

GROUP

FITNESS



Schedule

Spring 2019

Effective May 1, 2019

INTRODUCING OUR NEW EXPRESS CLASSES (Shaded classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30AM ★ Fitness Buff Alena GX	5:45-6:45AM 😊 HIIT Circuits Genoeffa GX	5:45-6:45AM ★ Fitness Buff Alena GX	5:45-6:30AM 😊 STRIDE Genoeffa FitCtr	5:45-6:45AM 😊 Switch! Genoeffa GX	8:00-8:55AM Boot Camp Lyn/Allison GX
8:30-9:25AM Barre Training Denise AS	8:30-9:00AM Smartbells Express Bente GX	7:15-8:00AM ★ Hot Pilates Sara Studio C	8:30-9:00AM ★ Best Butt Ever! Kathleen GX	7:15-8:00AM ABSolutely Pilates Sara AS	8:00-10:00PM \$ Aikido Martial Arts Registration req B
9:00-9:30AM 😊 Aerobics Kathleen GX	8:30-9:15AM Barre with a Twist Jenny AS	8:30-9:25AM Barre Training Denise AS	8:30-9:00AM ★ Tramp Camp! Kathleen GX	8:30-9:25AM ★ Barre with a Twist Heather AS	8:30-9:25AM Barre Training Heather AS
9:30-10:25AM 😊 SHRED Alena GX	9:00-9:30AM Core InFusion Bente GX	8:30-9:00AM ★ Core 'n' Balance Kerri GX	8:30-9:15AM BarreExpress Denise AS	9:00-9:45AM HIIT Warrior Kathleen GX	9:00-10:00AM B.Y.O.B. Bente GX
9:30-10:25AM Barre Training Denise AS	9:30-10:30AM To the MAX Kathleen GX	9:00-9:30AM ★ Flex 'n' Flow Kerri GX	9:30-10:30AM B.Y.O.B. Bente GX	9:30-10:25AM Barre Training Heather AS	9:30-10:25AM Barre Training Abbi AS
10:30-11:25AM Barre Training Robyn AS	9:30-10:30AM Barre Training Heather AS	9:30-10:30AM 😊 Power Shred Lyn GX	9:30-10:15AM BarreExpress Denise AS	9:45-10:35AM Freakin' Friday! Kerri GX	10:00-10:30AM Core Express Bente GX
10:30-11:30AM 😊 Zumba Alena GX	10:30-11:30AM Zumba Shahidah GX	9:30-10:25AM Barre Training Denise AS	10:30-11:30AM Zumba Jorge GX	10:35-11:30AM Zumba Toning Bea GX	10:30-11:30AM ★ Strength in Motion Alena AS
12:00-1:00PM Seniorellas! Bente AS	10:30-11:45AM Fitness Stretch Helen AS	10:30-11:30AM Hot Pilates Margaret C	12:00-12:55PM Barre Training Robin AS	10:30-11:30AM Fitness Stretch Helen AS	10:30-11:30AM Zumba Shahidah GX
4:15-5:00PM Monday Mania Kerri GX		10:30-11:30AM Dance 'n' Sculpt Kerri GX		12:00-1:00pm Zumba Gold Helen GX	
	4:30-5:25PM Barre Training Louise AS	12:00-1:00PM Seniorellas! Bente AS		Sunday	
5:30-6:30PM ★ Zumba Toning Jorge GX	5:30-6:30PM CardioX Lyn AS	3:30-4:30PM For KIDS Club Force Grades 5-8 \$ Carrie GX	4:30-5:25PM Barre Training Lori AS	9:30-10:30AM Boot Camp Lyn GX	10:30-11:25AM Zumba Jorge GX
6:30-7:30PM Barre Training Louise AS	7:00-9:00PM \$ Aikido Martial Arts Registration req A	5:30-6:30PM BootyWorx Bente GX	6:00-7:00PM Core Yoga Sculpt Lyn Yoga Studio	9:30-10:30AM Barre Training Rotating Instructors AS	10:30-11:30AM Barre Training Rotating Instructors AS
7:30-9:30PM Aikido Martial Arts Registration req A		6:30-7:25PM Barre Training Abbi AS			
		7:00-9:00PM \$ Aikido Martial Arts Registration req. A	CLUB FORCE- 6 Week program Grades 5-8. Wednesdays, 3:30PM Register KGoldring@sawmillclub.com. \$50 members. \$100 Non-members		

- 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: Sign Up Procedure for Group Cycling
On Saw Mill Club APP-choose class and bike #.
FREE sign up begins 23 hours before class.
Cancellation required 60 minutes prior to class.
All late cancellations and no shows will be charged \$10

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!

KEY	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

Aerobics: 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.

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)

Best Butt Ever: 25 minutes only! Lower body exercises that fire up your glutes and build strength and definition. We use the TRX, bands and body bar. You will feel the burn in every squat, bridge and plank!!

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 small stabilizer 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 n' Balance: This class is designed to help improve balance and core strength. Focus is on developing and recruiting smaller muscles to bring the body into balance, improving overall strength and coordination.

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.

Flex n' Flow: Helps unleash your inner athlete through fun, upbeat and dynamic yoga and fitness moves. No matter where you are on your fitness journey, Flex & Flow will make you feel light, loose and stress free.

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.

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.

Tramp Camp: High energy and cardio intervals on the trampoline that will tone and define your entire body. Soft on the knees, gentle on all your joints and flushes your lymphatic system in 7 minutes!..Plus... You won't fall off...I promise :)

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.