

AEROBIC STUDIO



Winter 2019 (effective 1/14/19)

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
Bottoms Up	
9:00-9:30AM	Genoeffa
Top Down	
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	

Tuesday

5:30-6:30AM	Jen P.
Super Shred	★
8:30-9:30AM	Melanie
Super Strength	
9:30-10:30AM	Melanie
TB Blast	★
10:45-11:45am	Heather
COREmix	★
5:00-6:00PM	Jackie
Super Strength	
6:30-7:30PM	Bernadette
Zumba®	

Wednesday

6:15-7:00AM	Jen P.
Super Strength	
8:30-9:30AM	Eve
COREmix	★
9:30-10:30AM	Bernadette
Zumba®	
10:30-11:30AM	Genoeffa
Simply Strength	
4:30-5:15PM	CLOSED
<i>STORM Team Dryland</i>	
6:00-6:30PM	Ana
Top Down	
6:30-7:00PM	Ana
Bottoms Up	
7:00-8:00PM	Genoeffa
STRONG by Zumba®	

Thursday

5:30-6:30AM	Jen P.
Fire It Up!	
8:30-9:30AM	Jackie
Super Strength	
9:30-10:30AM	Melanie
Fire It Up!	★
10:45-11:45AM	Jackie
COREmix	★
5:30-6:30PM	Jason
C.S.I.	
6:30-7:30PM	Bea
Zumba®	

Friday

6:15-7:00AM	Jen P.
Super Strength	
7:30-8:25AM	Faith
TB Blast	★
8:30-9:00AM	Genoeffa
Bottoms Up	
9:00-9:30AM	Genoeffa
Top Down	
9:30-10:30AM	Bernadette
Zumba®	
10:30-11:30AM	Paulette
Simply Strength	
11:30-12:15PM	Paulette
COREmix	★
5:30-6:30PM	Melanie
STEP! * see back for note *	

Saturday

7:00-8:00AM	Jen P.
Fire It Up!	
8:05-9:05AM	Genoeffa
COREmix	★
9:10-10:00AM	Melanie
Kick & H.I.I.T	
10:00-11:00AM	Paulette
Simply Strength	
11:00-12:00PM	Bernadette
Zumba®	

Sunday

9:30-10:30AM	Michela
Zumba®	
10:30-11:30AM	Michela
TB Blast	

- ★ = New Class
- 😊 = New Instructor
- 📅 = New Time
- = Foundation Class

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



7:00-10:00PM **CLOSED**
Private Rental

This schedule reflects regularly scheduled classes. Download the Saw Mill Club mobile app.

333 N. Bedford Rd, Mt. Kisco, NY 10549 • 914.242.9760 • www.sawmillclub.com

Class Descriptions

Bottoms Up 30-min of ab work and butt lifting, leg-defining exercises to build strength and define your behind!

COREmix The SMCE signature class which fuses elements of Pilates and Barre with traditional balance and core training for a total body experience.

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, dumbbells...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.

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! Yes...a STEP class! Fun choreography that will take you 360° around the step. *2nd Friday of each month choreography will be more basic, good for those who want to learn Step and 4th Friday of the month will use 2.3 and 4 steps for multiple-step choreography fun!

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

Super Shred Shred your muscles the SMCE way...cardio and strength intervals that get amazing results!

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.

Top Down Back, chest, shoulder and arm work that will chisel and define your upper body.

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

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.