

GROUP EXERCISE



Schedule

September 2022
Effective September 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30–8:00AM DYNAMIC STRENGTH Alena GX Studio	8:30–9:15AM SMART FUSION Bente GX Studio	7:00–7:45AM POWER CYCLE Yair CYCLE STUDIO		7:30–8:15AM POWER CYCLE Yair CYCLE STUDIO
8:15–9:00AM ROCK N RIDE Alena CYCLE STUDIO	9:30–10:15AM SHRED ★ Carrie GX Studio	8:00–8:45AM DYNAMIC STRENGTH Alena GX Studio	8:15–9:00AM ROCK N RIDE 🕒 Alena CYCLE STUDIO	8:30–9:30AM BARRE Heather Barre Studio
8:30–9:30AM 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 HIIT Trampoline 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 Pilates Mix Heather Barre Studio	10:30–11:30AM ZUMBA Shahidah GX Studio	9:30–10:15AM HIIT Trampoline Kathleen GX Studio	10:30–11:30AM ZUMBA Jorge GX Studio	9:45–10:30AM SHRED ★ Carrie GX Studio
9:45–10:30AM VIDEO CYCLE Kathleen CYCLE STUDIO		9:30–10:15AM BURN CYCLE Jenny CYCLE STUDIO		
12:00–1:00PM FOREVER ACTIVE Bente GX Studio	12:00–1:00PM FOREVER Balanced ★ Elena Barre Studio	12:00–1:00PM FOREVER ACTIVE Bente GX Studio	12:00–1:00PM CHAIR YOGA Mekea GX Studio	12:00–1:00PM FOREVER DANCE Bea GX Studio
12:30–1:15PM No More Jiggles! Lyn Barre Studio		12:30–1:00PM Interval CYCLE Kathleen CYCLE STUDIO		
4:30–5:30PM BARRE Jenny Barre Studio	5:00–5:45PM Total Body Blast ★ Lyn GX STUDIO	4:30–5:30PM BARRE ★ Robyn Barre Studio		
5:30–6:15PM Monday Mania 45 Bea GX Studio	6:00–6:45PM POWER CYCLE 😊 🕒 Laurie CYCLE STUDIO	5:30–6:15PM BOX and BOOTYFUL Bente GX Studio	5:30–6:30PM BARRE Dina Barre Studio	
6:30–7:30PM ZUMBA 😊 Bea GX Studio	6:00–7:00PM BARRE Robyn Barre Studio	6:30–7:30PM ZUMBA Jennifer GX Studio	6:00–6:45PM VIDEO ROCK 'n' ROLL Bob CYCLE STUDIO	5:30–6:15PM PARTY CYCLE Bente CYCLE STUDIO

SATURDAY	SUNDAY
7:30–8:15AM ROCK N ROLL CYCLE Bob CYCLE STUDIO	
8:30–9:30AM BARRE Alanna BARRE STUDIO	
9:00–9:45AM Intervals Made Fun! Bente GX Studio	
9:45–10:15AM Core Fusion Bente GX Studio	9:15–10:00AM STRENGTH in MOTION Alena GX Studio
9:30–10:15AM VIDEO CYCLE Kathleen CYCLE STUDIO	9:30–10:15AM BURN CYCLE Laurie CYCLE STUDIO
9:30–10:30AM BARRE Alanna BARRE STUDIO	9:30–10:30AM BARRE Rotating Instructors BARRE STUDIO
10:30–11:30AM ZUMBA Shahidah GX Studio	10:30–11:30AM ZUMBA Jorge GX Studio

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

Sign up for class notifications about new classes and weather interruptions in schedule on Sawmillclub.com under Saw Mill Club tab at top of page.

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





Box n Bootyful - Come prepared to have fun in this lively kickboxing and body sculpting class. You will jab, hook and cut your way to toned arms. You will kick and squat your way to strong legs. Experience bursts of energy as well as Pilates influenced lengthening work. Light weights are used. Appropriate for all levels

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!

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 :)

Core Strength n Balance: A low impact stability challenging workout to strengthen core muscles and build overall strength

Dynamic Strength: Full Body strength training for EVERY-body. No matter your fitness level this class is for you. You choose your weights and you choose your intensity. Options and modifications are provided for all exercises to either increase or decrease the intensity. You will always feel comfortable, successful, and FIT!

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!

Forever Balanced: Balance and functional movement training using the Barre, a chair, light weights and resistance bands. You will move better, improve your balance, mobility and strength. We end with stretching and relaxation. Appropriate for all levels

Forever Dance: 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!

HIIT Trampoline : 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

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!!

Monday Mania: 45 Minutes of strength, core and power that won't disappoint. Fun and always something new :) Appropriate for all levels.

No More Jiggle! Burn calories and firm up your body with this lunchtime strength class to keep those jiggles away :) All levels welcome as variations will be given

Pilates Mix: This class is a mix of Pilates and Barre workouts. Including strength and core work using light weights, ballet barre, Bender

ball, Pilates Ring and resistance bands. You will work all muscle groups as well as enjoy deep stretching.

Shred: This class performs functional movements at an intermediate to high intensity using a combination of bodyweight exercises and heavy weights for maximum power and maximum results.

Smart Fusion: 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

Strength in Motion: Get strong and then put that strength in motion to create a more powerful you. Grounded strength moves alternating with dynamic cardio. Appropriate for all levels. Modifications given for all moves

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.

Total Body Blast: Full body workout that uses cardio to increase your heart rate and resistance training to sculpt the arms, booty and core. Format designed to make your body work more efficiently and have you leave class feeling great! Who says working out can't be fun!!

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