


GROUP CYCLE


Fall 2019 effective 9/21/19

All classes and instructors are subject to change

Monday

5:30-6:30AM Valerie
PSI


8:00-8:50AM Patti
V-Spin 


9:30-10:30AM Faith
Journey 

5:15-6:15PM Art
V-Spin

Tuesday


6:30-7:30AM Valerie
Journey


9:30-10:30AM Jen M.
Rhythm Ride 


12:00-12:45PM Patti
V-Spin 

Wednesday

5:15-6:10AM Jen P
HIIT the Road

8:00-8:50AM Jeanne
PSI 


9:30-10:15AM Melanie.
HIIT the Road 

5:00-6:00PM Faith
Journey 

Thursday

6:30-7:20AM Tony
PSI


9:30-10:30AM Jeanne
PSI


12:00-12:45PM Susan
V-Spin 

5:15-6:15PM Art
V-Spin


Friday

5:15-6:10AM Jen P.
Journey

8:00-8:50AM Jen M.
Rhythm Ride 


9:30-10:30AM Patti
V-Spin 

Saturday

7:00-7:50AM Jim
HIIT the Road 

8:00-8:55AM Melanie
PSI


9:15-10:15AM Art
V-Spin

10:30-11:30AM Jen M.
Rhythm Ride 

Sunday

8:00-8:55AM Bob
V-Spin

9:15-10:15AM Patti
V-Spin

10:30-11:30AM Jen M.
Rhythm Ride 

GROUP CYCLE SIGN-UP

Sign up 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.
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
Please visit the front desk for information on how to sign up!
Questions? Comments?
Contact Melanie Melillo
Group Exercise Director
mmelillo@sawmillclub.com

★ = 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



Fall 2019 effective 9/9/19

Classes and schedule are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-11:50AM RPM	5:30-6:20AM RPM		5:30-6:20AM RPM	11:00-11:45AM The TRIP		
12:00-12:30PM SPRINT	8:05-8:55AM RPM	12:00-12:45PM The TRIP	8:05-8:55AM RPM	12:00-12:30PM SPRINT	12:00-12:30PM SPRINT	12:00-12:45PM The TRIP
3:00-3:30PM SPRINT	11:00-11:45AM The TRIP	3:00-3:30PM SPRINT	11:00-11:50AM RPM	3:00-3:30PM SPRINT	12:45-1:15PM SPRINT	1:00-1:50PM RPM
4:00-4:45PM The TRIP	3:00-3:30PM SPRINT	4:00-4:50PM RPM	3:00-3:30PM SPRINT	4:00-4:50PM RPM	2:00-2:45PM The TRIP	2:00-2:30PM SPRINT
	4:00-4:50PM RPM		4:00-4:45PM The TRIP	5:00-5:45PM The TRIP	3:00-3:50PM RPM	3:00-3:45PM The TRIP
7:30-8:00PM SPRINT	5:15-6:05PM RPM	7:30-8:00PM SPRINT	6:45-7:15 SPRINT	6:00-6:50PM RPM	4:00-4:30PM SPRINT	4:00-4:30PM SPRINT
8:10-9:00PM RPM	8:00-8:50PM RPM	8:10-9:00PM RPM	8:00-8:45PM The TRIP	7:00-7:30PM 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

Rhythm Ride: Forget the metrics...bike to the beat, spin to the songs, ride the rhythm and let the playlist take over.

Journey: The "Classic" mind/body spin ride where music creates your unpredictable, real-world terrain.

PSI (Power, Speed, Intensity): Channel your inner athlete while you climb heavy hills, sprint flats and jog up and down mixed terrain. Use your metrics to improve your athletic performance and rock your fitness goals.

HIIT the Road: High intensity interval training on the bike...get ready to pant and gasp and beg for a break!

V-Spin: A ride built around the power of music videos. Entertainment for your body and mind!