

Summer Outdoor Schedule

GROUP EXERCISE & YOGA

REV 7/22

Monday	Tuesday	Wednesday	Thursday
5:45AM Strength Jen P SMC	5:45AM Cycle Jen P SMC	5:45AM HIIT Jen P SMC	5:45AM Cycle Jen P SMC
7:00AM Cycle Melanie SMC	7:00AM BYOB Bente SMC	7:00AM Cycle Alena SMC	7:00AM BYOB Bente SMC
8:00AM Shred Alena SMC	8:00AM Cycle Bente SMC	8:00AM Shred Alena SMC	8:00AM Cycle Alena SMC
8:45AM Yoga Anna SMC	8:45AM Yoga Flow Amy SMC	8:45AM Dynamic Flow Michelle SMC	8:45AM Yoga Flow Mekea SMC
6:15PM SMC Pool Water Exercise		6:15PM SMC Pool Water Exercise	6:15PM SMC Pool Water Exercise
6:15PM Align & Flow Michelle SMC	6:15PM Yoga Flow Amy SMC	6:15PM Yoga Flow TBA SMC	6:15PM Yoga Flow Anna SMC
6:30PM Cycle Kathleen SMC		6:30PM Cycle Yair SMC	

Friday	Saturday	Sunday
5:45AM Strength Jen P SMC	5:45AM HIIT Jen P SMC	
7:00AM Cycle Kathleen SMC	7:00AM Cycle Bob SMC	8:15AM Cycle Allison SMC
8:00AM Trampoline Intervals Kathleen SMC	8:00AM BYOB Bente SMC	9:00AM Yoga Flow Michelle / Amy SMC
8:45AM Yoga Flow Lyn SMC	9:00AM Yoga Flow Mekea SMC	
5:30PM Cycle Bente SMC	9:00AM Cycle Kathleen SMC	



Key

Group Cycle Yoga Pool

See rules on the reverse



- All classes are on the SMC pool deck. Enter via back gate.
- Member is responsible for bringing their own towel, water and face mask.
- Class equipment will be provided Bringing your own weights and mats is encouraged but not required.
- Class registration available 5 DAYS prior to class
- Email confirmation sent for each registration- Please make sure each member has their own email listed on member account
- Waitlist available on SMC website- Class Schedules
1 hour to accept a waitlist spot when notified via email
- Email notification sent to the waitlist recipient automatically when someone cancels
- Participants can cancel, for free, up to 2 hours before class.
- \$20 cancellation fee within 2 hours prior to class
- \$20 fee will be charged for any late cancellation or no show
- Classes will not be held in the rain
- Weather related cancellations will be sent out via email no later than 30min before class



77 Kensico Drive, Mt Kisco NY