

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	6:30 - 7:15am	
8:15 - 9:00am		8:15 - 9:00am		
9:45 - 10:30am	9:15 - 10:00am	9:45 - 10:30am	9:15 - 10:00am	9:15 - 10:00am
4:30 - 5:15pm			4:30 - 5:15pm	
6:15 - 7:00pm	6:30 - 7:15pm	6:15 - 7:00pm	6:30 - 7:15pm	6:15 - 7:00pm
SATURDAY	SUNDAY			
9:30 - 10:15am	8:45 - 9:30am			
10:30 - 11:15am	10:15 - 11:00am			

GROUP EXERCISE COMMUNICATIONS

The Text Notification System will only be used for class changes and cancellations, occurring within 24 hours of a class.

All changes will be updated on the App.

Questions? Comments?

Contact Melanie Melillo

Group Exercise Director

mmelillo@sawmillclub.com

Sign-up on the SMC app is required to reserve a spot and begins 23 hrs prior to class time.

Please arrive 5 min before start time.

For everyone's safety, NO late entry will be permitted. Latecomers forfeit their reservation.

No Shows charged \$10.
Cancel reservation 1 hr before class on the app or by calling the club.