweat-pouring, butt-kicking class includes basic punches, shadow boxing, heavy bag and plyometrics. Registration required

Cardio Pulse ~ Using creative choreography and low impact movement (one foot remains on the floor at all times), this aerobic workout guarantees success and fun!

Cardio Tennis ~ Skills and Drills on the Tennis Court to music. Non stop moving tennis drills designed to increase your cardiovascular capacity combined with footwork patterns using an agility ladder and cones. This class will help you stay strong thru the 3rd set and reach every drop shot played to you. **This is a fee based class.**

Core Strength ~ Early morning wake up call! build your core strength and improve your posture. This workout is 45minutes and mixes drills using a Bosu Ball, weights , bodybar and stability ball.

Easy Rider Spin~ Never tried Spinning®? Music too loud? Class too advanced? Here's your chance to experience a Spinning® class without any of the intimidating factors normally present when trying out a new class.

Give it Up~ This workout is designed to strengthen, reshape and beautify all of the muscle groups throughout the entire body using your entire body weight, a body bar (9-12lbs), hand weights (3-5lbs) as well as a stepper and rebounder at a non-stop pace.

Inner Strength~ This class,taught by highly acclaimed instructors Denise Walker and Nancy Singer combines strength training, core conditioning, and stretching to produce long, lean muscles and a perfectly toned body. It is a non-impact, intense workout taught to energetic, motivating music. Using a ballet barre, light weights and floor mats, you

will work every muscle group in this one-hour body changing fitness experience.

Interval Aerobics~ A class that alternates intervals of strength training with multi impact aerobic choreography.

Interval Energiser~ “Easy to follow” multi – impact cardiovascular training. Kick your heart rate up while building muscle with weights, balance work and flexibility all within a cardio interval workout. No experience necessary! All levels welcome.

Jam & Jab~ A dynamic workout! This high level class incorporates boxing and kicking drills with cardiovascular conditioning to increase muscular strength, endurance and power.

Let it Fly~ A class designed to provide the intermediate and advanced member with an extended cardiovascular workout. This high energy choreographed aerobic session is full of innovative patterns, direction changes and mixed impact levels.

Nia Fusion~ High Powered, Nia cardiovascular crosstraining, total body workout. Shoes off! This class is barefoot. All levels welcome

Multi Impact Madness~ an aerobic workout combining low and middle impact moves. It's crazy fun!

Pilates Mat~ This class is designed for beginners to advanced including the fundamental concepts and movements of all Pilates exercise. You will learn the “active breathing” techniques which lead to core muscle engagement and controlled movements. The results are true abdominal strength and core stabilization as you move through exercises that create balanced muscular function and increased flexibility.

Power Body Sculpt~ A low impact class that shows you how to use your large muscle groups to bring up your heart rate. Weights are incorporated to increase strength while in motion.

Power Groove~ Herman Walker's trademarked kickbox class – Sweat-Pouring, Kick-butting, Power Punching! Designed for those who are serious about their workouts

Power Plus~ This is glutes at their max! Lunges, squats and weights mixed with tons of fun! Low on impact, high on energy.

Rebounding~ A high energy class performed on a mini trampoline! It's fun, effective and kind to your joints. Working against gravity, in a vertical plane, this class gives you the added benefits of a weight workout. Guaranteed to make you sweat and smile.

Rebound Interval~ A test of power with cardio intervals on the mini trampoline. Be prepared to test your individual fitness level

while having a whole lot of fun!

Rock Your Body ~ A dynamic butt lifting workout using the mat, step and GRAVITY! Kick it up a notch and have fun looking good.

Smartbells~ Enjoy a low-impact workout using Smartbells, Balance Balls, and Bodybars to sculpt and tone your body. All levels welcome.

Spinning~ An intense 45–75 minute cardiovascular workout and a complete mind/body training system. On your stationary bike, join us as we guide you on a journey over imaginary terrain and through outdoor environments. In this class, music stimulates you, excites you, and allows you to determine the difficulty of the ride. Open to all levels. Sign-up is required.

Step it Up~ medium paced Power Interval class using the step, weights and bodybar. Non-stop movement using a little heavier weight and mixed with short cardio intervals. Push yourself to new levels of conditioning while strengthening major muscle groups.

Strength & Motion~ In real life, how often do you stand still and perform a bicep curl? This resistance training class is designed to strengthen and tone all major muscle groups by combining low impact, controlled movement with low weights. The emphasis will be to incorporate functional movement with resistance to prepare us for everyday life.

Tai Chi~ An ancient Chinese martial art designed to foster spiritual, mental and physical well being. The slow and gentle movements promote relaxation of muscles and nerves, easing the stress and frustration of everyday life. A moving meditation class promoting strength and good health. Exercise the body without stressing the joints and muscles.

Yoga~ Yoga is an ancient form of movement promoting balance, flexibility and relaxation. Different styles of yoga emphasize different aspects of the practice. Many are represented here at Saw Mill Club. Enjoy each instructor's specialty!

Zumba~ A Latin inspired dance class that will have you smiling and laughing to a slimmer more shapely you! all levels welcome.

Zumba Kickbox~ Cardio boxing, kicking, swiveling, shakin' and bakin'! all with a Zumba flavor. Come see this heart pumping class for yourself!

The Nursery now open earlier on selected days	
Monday –	8:30AM
Wednesday –	8:30AM
Friday –	8:15AM