

GROUP

FITNESS



Schedule

Fall 2021

Effective September 7 (Rev 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45AM DYNAMIC STRENGTH Alena GX Studio		7:00-7:45AM POWER CYCLE Yair Outdoor Pool Deck	7:00-7:30AM FIT Factory Alena GX Studio	7:30-8:15AM POWER CYCLE Yair Outdoor Pool Deck
8:00-8:45AM ROCK N RIDE Alena Outdoor Pool Deck	8:30-9:15AM SMART FUSION Bente GX Studio	8:00-8:45AM DYNAMIC STRENGTH Alena GX Studio	7:45-8:30AM ROCK N RIDE Alena Outdoor Pool Deck	8:30-9:25AM BARRE Heather Barre Studio
8:30-9:25AM BARRE Jenny Barre Studio	9:30-10:15AM PARTY CYCLE Bente CYCLE STUDIO	8:30-9:30AM BARRE Dina Barre Studio	9:30-10:30AM COBA on FIRE Bente GX Studio	9:00-9:45AM TRAMP INTERVAL Kathleen GX Studio
9:00-9:40AM HIIT 40 Kathleen GX Studio	9:30-10:30AM BARRE Alanna Barre Studio	9:00-9:30AM TRX Strength & Stretch Kathleen GX Studio	9:30-10:30AM BARRE Jenny Barre Studio	9:30-10:30AM PILATES MIX Heather Barre Studio
9:30-10:30AM BARRE Heather Barre Studio	10:30-11:30AM ZUMBA Shahidah GX Studio	9:30-10:15AM CARDIO TRAMP Kathleen GX Studio	10:30-11:30AM ZUMBA Jorge GX Studio	
9:45-10:30AM VIDEO CYCLE Kathleen CYCLE STUDIO		9:30-10:15AM BURN CYCLE Laurie CYCLE STUDIO		9:50-10:15AM TRX Strength & Stretch Kathleen GX Studio
9:45-10:30AM Starts 9/13 BATTLE STRENGTH Genoeffa GX Studio	12:00-1:00PM SILVER & SASSY Sara GX Studio	12:00-1:00PM FOREVER ACTIVE Bente GX Studio	12:00-1:00PM CHAIR YOGA Mekea GX Studio	12:00-1:00PM DANCING QUEENS Bea GX Studio
12:00-1:00PM FOREVER ACTIVE Bente GX Studio		4:30-5:15PM MAX Intervals Lyn GX Studio		
4:30-5:25PM Starts 9/13 BARRE Jenny Barre Studio	4:30-5:15PM POWER CYCLE Elena CYCLE STUDIO	6:00-6:45PM VIDEO ROCK n RIDE Bob GX Studio	5:30-6:30PM BARRE Dina Barre Studio	
5:30-6:15PM HIIT Circuits Bea GX Studio	6:00-7:00AM BARRE Robyn Barre Studio	6:30-7:30PM Starts 9/15 ZUMBA Jennifer GX Studio		5:30-6:15PM PARTY CYCLE Bente CYCLE STUDIO

SATURDAY	SUNDAY
7:30-8:15AM ROCK N ROLL CYCLE Bob Outdoor Pool Deck	
8:45-9:15AM Starts 9/25 HIIT 30 Kathleen GX Studio	
9:30-10:25AM Intervals made FUN! Bente GX Studio	9:15-10:00AM STRENGTH in MOTION Alena GX Studio
9:30-10:15AM BURN CYCLE Kathleen CYCLE STUDIO	9:30-10:15AM BURN CYCLE Laurie CYCLE STUDIO
9:30-10:25AM BARRE Alanna BARRE STUDIO	9:30-10:30AM BARRE Rotating Instructors BARRE STUDIO
10:30-11:30AM ZUMBA Shahidah GX Studio	10:15-11:15AM ZUMBA Jorge GX Studio

Please note: In inclement weather classes move indoors. Please check your email for notifications on those days.

