Group Exercise Schedule (effective February 1)

Saw Mill Club

Monday

6:00–6:30AM
Spin *
Bob SS

6:30–7:30AM
Spin *
Bob SS

6:30–7:15AM
Core Strength
Mike AS

8:30–9:25AM
Inner Strength
AS

9:15–10:25AM
Interval Aerobics
Helen BG

9:30–10:25AM
Inner Strength AS

9:30–10:30AM
Spin
Kathleen SS

10:30–11:25AM
BOSU Body Sculpt
Helen BG

10:45–11:45AM NEW
Spin
Sandi SS

10:30–11:25AM
Inner Strength AS

11:00AM–12:00PM
Cardio Tennis
Ct 1&2

2:00–3:00
Water Aerobics P

4:15–5:15 NEW
MYTV Theater Spin
Bob SS

6:15–7:10
BOSU Sculpt
Helen AS

6:30–7:30 New Time
Spin
Eileen AS

7:00–8:00
Water Aerobics P

7:15–8:30 NEW
Fitness Stretch
Helen AS

8:30–9:30
Ballroom Dance
Val AS

Tuesday

5:45–6:45AM
Spin *
Val SS

8:00–9:00AM
Spin *
Charles SS

8:30–9:25AM
Smartbells
Bente AS

9:30–10:30AM
Alternating Tuesdays:
BOSU Boot Camp/
Multi Impact Madness
Vince BG
(Check Calendar on website for details!)

9:30–10:30AM
Spin *
Charles SS

9:30–10:25AM
Inner Strength AS

10:30–11:25AM
Inner Strength AS

10:30–11:30AM New Time
Power Rebound
Kathleen BG

2:00–3:00
Water Aerobics P

6:00–7:00
Zumba
Helen BG

7:00–8:00 New Time
Spin *
Candi SS

Wednesday

6:30–7:30AM
Energiser Interval
Bente BG

8:00–9:00AM
Spin
Helen SS

8:30–9:25AM
Inner Strength AS

9:30–10:30AM
Spin *
Sandy/Bob SS

9:15–10:30AM New Time
Step it Up
Kathleen BG

9:30–10:25AM
Inner Strength AS

10:30–11:30AM New Time
Zumba Kickbox
Helen BG

2:00–3:00
Water Aerobics P

4:30–5:30
SmartBells®
Bente AS

6:00–7:00
Rock the Booty
Leigh Ann BG

7:00–8:00
Spin *
Dennis SS

7:00–8:00
Water Aerobics P

Thursday

6:00–7:00AM
Spin *
Jack SS

8:00–9:00AM
Spin *
Tim SS

8:45–9:25AM
Rebounding
Kathleen BG

9:30–10:25AM
Power Plus
Bente BG

9:30–10:25AM
Inner Strength
AS

9:30–10:30AM
Spin *
Helen SS

10:30–11:25AM
Inner Strength
AS

10:30–11:30AM
Zumba
Marie BG

2:00–3:00
Water Aerobics P

4:30–5:30 NEW
Zumba
Cassie BG

5:30–6:30
Inner Strength AS

6:00–7:00
Rebound Interval
Vince BG

6:30–7:30
Spinning into Yoga
Dorothy SS

7:30–8:30 NEW INSTRUCTOR
Spin *
Bob SS

Friday

6:30–7:30AM
Video Spin *
Mikey SS

8:30–9:25AM
Inner Strength
AS

9:15–10:30AM
"Let it Fly"
Helen BG

9:30–10:30AM
Spin *
Tom SS

9:30–10:25AM
Inner Strength
AS

10:30–11:30AM NEW
Fitness Stretch
Helen BG

10:30–11:25AM
Inner Strength
AS

10:30–11:30AM
Pilates
Small Group Training
Ernest A
Fee Based Class

2:00–3:00
Water Aerobics P

7:00–8:00
Water Aerobics P

Saturday

7:00–8:00AM
Spin *
Bob SS

8:15–9:10AM
Boot Camp
Vince BG

8:30–9:25AM
Inner Strength
AS

9:00–10:00AM
Spin *
Dennis SS

9:15–10:25AM
Power Plus
Bente BG

9:30–10:25AM
Cardio Interval
Helen AS

9:30–10:30
Water Aerobics P

10:30–11:30AM
Zumba
Helen BG

10:30–11:30AM
Spin
Lorraine/Charles SS

Sunday

8:45–9:45AM
Spin *
Tim/Lorraine SS

9:00–10:15AM
Strength Interval
Kathleen BG

10:00–11:00AM
Spin *
Tim/Mike SS

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.

Cardio Tennis Mondays
From 11:00–12:00
Courts 1 & 2

77 Kenisco Drive Mt. Kisco, NY 10549 914.241.0797 fax 914.241.0683 www.sawmillclub.com

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 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.

Fitness Stretch~ Release the tension in your muscles and nervous system. Enhance your ability to flow in your cardiovascular and strength training.

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.

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.

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 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 the Booty ~ This high-energy class will surely keep you challenged from start to finish as it consists of an hour of non-stop cardio, conditioningand Zumba inspired moves to rock your booty. All you need for this workout is a step, body bar, weights and, of course, a lot of pep. Get ready to train hard, burn serious calories, and most importantly, have a blast while doing it.

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.

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

Club hours: Mon.–Thurs. 5:30AM–11:00PM Fri. 5:30AM–10:00PM Sat.–Sun. 7:00AM–8:00PM