

# AEROBIC STUDIO



Winter 2018 (effective 1/8/18)

Monday		Tuesday		Wednesday		Thursday	
7:30-8:15AM	Faith	5:30-6:30AM	Jen P.	6:15-7:00AM	Jen P.	5:30-6:30AM	Jen P.
TB Blast		TB Blast		Super Strength		Bosu Blast	
8:30-9:00AM	Genoeffa	8:30-9:30AM	Melanie	8:30-9:30AM	Jackie	8:30-9:30AM	Genoeffa
TNT Balance & Core		Super Strength		TB Conditioning		Super Strength	
9:00-9:30AM	Genoeffa	9:30-10:30AM	Genoeffa	9:30-10:30AM	Bernadette	9:30-10:30AM	Melanie
TNT Upper Body		STRONG by Zumba®		Zumba®		Fire It Up!	
9:30-10:30AM	Melanie	10:45-11:45am	Joelle	10:30-11:30AM	Melanie	10:35-11:30AM	Joelle
Kick & H.I.I.T		Barre-None		Simply Strength		C.B.B.	
10:30-11:30AM	Bea/Heather					11:30-12:30pm	Eve
Zumba®						Move & Restore	
12:30-1:30PM	Jackie			6:00-6:30PM	Ana	4:15-5:15PM	Closed - Private Rental
Super Strength				TNT Upper Body			
5:30-6:30PM	Janielle	5:00-6:00PM	Jackie	6:30-7:00PM	Ana	5:30-6:30PM	Melanie
STRONG by Zumba®		Super Strength		TNT Lower Body		Step Up & Kick	
6:30-7:30PM	Ana	6:30-7:30PM	Bernadette	7:00-8:00PM	Genoeffa	6:30-7:30PM	Bea
Simply Strength		Zumba®		STRONG by Zumba®	★	Zumba®	
Friday		Saturday		Sunday			
6:15-7:00AM	Jen P.	7:00-8:00AM	Jen P.	8:15-9:15AM	Melanie	<div style="border: 2px solid red; padding: 10px;"> <p style="text-align: center;"><b>GROUP EXERCISE COMMUNICATIONS</b></p> <p>Class cancellations, changes, subs, closures, delays, etc. are sent out via <b>oneteamtext</b> and/or posted on the <b>Saw Mill Club App</b>. Please visit the front desk for information on how to sign up!</p> <p><b>Questions? Comments?</b>                      Contact Melanie Melillo                      Group Exercise Director  <a href="mailto:mmelillo@sawmillclub.com">mmelillo@sawmillclub.com</a></p> </div>	
Super Strength		Fire It Up!		20 <sup>3</sup>			
8:30-9:00AM	Genoeffa	8:05-9:05AM	Genoeffa	9:30-10:30AM	Michela		
TNT Balance & Core		STRONG by Zumba®		Zumba®			
9:00-9:30AM	Genoeffa	9:10-10:00AM	Melanie	10:30-11:30AM	Michela		
TNT Upper Body		Kick & H.I.I.T		TB Blast			
9:30-10:30AM	Bernadette	10:00-11:00AM	Paulette				
Zumba®		Simply Strength					
10:30-11:30AM	Paulette	11:00-12:00PM	Bernadette				
Simply Strength		Zumba®					
11:30-12:15pm	Paulette						
Pilates							
12:30-1:30pm	Heather						
STRONG by Zumba®	★						

★ = New Class    = New Time    😊 = New Instructor    = Foundation Class    Descriptions On Other Side

**This schedule reflects regularly scheduled classes. For the most up-to-date class information, changes and instructor substitutions please download the Saw Mill Club mobile app.**

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# Class Descriptions

**20<sup>3</sup>** The Tri-Sected class experience where Strength, Cardio and H.I.I.T. collide! BOOM!

**Barre-None** A mixed level, body-changing, ballet barre inspired workout. Simple exercises merge with challenging movements to create an amazing total body toning experience. No barre required...

**BOSU Blast** An interval workout using timed cardio bursts followed by strength exercises all on the BOSU Balance Trainer.

**C.B.B.** Stands for Core, Balance and Barre. This class combines all 3 to give you a functional, total body workout in the style of a barre training class.

**Fire It Up!** A cardio and strength interval workout using your own body weight and external resistance. Torch calories, create lean muscle mass and get FIRED UP!

**Kick & H.I.I.T.** Boxing and kicking drills combined with High Intensity Interval Training cardio to give you an effective, total body workout.

**Move & Restore** Also known as Nia, 30 minutes of fun, non-impact, therapeutic cardiovascular movement, for any BODY and fitness level, that reduces stress, prepares you for 30 minutes of restorative yoga and leaves you feeling recharged and relaxed.

**Pilates** Is an exercise system focused on improving flexibility, strength, and body awareness. The method is a series of controlled exercises focusing on core strength and stabilization as well as joint mobility.

**Simply Strength** A well-rounded, non-aerobic, toning class designed to strengthen all major muscle groups.

**Step Up & Kick** A super-fun class combining the step platform with basic kickboxing moves. Use light weights to help sculpt your upper body for a total body workout!

**STRONG by Zumba** Not your typical Zumba...*No dancing required!* Strength and cardio exercises sync to motivating music for a total body workout.

**Super Strength** Take your strength to the next level! This class uses all types of resistance equipment (weights, bars, balls, bands) as well your own body weight to build strength.

**TNT (Targeted Neuromuscular Training)** SMC East's signature 30-min class that has a targeted focus for major results!

Balance & Core : Enhance strength and definition while focusing on function and mobility.

Lower Body: 30-minutes of butt-lifting, leg defining exercises to build strength and endurance.

Upper Body: Back, chest, shoulders and arm work to chisel and define your upper body.

**Total Body Blast** High intensity intervals of cardio drills, strength training and core work...everything you need to get body changing results.

**Total Body (TB) Conditioning** A strength based class that incorporates compound (upper and lower body) movements with resistance to get the heart rate elevated while working the total body!

**Zumba** The Latin inspired dance class that will have you smiling and having a blast while you create a slimmer, more-shapely you! All levels welcome.