Registration for Classes Available
on SMC App
6 Days Prior to class

This schedule is
subject to change, please refer to
MySawMill App for most up-to-date
schedule.



Cardio Tramp: Quick 30 minute session on the mini trampoline.

COBA Burn: Have you heard of glute amnesia?? We do 25 minute all out on the hamstrings and glutes! The COBA board (counter balance) is designed to actively target these hard to reach muscles YES. You will feel the Burn!

COBA on Fire!: Introducing the newest glute trainer on the market. The COBA counter balance board. Target your glute and hamstrings with this unique piece of exercise equipment. You'll have to see it to believe it.

Core Fusion: Your Core has never felt so loved :) Not your boring floor crunches...this class will activate your abdominals from all sides using a variety of movements. Each class will be different! You can't do it just once :)

Dancing Queens: Let's Dance! Awaken your best memories with this old school dance class with all your favorite music. This is geared for those who prefer a slower softer dance workout class. Put some fun in your day with this wonderful community of ladies and gents!

Fit n' Happy Hour: Make this the happiest hour of your day! Sculpt, tone, strengthen and stretch your way to a happier you!

Forever Active: Stay fit. Stay Strong. 1 Hour class includes a warm up, movement to music, strength and balance exercises and flexibility stretches to cool down. Achieve your exercise goals at a pace that works for you! Stay for coffee or a bite to eat with friends afterwards. We are a community and welcome all that want to play!

HIIT Circuits: 30 minute High Intensity Interval Training. Class will circuit using battle ropes, weights, TRX, gliders and BOSU stations for timed intervals. Appropriate for all levels as each station has different intensities to choose from

Intervals Made Fun!: Intervals can be intimidating...not in this class. Find your own level in each interval group of work. Cardio, Strength and toning! You can do this!!

Quick HIIT Yoga- Get your heart pumping while incorporating stretching and balance. This is a fitness class incorporating the poses and breathing of Yoga. Get it done in 30 minutes and get on with your day. Moving never felt so good!

Power Step: 30 minute strength class using the Step along with Plyometric strength intervals.

Simply Strength: Full Body strength training for EVERY-body. You choose your weights and you choose your intensity. Options and modifications are provided for all exercises. You will always feel comfortable, successful, and FIT!

Smartbells: 3lb and 6lb weights Uniquely shaped to carve through space in flowing, rotational movements. Two-handed grip allows a high level of control while conforming to your body

Trampoline Intervals: Cardio and strength Interval class done on and off the mini Trampoline. Great soft impact cardio work on the trampoline which is welcoming to achy knees and backs

TRX Strength n' Stretch: 30 Minute class using the TRX, a form of suspension training that uses body weight exercises. The TRX leverages gravity to complete the exercises Extra range of motion is achieved as the suspension trainer reduces any extra pressure on the joints. Opening up the front body on the TRX is like taking a breath of fresh air.

Zumba: Dance Fitness Party!!



Barre Training: Lotte Berk inspired toning class that combines strength training, core conditioning and stretching to produce long lean muscles and a perfectly toned body. It is a non-impact, intense workout taught to energetic, motivating music.

Using a ballet barre, light weights and floor mats, you will work every muscle group in this one hour body changing fitness experience.



GROUP CYCLE

Burn Cycle: Enjoy a great ride in this 45 minute Interval based cycling class designed to burn calories and improve your cardio capacity. Small weights may be used for some upper body work.

Party Cycle: A fun and exhilarating interval cycling class. Great music. Great Energy. Great Friends! Every time is Party Time! All levels welcome

Power Cycle: Let's Ride!! 45 minute cycle for strength and endurance.

Rock n' Ride: A fun music driven cycling class. 45 minutes of rhythmic intervals, hills and flats designed to tap into your love of working out to music. All levels welcome

Video Cycle: Small group indoor cycling class with a BIG payoff! We use the Technogym on screen feedback to run intervals, individual challenges and team training all while enjoying music videos on the big screen. Feel free to work hard...or just sit back and enjoy the ride.

Sign up required as seating is limited