

GROUP CYCLE

Fall 2018 (effective 10/1/18)

All classes and instructors are subject to change

Monday	Tuesday	Wednesday	Thursday
5:30-6:30AM Power Valerie	5:30-6:20AM Video Bob	5:15-6:10AM Intervals Jen P	5:30-6:20AM Pure Ralph/Tony
8:05-8:55AM Pure Patti	6:30-7:50AM Endurance Valerie	8:05-8:55AM Power Jeanne	6:30-7:20AM Pure Tony/Ralph
9:30-10:30AM Pure Faith	8:05-8:55AM Pure Faith 9:30-10:30AM Pure Jen M.	9:30-10:30AM Pure Jen M. 10:35-11:00AM Beginner Cycle Jen M.	8:05-8:55AM Pure Melanie 9:30-10:30AM Power Jeanne
12:00-12:30PM LES MILLS sprint 4:00-4:50PM LES MILLS RPM	1:00-1:45PM Pure Patti	12:00-12:50PM LES MILLS RPM 5:00-5:50PM LES MILLS RPM	1:00-1:45PM Pure Susan
5:30-6:30PM Video Art	5:15-6:15PM Power Bianca	6:15-7:15PM Pure Faith	5:15-6:15PM Video Art
7:30-8:00PM LES MILLS sprint	8:00-8:50PM LES MILLS RPM	7:30-8:00PM LES MILLS sprint	8:00-8:50PM LES MILLS RPM
Friday	Saturday	Sunday	GROUP CYCLE SIGN-UP
5:15-6:10AM Power Jen P.	7:05-7:50AM Cardio Blast Jim		<p>Sign up, recommended for all classes, begins 23 hrs. prior to class on the Saw Mill Club App. NOTE: If not present at the start of class you forfeit your reservation. 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! Questions? Comments? Contact Melanie Melillo Group Exercise Director mmelillo@sawmillclub.com</p>
8:05-8:55AM Power Jen M.	8:00-8:55AM Power Melanie	8:00-8:55AM Video Bob	
9:30-10:30AM Pure Patti	9:15-10:15AM Video Art 10:30-11:30AM Pure Jen M.	9:15-10:15AM Video Patti 10:30-11:30AM Pure Jen M.	
4:00-4:50PM LES MILLS RPM 7:00-7:30PM LES MILLS sprint	4:00-4:30PM LES MILLS sprint	3:00-3:50PM LES MILLS RPM	

★ = 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

Beginner Cycle

New to Cycling classes? Take advantage of this 25 minute class for JUST FOR beginners. This class will prepare you to join any cycling or virtual cycling class on the schedule.

Cardio Blast

Get ready to work up a sweat when you take this high intensity, 45-minute ride.

Endurance

This class will elevate your fitness to the next level by strengthening your aerobic base through a lower intensity and longer ride.

Power

This class is designed to take full advantage of the TechnoGym Group Cycle computer console and refers to watts, cadence, heart rate, kilojoules, miles and power.

Pure

The traditional workout journey on the state-of-the-art TechnoGym Group Cycle where music creates the terrain. Your instructor will lead you through a safe and incredibly effective indoor cycling experience where you will reach out of your comfort zone and empower your inner athlete.

Video

A Group Cycle journey with the addition of First Person POV or Music Videos to enjoy while you ride.



Classes

SPRINT™

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

RPM™

A group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.