

Group Exercise

Schedule (effective April 1)


Saw Mill Club
 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
 Spin
 Sandi SS

10:30-11:25AM
 Inner Strength AS

11:00AM-12:00PM
 Cardio Tennis
 Ct 1&2
 Fee Based Class

2:00-3:00
 Water Aerobics P

4:15-5:00 New Time
 MYTV Theater Spin
 Bob SS

6:15-7:10
 BOSU Sculpt
 Helen AS

6:30-7:30
 Spin
 Eileen AS

7:00-8:00
 Water Aerobics P

7:15-8:30
 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
 Spin *
 Charles SS

9:30-10:25AM
 Inner Strength AS

9:30-10:30AM NEW
 Rebound Circuit
 Kathleen BG

10:30-11:25AM
 Inner Strength AS

10:30-11:30AM NEW
 Zumba Breakdown
 Tarajee & Shahidah BG

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
 Step it Up
 Kathleen BG

9:30-10:25AM
 Inner Strength AS

10:30-11:30AM
 Zumba Kickbox
 Helen BG

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
 Michela BG

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
 Fitness Stretch
 Helen BG

10:30-11:25AM
 Inner Strength
 AS

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

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

10:00-11:00AM
 Spin *
 Tim/Mike SS

9:00-10:15AM
 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.

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

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