











GROUP CYCLE

Winter 2019 (effective 1/14/18)

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 Cassie 
8:05-8:55AM Pure Patti	6:30-7:50AM Endurance Valerie	8:05-8:55AM Power Jeanne	6:30-7:20AM Pure Tony 
9:30-10:30AM Theme Ride Faith 	8:05-8:55AM Pure Faith	9:30-10:30AM Pure Jen M.	8:05-8:55AM Pure Melanie
	9:30-10:30AM Pure Jen M. 	10:35-11:00AM Beginner Cycle Jen M. 	9:30-10:30AM Power Jeanne
	1:00-1:45PM Video Patti 		1:00-1:45PM Pure Susan 
5:30-6:30PM Video Art	5:15-6:15PM Power Bianca	5:30-6:30PM Theme Ride Faith 	5:15-6:15PM Video Art
Friday	Saturday	Sunday	<p>GROUP CYCLE SIGN-UP 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>
5:15-6:10AM Power Jen P.	7:05-7:50AM Cardio Blast Jim	8:00-8:55AM Video Bob	
8:05-8:55AM Pure Jen M. 	8:00-8:55AM Power Melanie	9:15-10:15AM Video Patti	
9:30-10:30AM Video Patti	9:15-10:15AM Video Art	10:30-11:30AM Pure Jen M. 	

★ = 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.

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

VIRTUAL CYCLE



Winter 2019 (effective 1/7/18)

All classes and instructors are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-11:50AM LES MILLS RPM	11:00-11:45AM LES MILLS THE TRIP		11:00-11:50AM LES MILLS RPM	11:00-11:45AM LES MILLS THE TRIP		
12:00-12:30PM LES MILLS sprint		12:00-12:45PM LES MILLS THE TRIP		12:00-12:30PM LES MILLS sprint	12:00-12:30PM LES MILLS sprint	12:00-12:45PM LES MILLS THE TRIP
3:00-3:30PM LES MILLS sprint	3:00-3:30PM LES MILLS sprint	3:00-3:30PM LES MILLS sprint	3:00-3:30PM LES MILLS sprint	3:00-3:30PM LES MILLS sprint	1:00-1:45PM LES MILLS THE TRIP	1:00-1:50PM LES MILLS RPM
4:00-4:45PM LES MILLS THE TRIP	4:00-4:50PM LES MILLS RPM	4:00-4:50PM LES MILLS RPM	4:00-4:45PM LES MILLS THE TRIP	4:00-4:50PM LES MILLS RPM	2:00-2:30PM LES MILLS sprint	2:00-2:30PM LES MILLS sprint
				5:00-5:45PM LES MILLS THE TRIP	3:00-3:50PM LES MILLS RPM	3:00-3:45PM LES MILLS THE TRIP
7:30-8:00PM LES MILLS sprint	6:45-7:15 LES MILLS sprint	7:30-8:00PM LES MILLS sprint	6:45-7:15 LES MILLS sprint	6:00-6:50PM LES MILLS RPM	4:00-4:30PM LES MILLS sprint	4:00-4:30PM LES MILLS sprint
8:10-9:00PM LES MILLS RPM	8:00-8:50PM LES MILLS RPM	8:10-9:00PM LES MILLS RPM	8:00-8:45PM LES MILLS THE TRIP	7:00-7:30PM LES MILLS sprint		

Virtual Class Descriptions

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 limits.

RPM™ A group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping your instructor takes you on a journey of hill climbs, sprints and flat riding.

THE TRIP™ A multi-peak, cycling workout where you take a unique visual journey through digitally created worlds.

Group Cycle Class Descriptions

Beginner Cycle 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 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.

Theme Ride A "Pure" ride showcasing a variety of fun and creative music themes.

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