

Fitness

Small Group Training

Monday

5:30–6:30AM

Boot Camp

Alexis Mace

9:30–10:30AM

Kenesis

Bente Gerber

11:30AM–12:30PM

Kenesis

Doug Sedlmair

4:30–5:00PM

Get Your Groove On Kenesis

Bente Gerber

5:00–6:00PM

Youth Martial Arts

John Albanese

6:00–7:00PM

Mixed Martial Arts Kickbox

John Albanese

Tuesday

5:30–6:30AM

Boot Camp

Alexis Mace

9:30–10:30AM

Adult Martial Arts

John Albanese

10:30–11:30AM

Get On The Ball

Debbie Rosenberg

11:00AM–12:00PM

Small Group Training

Vince Ligouri

3:30–4:30PM

Bod Squad

Amy Peck & Jennie Hendricks

4:30–5:30PM

Bod Squad

Amy Peck & Jennie Hendricks

Wednesday

5:30–6:30AM

Boot Camp

Alexis Mace

9:00–10:00AM

Small Group Training

Vince Ligouri

5:00–6:00PM

Youth Martial Arts

John Albanese

Thursday

5:30–6:30AM

Boot Camp

Alexis Mace

8:30–19:30AM

Kenesis

Bente Gerber

10:30–11:30AM

Get On The Ball

Debbie Rosenberg

3:30–4:30PM

Bod Squad

Amy Peck &

Jennie Hendricks

4:30–5:30PM

Bod Squad

Amy Peck & Jennie Hendricks

5:00–6:00PM

Youth Martial Arts

John Albanese

6:30–7:30PM

Thursday Night Fights

Tommy LaMotta

Friday

5:30–6:30AM

Boot Camp

Alexis Mace

10:30–11:00AM

Get Your Groove On Kenesis

Bente Gerber

10:30–11:30AM

Mixed Martial Arts Kickbox

John Albanese

12:00–1:15PM

Pee Wee P.E.

Jennie Hendrix &
Debbie Rosenberg

4:30–5:30PM

Youth Martial Arts

John Albanese

Saturday

10:00–11:00AM

Mixed Martial Arts Matt Class

John Albanese

11:00AM–12:00PM

Adult Martial Arts

John Albanese

11:00AM–12:00PM

Bod Squad

Amy Peck & Jennie Hendricks

12:00–1:00PM

Small Group Training

Bente Gerber

12:00–1:00PM

Bod Squad

Amy Peck & Jennie Hendricks

1:00–2:00PM

Small Group Training

Bente Gerber

Sunday

11:00AM–12:00PM

Boxing for Fitness

Tommy LaMotta

12:00–1:00PM

Boxing for Fitness

Tommy LaMotta

All Small Group Training classes are Fee Based.

Registration is required

For further information go to www.sawmillclub.com or contact Personal Trainer:

John Albanese Master Trainer
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