

## Schedule

Winter 2019

Effective March 4, 2019

**INTRODUCING OUR NEW EXPRESS CLASSES (Shaded classes)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45–6:45AM <b>Power Shred</b> Carrie GX	5:45–6:45AM <b>HIIT Circuits</b> Carrie GX	5:45–6:45AM ⌚ <b>Simply Shred</b> Carrie GX	5:45–6:30AM <b>STRIDE</b> Carrie Fitness Cntr	5:45–6:45AM <b>Switch!</b> Carrie GX	8:00–8:55AM 😊 ⌚ <b>Boot Camp</b> Lyn/Allison GX
8:30–9:25AM <b>Barre Training</b> Denise AS	8:30–9:00AM <b>Smartbells Express</b> Bente GX	7:15–8:00AM ⌚ 😊 <b>Pilates Express</b> Sara AS	8:30–9:30AM <b>TRX Interval</b> Kathleen GX	7:15–8:00AM ⌚ 😊 <b>Pilates Express</b> Sara AS	8:00–10:00PM 💰 <b>Aikido Martial Arts</b> Registration req B
9:00–9:30AM <b>HYPE 25</b> Carrie GX	8:30–9:15AM <b>Barre with a Twist</b> Jenny AS	8:30–9:25AM <b>Barre Training</b> Denise AS	8:30–9:15AM <b>BarreExpress</b> Denise AS	8:30–9:25AM <b>Barre Training</b> Heather AS	8:30–9:25AM <b>Barre Training</b> Heather AS
9:30–10:25AM <b>Power Shred</b> Carrie GX	9:00–9:30AM <b>Core InFusion</b> Bente GX	8:30–9:30AM <b>BOSU Ab Blast</b> Kerri GX	9:30–10:30AM <b>B.Y.O.B.</b> Bente GX	9:00–9:45AM <b>HIIT Warrior</b> Kathleen GX	9:00–10:00AM <b>B.Y.O.B.</b> Bente GX
9:30–10:25AM <b>Barre Training</b> Denise AS	9:30–10:30AM <b>To the MAX</b> Kathleen GX	9:30–10:30AM <b>Power Shred</b> Carrie GX	9:30–10:15AM <b>BarreExpress</b> Denise AS	9:30–10:25AM <b>Barre Training</b> Heather AS	9:30–10:25AM <b>Barre Training</b> Abbi AS
10:30–11:25AM <b>Barre Training</b> Robyn AS	9:30–10:30AM <b>Barre Training</b> Heather AS	9:30–10:25AM <b>Barre Training</b> Denise AS	10:30–11:30AM <b>Zumba</b> Jorge GX	9:45–10:35AM ⌚ <b>Freakin' Friday!</b> Kerri GX	10:00–10:30AM <b>Core Express</b> Bente GX
10:30–11:30AM <b>DanceFit Fusion</b> Alena GX	10:30–11:30AM <b>Zumba</b> Shahidah GX	10:30–11:25AM <b>Barre Training</b> Denise AS	12:00–12:55PM <b>Barre Training</b> Robin AS	10:35–11:30AM <b>Zumba Toning</b> Bea GX	10:30–11:30AM <b>CardioX</b> Alena AS
12:00–1:00PM <b>Seniorellas!</b> Bente AS	10:30–11:45AM <b>Fitness Stretch</b> Helen AS	10:30–11:30AM <b>Hot Pilates</b> ★ Margaret C		10:30–11:30AM <b>Fitness Stretch</b> Helen AS	10:30–11:30AM <b>Zumba</b> Shahidah GX
4:15–5:00PM <b>Monday Mania</b> Kerri GX		10:30–11:30AM <b>Dance 'n' Sculpt</b> Kerri GX		12:00–1:00pm <b>Zumba Gold</b> Helen GX	
	4:30–5:25PM <b>Barre Training</b> Louise AS	12:00–1:00PM <b>Seniorellas!</b> Bente AS		<b>Sunday</b>	
5:30–6:30PM <b>Core InFusion</b> Lyn GX	5:30–6:30PM <b>CardioX</b> Lyn AS	5:30–6:30PM 💰 <b>BootyWorx</b> \$ Bente GX	4:30–5:25PM <b>Barre Training</b> Lori AS	9:30–10:30AM <b>Boot Camp</b> Lyn GX	10:30–11:25AM <b>Zumba</b> Jorge GX
6:30–7:30PM <b>Barre Training</b> Louise AS	7:00–9:00PM 💰 <b>Aikido Martial Arts</b> Registration req A	7:00–9:00PM <b>Aikido Martial Arts</b> Registration req. A	6:00–7:00PM <b>Core Yoga Sculpt</b> Lyn Yoga Studio	9:30–10:30AM <b>Barre Training</b> Rotating Instructors AS	10:30–11:30AM <b>Barre Training</b> Rotating Instructors AS
7:30–9:30PM <b>Aikido Martial Arts</b> Registration req A		6:30–7:25PM <b>Barre Training</b> Abbi AS			

