

GROUP EXERCISE



SAW MILL CLUB
• EAST •

Schedule

May 2022

Effective May 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30–6:15AM Rhythm Ride Faith Group Cycle	6:00–6:45AM Hiit 4 All Jen P GX Studio	5:15–6:00AM Journey Jen P Group Cycle	6:00–6:45AM Fire Hiit Up! Jen P GX Studio	5:15–6:00AM Journey Jen P Group Cycle
6:00–7:00AM Super Strength Jen P GX Studio	8:30–9:30AM Mood Boost Intervals Melanie GX Studio	6:15–7:00AM Strength & Core Jen P GX Studio		6:15–7:00AM Strength & Core Jen P GX Studio
6:30–7:15AM Hiit FACTORY Faith HiiT Studio	9:30–10:15AM V-Spin Patti Group Cycle	6:30–7:15AM Hiit FACTORY Faith HiiT Studio		8:00–8:45AM Power Cycle Jeanne Group Cycle
8:30–9:30AM Core Mix Jackie GX Studio	9:45–10:45AM Strength & Core Faith GX Studio	8:00–8:45AM Journey Jeanne Group Cycle	8:30–9:30AM Strength & Core Jackie GX Studio	9:30–10:30AM ZUMBA Bernadette GX Studio
9:00–9:45 AM Hiit FACTORY Bea HiiT Studio	4:30–5:15PM Hiit FACTORY Bea HiiT Studio	9:00–9:45AM Hiit FACTORY Bea HiiT Studio	9:30–10:30AM Rhythm Ride Jen M Group Cycle	
9:45–10:45AM Kick & HIIT Melanie GX Studio	4:30–5:30PM Cardio & Strength Intervals Jason GX Studio	9:30–10:30AM ZUMBA Bernadette GX Studio	9:45–10:45 AM Total Body Blast Faith GX Studio	
5:15–6:15PM V-Spin Art Group Cycle	5:30–6:15PM Hiit FACTORY Bea HiiT Studio	4:30–5:30PM Super Strength Faith GX Studio	5:00–5:45PM Hiit FACTORY Bea HiiT Studio	
5:00–6:00PM GX Studio Closed for Dryland Training	6:30–7:30PM ZUMBA Bernadette GX Studio	5:45–6:45PM Journey Faith Group Cycle	6:00–6:45PM Hiit 4 All Melanie GX Studio	
6:00–6:45PM Strength & Core Ana GX Studio		6:15–7:00PM Strength & Core Ana GX Studio		

SATURDAY	SUNDAY
6:45–7:45AM Fire Hiit Up! Jen P GX Studio	8:00–8:45AM V-Spin Bob Group Cycle
8:00–8:45AM Journey Melanie Group Cycle	8:30–9:30AM Strength & Core Faith GX Studio
9:00–9:45AM Hiit FACTORY Faith HiiT Studio	9:00–9:45AM Hiit FACTORY Bea HiiT Studio
9:00–10:00AM Strength & Core Jason GX Studio	9:15–10:00AM V-Spin Patti Group Cycle
10:00–11:00AM Rhythm Ride Jen M Group Cycle	10:00–11:00AM * Mood Boost Intervals Melanie GX Studio
10:15–11:15AM ZUMBA Jennifer C. GX Studio	11:15AM–12:15 ZUMBA Bernadette GX Studio
11:15AM–12:15PM GX Studio Closed for Taekwondo	

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

Last Sunday of each month is a Mood Boost Step class



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.

Total Body Blast: High intensity intervals of cardio drills, strength training and core work. Everything you need to get full body blasting results!



GROUP CYCLE

Journey: The "Classic" mind/body spin ride where music creates your unpredictable, realworld 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!



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



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.