

GROUP FITNESS

SAW MILL CLUB • EAST

Schedule

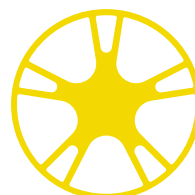
Fall 2021

Effective August 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM Rhythm Ride Faith Group Cycle	6:00AM HIIT 4 All Jen P GX Studio	5:15AM Journey Jen P Group Cycle	6:00AM Fire It Up Jen P GX Studio	5:15AM Journey Jen P Group Cycle
6:00AM Super Strength Jen P GX Studio	8:30AM Morning Mood Boost Melanie GX Studio	6:15AM Strength & Core Jen P GX Studio	8:30AM Strength & Core Genoeffa GX Studio	6:15AM Strength & Core Jen P GX Studio
8:30AM CoreMix Genoeffa GX Studio	9:30AM V-Spin Patti Group Cycle	8:00AM Journey Jeanne Group Cycle	9:30AM Rhythm Ride Jen M Group Cycle	8:00AM Rhythm Ride Melanie Group Cycle
9:00AM Hiit Factory Bea Hiit Studio	9:45AM Strength & Core Faith GX Studio	9:00AM Hiit Factory Bea Hiit Studio	9:45AM Kick & HIIT Melanie GX Studio	9:30AM Zumba Bernadette GX Studio
9:45AM Morning Mood Boost Jackie GX Studio	4:30PM Hiit Factory Bea Hiit Studio	9:30AM Zumba Bernadette GX Studio	5:00PM Hiit Factory Bea Hiit Studio	
4:30PM Cardio & Strength Jason GX Studio	5:30PM Hiit Factory Bea Hiit Studio	4:30PM Super Strength Faith GX Studio	6:00PM HIIT 4 All Melanie GX Studio	
6:00PM Strength & Core Ana GX Studio	6:30PM Zumba Bernadette GX Studio	5:45PM Journey Faith Group Cycle		

SATURDAY	SUNDAY
6:45AM Fire It Up Jen P GX Studio	8:00AM V-Spin Bob Group Cycle
8:00AM Journey Valerie Group Cycle	8:30AM Strength & Core Faith GX Studio
9:00AM Strength & Core Jason GX Studio	9:15AM V-Spin Patti Group Cycle
9:00AM Hiit Factory Faith Hiit Studio	10:00AM Morning Mood Boost Melanie GX Studio
10:00AM Rhythm Ride Jen M Group Cycle	11:15AM Zumba Bernadette GX Studio
10:15AM Zumba Genoeffa GX Studio	

This schedule is subject to change, please refer to My Saw Mill Club App for most up-to-date schedule and to make your class reservation.



GROUP CYCLE



Class Descriptions

Cardio & Strength 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.

COREmix The SMCE signature class which fuses elements of Pilates and Barre with traditional balance and core training for a total body experience.

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!

HIIT 4 All Short bursts of intense cardio alternated with active recovery strength exercises. With different timing protocols, this class will always keep you on your toes!

Kick & HIIT Boxing and kicking drills combined with High Intensity Interval Training cardio to give you an effective, total body workout.

Morning Mood Boost A class combining cardio, light strength work, mobility, stretching and core...everything you need to start your day feeling amazing!

Strength & Core a total body strength building workout with plenty of focus on your essential core muscles.

Super Strength Take your strength to the next level! This class uses all types of resistance equipment (weights, bars, balls, bands) as well as your own body weight to build strength.

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.

HiiT Factory 45 minute interval training class in the HIIT Factory Studio based on four keystone pillars of the program: Cardio, Power, Strength and Endurance.

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

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

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