- Instructors subject to change without notice.
  - Children must be 12 years and older.
- Please refer to Yoga Schedule for all Yoga classes  
Please refer to Group Cycle Schedule for all Group Cycle classes

**Note:** Note: NEW SIGN UP PROCEDURE! Introducing Saw Mill Club APP for all Spin bikes. FREE Sign up is open 23 hours before class. Sign-up is required to all Spin classes. You may also call the front desk for sign up. No Shows charged \$10. Cancel on App 60 minutes prior to class start

Express classes are either 45 or 30 minute specialty classes designed to get you in and out quickly while providing an intense shortened workout. Add them onto your favorite class or use them as stand alone "Express" workouts!

<b>KEY</b>	AS = Aerobics Studio	★ = New Class
	GX = GX Studio	⌚ = New Time
	A = Studio A	😊 = New Instructor
	YS = Yoga Studio	💰 = Fee-based Class

# Exercise Classes

Because we recognize that everyone has different fitness levels, Saw Mill Club is excited to offer classes for all of our members' needs. Our professional and friendly Group Exercise instructors are here to help you reach your own personal goals in a fun way

**Aikido Marital Arts:** Aikido is a Japanese martial-art that uses the attacker's energy to apply throwing and immobilizing techniques. We practice defenses against both unarmed and armed attackers in a non-aggressive manner to enable handling bigger, stronger, and faster opponents. We train with multiple attackers and with traditional, Japanese, practice weapons.

**Barre Training:** A Lotte Burk inspired toning class that combines strength training, core conditioning and stretching to produce long lean muscles and a perfectly toned body. It is a non-impact, intense workout taught to energetic, motivating music. Using a ballet barre, light weights and floor mats, you will work every muscle group in this one hour body changing fitness experience.

**BarreExpress:** A shortened version of our signature class, yet still providing a full body workout with the same great benefits of our full class, just condensed to 45 min! Optional guided 10 minute deeper stretch to follow class.

**Barre with a Twist:** 45 minute class of familiar barre class exercises..but with a twist! Generous handful of barre class structure Dash of spices including cardio, yoga, Pilates, music variety (this can vary each week according to taste)

**Boot Camp:** a one hour class filled with cardio and strength calisthenics designed to push you to the limit. Jump rope, Bosu push ups, sprints, abdominals, mini medicine ball drills and weights. NO choreography! Strictly drills! Be on time and be prepared to sweat.

**BootyWORX!:** This "Booty" packed class will have you finding new ways for strengthening your glutes. All tools are on the table! TRX, BOSU, Step, Smartbells, Dumbbells, Gliders etc. You get the picture. All levels welcome!

**BOSU Ab Blast:** Balance is the base of all exercise. Improve your Balance and improve all your movements. Because the BOSU (Both sides up) is never stable, you're constantly engaging the smallstabilizer muscles in the upper and lower body to keep you in place.

**B.Y.O.B.** Bring Your Own Booty is a new spin on an old favorite—Power Plus. Each week has a different theme whether it is Strength on the Step, Upper Body work with the body bar and dumbbells or lateral work with the gliders. Every class has a fun dance routine at the end to have you leaving with a smile—and every class has a Tabata routine to make sure you leave with a good sweat!

