

AEROBIC STUDIO



Fall 2018 (effective 10/1/18)

All classes and instructors are subject to change

Monday

6:15-7:00AM Jen P.
Super Strength

7:30-8:25AM Faith
TB Blast

8:30-9:00AM Genoeffa
TNT Balance & Core

9:00-9:30AM Genoeffa
TNT Upper Body

9:30-10:30AM Melanie
Kick & H.I.I.T

10:30-11:30AM Heather
Zumba®

12:30-1:30PM Jackie
Super Strength

5:30-6:30PM Jason
Kick & H.I.I.T

6:30-7:30PM Ana
Simply Strength

Friday

6:15-7:00AM Jen P.
Super Strength

8:30-9:00AM Genoeffa
TNT Balance & Core

9:00-9:30AM Genoeffa
TNT Upper Body

9:30-10:30AM Bernadette
Zumba®

10:30-11:30AM Paulette
Simply Strength

11:30-12:15pm Paulette
Pilates

5:30-6:30PM ★ Melanie
STEP! (from 11/23 - 12/28)

Tuesday

5:30-6:30AM Jen P.
TB Blast

8:30-9:30AM Melanie
Super Strength

9:30-10:30AM Melanie
TB Blast

10:35-11:35am Jillian
Barre-None

5:00-6:00PM Jackie
Super Strength

6:30-7:30PM Bernadette
Zumba®

Saturday

7:00-8:00AM Jen P.
Fire It Up!

8:05-9:05AM Genoeffa
STRONG by Zumba®

9:10-10:00AM Melanie
Kick & H.I.I.T

10:00-11:00AM Paulette
Simply Strength

11:00-12:00PM Bernadette
Zumba®

Wednesday

6:15-7:00AM Jen P.
Super Strength

8:30-9:30AM Genoeffa
TB Conditioning

9:30-10:30AM Bernadette
Zumba®

10:30-11:30AM Genoeffa
Simply Strength

4:30-5:15PM CLOSED
STORM Team Dryland

5:30-6:00PM Faith
Cardio Tabata

6:00-6:30PM Ana
TNT Upper Body

6:30-7:00PM Ana
TNT Lower Body

7:00-8:00PM Genoeffa
STRONG by Zumba®

Sunday

9:30-10:30AM Michela
Zumba®

10:30-11:30AM Michela
TB Blast

Thursday

5:30-6:30AM Jen P.
Bosu Blast

8:30-9:30AM Jackie
Super Strength

9:30-10:30AM Melanie
Fire It Up!

10:35-11:35AM Jackie
C.B.B.

11:35-12:30pm Eve
Move & Restore

5:30-6:30PM Jason
C.S.I.

6:30-7:30PM Bea
Zumba®

GROUP EXERCISE COMMUNICATIONS

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



★ = New Class □ = New Time ☺ = New Instructor ABC = 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

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.

Cardio Tabata Cardio drills in the traditional Tabata interval timing protocol. Hard work but quick and effective!

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.

C.S.I. (Cardio/Strength Interval): Resistance based strength exercises paired with short intervals of cardio drills. Be ready to use all types of equipment like steps, Gliders, BOSU, dumbbell... each class will vary to keep your body challenged.

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.

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.