

GROUP EXERCISE



Schedule

Fall 2023

Effective September 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30–6:15AM Rhythm Ride Faith Group Cycle	6:00–6:45AM Body X Jen P GX Studio	5:15–6:00AM Road Ride Jen P Group Cycle	6:00–6:45AM Body X Jen P GX Studio	5:15–6:00AM Resistance Ride Jen P Group Cycle
6:00–7:00AM Super Strength Jen P GX Studio	8:30–9:30AM Cardio Sculpt Melanie GX Studio	6:15–7:00AM Strength & Core Jen P GX Studio	8:30–9:30AM Strength & Core Genoeffa 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 Video Ride Patti Group Cycle	6:30–7:15AM HiIT FACTORY Faith HiIT Studio	9:30–10:15AM Race Coaching Ride Jen C Group Cycle	6:30–7:15AM HiIT FACTORY Faith HiIT Studio
8:30–9:30AM Core Mix Strength Melanie GX Studio	9:45–10:45AM Strength & Core Faith GX Studio	8:30–9:30AM Core Mix Strength Jackie GX Studio	9:45–10:45 AM Total Body Blast Faith GX Studio	8:00–8:45AM Rhythm Ride Faith Group Cycle
9:00–9:45 AM HiIT FACTORY Bea HiIT Studio		9:00–9:45AM HiIT FACTORY Bea HiIT Studio		8:30–9:15AM CoreMix Genoeffa GX Studio
9:45–10:45AM Kick & HIIT Melanie GX Studio	4:30–5:30PM Low Impact Kickboxing Miriam GX Studio	9:30–10:15AM Resistance Ride Melanie Group Cycle		9:00–9:45AM HiIT FACTORY Faith HiIT Studio
4:30–5:30PM Cardio Sculpt Jackie GX Studio	4:30–5:15PM HiIT FACTORY Bea HiIT Studio	9:30–10:30AM ZUMBA Bernadette GX Studio	5:00–5:45PM HiIT FACTORY Bea HiIT Studio	9:30–10:30AM ZUMBA Bernadette GX Studio
5:15–6:15PM Video Ride Art Group Cycle	5:30–6:15PM HiIT FACTORY Bea HiIT Studio	4:30–5:30PM Super Strength Faith GX Studio	5:45–6:30PM Kick & HIIT Jason GX Studio	
6:00–6:45PM Strength & Core Ana GX Studio	6:30–7:30PM ZUMBA Bernadette GX Studio	5:45–6:30PM Resistance Ride Faith Group Cycle		5:00–5:45PM HiIT FACTORY Bea HiIT Studio
		6:00–6:45PM Strength & Core Ana GX Studio		
SATURDAY	SUNDAY			
6:45–7:45AM Step Camp X Jen P GX Studio	8:30–9:30AM Strength & Core Jackie GX Studio			
8:00–8:45AM Road Ride Melanie Group Cycle	9:00–9:45AM Video Ride Patti/Bob Group Cycle			
8:00–8:45AM Kick & HIIT Jason GX Studio	9:00–9:45AM HiIT FACTORY Diana HiIT Studio			
9:00–9:45AM HiIT FACTORY Bea HiIT Studio	10:00–11:00AM Cardio Sculpt Melanie GX Studio			
9:00–10:00AM Strength & Core Jason GX Studio	10:00–11:00AM Rhythm Ride Jen M Group Cycle			
10:00–11:00AM Rhythm Ride Jen M Group Cycle	11:15AM–12:15 ZUMBA Bernadette GX Studio			
10:15–11:15AM ZUMBA Jennifer C. 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.

Every other Sunday
Please refer to app

10:00–11:15AM
Step & Sculpt
Melanie



Body X: Athletic cross training drills using timing and intervals to achieve maximum results. Get your sweat on and find your inner athlete in this fun new program!

Cardio Sculpt: A class combining cardio, strength work, and core intervals! Everything you need to get moving and tone your muscles.

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

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

Low Impact Kickboxing: Kickboxing with low impact cardio drills to get you moving without the extra stress on your body! Low impact, high energy!

Step Camp X: Athletic intervals using the step platform and strength equipment to build endurance and core power.

Strength & Core: a total body strength building workout with plenty of focus on your essential core muscles. Challenge your core like never before while building head to toe strength.

Super Strength: Take your strength to the next level! This class uses all types of equipment 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 and torch calories!



GROUP CYCLE

Road Ride: Hills, flats, sprints oh my! Ride on all types of terrain in this classic cycling class.

Rhythm Ride: Bike to the beat, spin to the songs, ride the rhythm and let the playlist take over in this music and RPM based class.

Resistance Ride: A ride designed to build strength through resistance drills and climbs.

Video Ride: A ride built around the power of music videos. Entertainment for your body and mind!

Race Coaching Ride: Train like the pros AND ride with them! Learn about your limitations with scientifically designed programs to increase strength, speed, endurance, power and agility while enjoying race coverage from all over the globe.



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.