**Cardio X:** Increase your cardiovascular and muscular strength and endurance by alternating between cardio and resistance training. Exercises include any combination of dumbbells, resistance bands, steps and more. All levels welcome

**Cardio InFUSION:** Your Core has never felt so Loved :) Not your boring floor crunches..this class will activate your abdominals from all sides using a variety of movements. Each class will be different! You can't do it just once :)

**Core Shred:** hit all your major muscle groups in this strength class with some added core focused moves

**Dance 'n' Sculpt:** Everything in moderation!! Love to Dance but the music is too loud? Love to get stronger...but still want to have fun?

**Fitness Stretch:** Release the tension in your muscles and nervous system. Enhance your ability to flow in your cardiovascular and strength training.

**Freakin' Friday:** It's the Freakin' Weekend!! This is an intense interval training class. This class will keep your heart rate up and burns fat like never before. The idea is that you do short periods of all out work followed by short periods of active rest to make the body work harder than it does during a steady state cardio.

**Monday Mania!:** This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training allows you to fit a huge variety of movements into your workout.

**HIIT Circuits:** Circuit training is the perfect workout for the time-crunched fitness fiend. You can set up as many or as few stations as you like and then continue through the circuit until your time runs out. This is an effective total body workout whether you have 15 minutes or an hour.

**HIIT Warriors!:** HIIT- Come ready to sweat, and prepare to leave empowered and feeling strong! High Intensity Interval Training with a concentration in plyometric moves using the step and Strength moves using 5lb -7lb weights. 45 minutes of strong cardio work, isolated strength work and constant movement :)

**Hot Pilates:** It's the Pilates practice you know and love intensified by a room heated to 85-90 degrees. Deep focus on core strength This routine will also strengthen the entire body.. All levels- modifications in pace and exercises provided.

**HYPE-25:** Great condensed cardio workout! Whatever it takes to get your heart rate up! Plyometrics, Jacks, Jump Squats or Burpees. You name it. Have fun discovering what the instructor has in store for you. **HYPE!!**

**STRIDE:** A 45 minute interval class using the Treadmill for walking, running and climbing in short bursts. Changing pace and inclines to push your limits. In between you step off the cardio machine to use dumbbells and floor area for strength intervals.

**Pilates Plus:** Tone/shape your whole body with this Pilates/Yoga fusion strength building workout! Using light weights, magic circle, a yoga mat and a ball, work your core and muscles all while listening to energizing music. Leave class feeling accomplished, strong, and ready to tackle the rest of your day. All levels.

**Power Shred:** get comfortable being uncomfortable! A total body strength class with heart pumping cardio exercises weaved throughout, live DJ , great energy !

**Seniorellas Senior Fellas:** A gentle approach to exercise for those who prefer low weights and low volume. Many exercises done with support of a chair. But that doesn't stop you from moving! In addition to keeping the heart, muscles and bones strong and flexible, exercise can combat depression, osteoporosis and high blood pressure.

**Simply Shred:** work all your major muscle groups in this lower intensity Shred class. Great for all fitness levels  
The best way to start or end your day.

**Smartbells Express:** This 30 minute class will lengthen and tone while strengthening your shoulders in the most functional way. Uniquely shaped to carve through space in flowing, rotational movements, we love the sculptural and ergonomic design of SmartBell.

**Switch!:** A Power Circuit class that has you cycle thru stations of exercises in timed intervals. Each day the interval time is changed and every week the stations are changed out so you never get bored. But you never stop having fun and being challenged!

Get up early...you don't want to miss this one :)

**To the MAX:** A one hour class filled with cardio on the Trampoline and strength segments on the TRX and the Floor. It makes you feel liberated and alive. We use heavy weights to maximize core strength during squats. On the TRX, we concentrate on abs and glutes. After the strength work you are begging for a light jog on the trampoline.

**Zumba:** A Latin inspired dance class that will have you smiling and laughing to a slimmer more shapely you! all levels welcome.

**Zumba Gold:** Zumba Gold is a slower paced Zumba specially designed for the advanced age group, beginners to Zumba and those who want to learn the steps before they take on a Zumba class.

**Zumba Toning:** A blend of body-sculpting techniques and specific Zumba moves combined into one calorie-burning, strength training class. Weighted maraca-like Toning Sticks are used to enhance rhythm and build strength.