

# Schedule

**Fall 2021**

Effective October 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM <b>Super Strength</b> Jen P GX Studio	6:00AM <b>HIIT 4 All</b> Jen P GX Studio	6:15AM <b>Strength &amp; Core</b> Jen P GX Studio	6:00AM <b>Fire HIIT Up!</b> Jen P GX Studio	6:15 AM <b>Strength &amp; Core</b> Jen P GX Studio
8:30AM <b>Core Mix</b> Genoeffa GX Studio	8:30 AM <b>Mood Boost Intervals</b> Melanie GX Studio		8:30 AM <b>Strength &amp; Core</b> Genoeffa GX Studio	
9:45AM <b>Mood Boost Intervals</b> Jackie GX Studio	9:45AM <b>Strength &amp; Core</b> Faith GX Studio		9:45AM <b>Kick &amp; Hit</b> Melanie GX Studio	
	5:00PM <b>Cardio &amp; Strength Intervals</b> Jason GX Studio	4:30PM <b>Super Strength</b> Faith GX Studio		
6:00PM <b>Strength &amp; Core</b> Ana GX Studio			6:00PM <b>HIIT 4 All</b> Melanie GX Studio	

SATURDAY	SUNDAY
6:45AM <b>Fire HIIT Up!</b> Jen P GX Studio	8:30AM <b>Strength &amp; Core</b> Faith GX Studio
9:00AM <b>Strength &amp; Core</b> Jason GX Studio	10:00AM <b>Mood Boost Intervals</b> Melanie GX Studio

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

**Cardio & Strength Intervals:** 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 HIIT 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.

**Mood Boost Intervals:** 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.

For more information on all of the Group Exercise classes Saw Mill Club East has to offer, please contact *Group Exercise Director, Faith Zimmer:* (914) 752-6911 • fzimmel@sawmillclub.com