

SOFT STUDIO



Winter 2018 (effective 12/26/17)

Monday	Tuesday	Wednesday	Thursday
	7:15-8:15AM Vinyasa Amy B. 😊	7:15-8:15AM Hatha Flow Eve	7:15-8:15 AM Pilates Fusion Sara C.
8:30-9:30AM Move & Restore Eve	8:30-9:30AM Barre-lates Jackie 😊	8:30-9:30AM Move & Tone Eve	8:30-9:30AM Barre-lates Heather 😊
9:45-10:45AM Power Vinyasa Vanessa 😊	9:45-10:45AM Vinyasa Kristi M.	9:45-10:45AM Power Vinyasa Wynne 😊	9:45-10:45AM Vinyasa Marisa
11:00-12:15PM Restore Mekea	11:00-12:00PM Pilates Fusion Heather	11:00-12:15PM Restore Amy B.	11:00-12:00PM Pilates Fusion Ernest
	12:15-1:15PM Power Vinyasa Vanessa 😊		11:30-12:30pm Move&Restore (Aerobic Studio) Eve
4:30-5:30PM Power Vinyasa Wynne 😊		4:30-5:30PM Power Vinyasa Linda C. 😊	12:15-1:15PM Power Vinyasa Wynne 😊
6:00-7:00PM Hatha Flow Wynne 😊	6:00-7:00PM Pilates Fusion Heather	6:00-7:00PM Hatha Flow Linda C. 😊	6:00-7:00PM Barre-lates Heather
	7:15-8:15PM Restore Mekea		7:15-8:15PM Restore Jen L.
Friday	Saturday	Sunday	YOGA COMMUNICATIONS
7:15-8:15AM Hatha Flow Jen L. 😊			<p>Class cancellations, changes, subs, closures, delays, etc. are sent out via oneteamtext and/or posted on the Saw Mill Club App. Please visit the front desk for information on how to sign up!</p> <p>Questions? Comments? Contact Jillian Mukhuradze Yoga Director jmukhuradze@sawmillclub.com</p> <p>Private Instruction Available Upon Request</p>
8:30-9:30AM Roll & Restore Eve	8:30-9:30AM Hatha Flow Mekea	8:30-9:30AM Vinyasa Linda C.	
9:45-10:45AM Vinyasa Amy B.	9:45-10:45AM Power Vinyasa Vanessa 😊	9:45-10:45AM Hatha Paulette	
11:00-12:15PM Restore Amy B.	11:00-12:00PM Pilates Paulette		
11:30-12:15PM Pilates (Aerobic Studio) Paulette			
5:00-6:00PM Vinyasa Vanessa 😊			

KEY: ☆ = New Class 📅 = New Time 😊 = New Instructor 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

Yoga

Restore: Gentle and traditional yoga poses held for extended periods while focusing energy and awareness inward. All levels.

Hatha: This beginner-friendly style of yoga is designed to improve strength, concentration, and endurance while introducing students to yoga poses and practices.

Hatha Flow: A flow and hold fusion of hatha and vinyasa styles of yoga to improve strength, concentration, and endurance. This class will provide an emphasis on core strengthening poses. All levels.

Vinyasa: A flowing style of yoga that will move you through a series of poses linked with your breath. This style of yoga moves fluidly and is designed to build heat. All levels.

Power Vinyasa: This multilevel class is a powerful, energetic form of yoga where students fluidly move from one pose to the next for a physically vigorous practice. Previous yoga experience suggested.

Pilates

Pilates: This method is a series of controlled exercises focusing on torso strength and stabilization as well as joint mobility. Pilates can increase your range of motion around a stronger more stable core. All levels.

Pilates Fusion: Tone and shape your entire body with this strength building workout! This class combines the technical aspects of pilates mixed with the structural dynamics of yoga and/or barre to create a comprehensive form driven workout. All levels.

Barre-lates: This class combines the core strengthening of Pilates with the unique muscle-toning of Barre Training. A truly perfect combination! All levels.

Movement

Move & Restore: A fun, non impact, therapeutic, cardiovascular workout for any BODY and any fitness level that reduces stress and prepares you for 30 minutes of restorative yoga. All levels.

Move & Tone: A deep core conditioning workout combined with stability and balance work using light weights, blocks foam rollers and balls. All levels.

Roll & Restore: A fusion of restorative yoga and the incredible benefits of myofascial massage through foam rolling. All levels.