








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	




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
Pilates	



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 Pilates	
4:30-5:30PM	Jackie
Super Strength	 
5:30-6:30PM	Melanie
Step: Skills-n-Drills	★
6:30-7:30PM	Bernadette
Zumba®	

Saturday

7:00-8:00AM	Jen P.
Fire It Up!	
8:00-9:00AM	Genoeffa
COREmix Pilates	
9:15-10:00AM	Melanie
Kick & H.I.I.T	
10:00-11:00AM	Paulette
Simply Strength	
11:00-12:00PM	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	
12:00-12:45PM	Melanie
TB Blast	★
5:30-6:30PM	Genoeffa
STRONG by Zumba®	★
6:30-7:30PM	Ana
Simply Strength	 ★


Sunday

9:00-10:00AM	Jackie
C.S.I.	★
10:15-11:15AM	Bea
Zumba® Plus	★

★ = New Class

😊 = New Instructor

 = New Time

 = Foundation Class

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	Heather
COREmix	😊
5:30-6:30PM	Jason
C.S.I.	
6:30-7:30PM	Bea
Zumba®	

GROUP EXERCISE COMMUNICATIONS

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.

Questions? Comments?

Contact Melanie Melillo
Group Exercise Director
mmelillo@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.

Step: Skills-n-Drills Basic step choreography with simple, fun drills to get your heart pumping.

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.

Zumba Plus Half Zumba & Half Toning through the use of Zumba toning sticks. For those who like a party but want to put extra emphasis on sculpting their muscles.