

AEROBIC STUDIO



Spring 2019 (effective 4/15/19)

All classes and instructors are subject to change

Monday		Tuesday		Wednesday		Thursday	
6:15-7:00AM	Jen P.	5:30-6:30AM	Jen P.	6:15-7:00AM	Jen P.	5:30-6:30AM	Jen P.
Super Strength		Super Shred	★	Super Strength		Fire It Up!	
7:30-8:25AM	Faith	8:30-9:30AM	Melanie	8:30-9:30AM	Eve	8:30-9:30AM	Jackie
TB Blast		Super Strength		COREmix		Super Strength	
8:30-9:00AM	Genoeffa	9:30-10:30AM	Melanie	9:30-10:30AM	Bernadette	9:30-10:30AM	Melanie
Bottoms Up		TB Blast	★	Zumba®		Fire It Up!	
9:00-9:30AM	Genoeffa	10:45-11:45am	Heather	10:30-11:30AM	Genoeffa	10:45-11:45AM	Jackie
Top Down		COREmix Pilates	★	Simply Strength		COREmix	
9:30-10:30AM	Melanie						
Kick & H.I.I.T							
10:30-11:30AM	Heather			5:00-6:00PM	Jorge		
Zumba®				Zumba® Toning	★		
12:30-1:30PM	Jackie	5:00-6:00PM	Jackie	6:00-6:30PM	Ana	5:30-6:30PM	Jason
Super Strength		Super Strength		Top Down		C.S.I.	
5:30-6:30PM	Jason	6:30-7:30PM	Bernadette	6:30-7:00PM	Ana	6:30-7:30PM	Bea
Kick & H.I.I.T		Zumba®		Bottoms Up		Zumba®	
6:30-7:30PM	Ana			7:00-8:00PM	Jorge		
Simply Strength				Zumba®	★		
Friday		Saturday		Sunday		<p>GROUP EXERCISE COMMUNICATIONS</p> <p>The Text Notification System will only be used for class changes, subs, cancellations, etc. occurring within 24 hours of a class. All changes will be updated on the Saw Mill Club App.</p> <p>Questions? Comments?</p> <p>Contact Melanie Melillo Group Exercise Director mmelillo@sawmillclub.com</p>	
6:15-7:00AM	Jen P.	7:00-8:00AM	Jen P.	9:30-10:30AM	Michela		
Super Strength		Fire It Up!		Zumba®			
7:30-8:25AM	Faith	8:05-9:05AM	Genoeffa	10:30-11:30AM	Michela		
TB Blast		COREmix Pilates	★	TB Blast			
8:30-9:00AM	Genoeffa	9:10-10:00AM	Melanie				
Bottoms Up		Kick & H.I.I.T					
9:00-9:30AM	Genoeffa	10:00-11:00AM	Paulette				
Top Down		Simply Strength					
9:30-10:30AM	Bernadette	11:00-12:00PM	Bernadette				
Zumba®		Zumba®					
10:30-11:30AM	Paulette						
Simply Strength							
11:30-12:15PM	Paulette						
Pilates	★						

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

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.

COREmix Pilates The SMCE signature COREmix class with an extra dose of Pilates mat work.

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 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.

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.

Zumba Toning Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!