

# Schedule

## Winter 2024

### Effective Feb 6

**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.

Monday	BARRE	8:30–9:30AM	Jenny
	Pilates Mix	9:30–10:30AM	Heather
	BARRE	5:00–6:00PM	Abbi
Tuesday	BARRE	9:30–10:30AM	Alanna
	Forever Balanced	12:00–1:00PM	Elena
	BARRE	6:00–7:00PM	Robyn
Wednesday	MEN FLEX for SPORTS	7:30–8:30AM	J.B.
	BARRE	8:30–9:30AM	Dina
	BALLET BARRE	9:30–10:30AM	Heather
	BARRE	4:30–5:30PM	Abbi
Thursday	BARRE	9:30–10:30AM	Jenny
	BARRE	5:30–6:30PM	Robyn
Friday	BARRE	8:30–9:30AM	Heather
	Pilates Mix	9:30–10:30AM	Heather
Saturday	BARRE	8:30–9:30AM	Alanna
	BARRE	9:30–10:30AM	Alanna
	Forever Fierce	10:30–11:30AM	Rotating Instructors
Sunday	BARRE	9:30–10:30AM	Rotating Instructors

**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.

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