

GROUP EXERCISE



Schedule

Winter 2024 Effective Feb 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30–8:00AM DYNAMIC STRENGTH Alena GX Studio	8:30–9:15AM SMART FUSION Bente GX Studio	7:15–8:00AM POWER CYCLE Yair CYCLE STUDIO		7:30–8:15AM POWER CYCLE Yair CYCLE STUDIO
8:15–9:00AM ROCK N RIDE Alena CYCLE STUDIO		8:00–8:45AM DYNAMIC STRENGTH Alena GX Studio	8:30–9:15AM VIDEO RHYTHM RIDE Jenny CYCLE STUDIO	
8:30–9:30AM BARRE Jenny Barre Studio	9:30–10:15AM SHRED Carrie GX Studio	8:30–9:30AM BARRE Alanna Barre Studio	9:30–10:30AM COBA on FIRE Bente GX Studio	8:30–9:30AM BARRE Heather Barre Studio
8:45–9:25AM TRX Core n More Kathleen GX Studio	9:30–10:15AM PARTY CYCLE Bente CYCLE STUDIO	9:00–9:30AM TRX Strength & Stretch Kathleen GX Studio	9:30–10:30AM BARRE Jenny Barre Studio	9:00–9:45AM HIIT Trampoline Kathleen GX Studio
9:30–10:25AM HIIT 60 JB GX Studio	9:30–10:30AM BARRE Alanna Barre Studio	9:30–10:15AM HIIT Trampoline Kathleen GX Studio	10:30–11:30AM ZUMBA Jorge GX 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	9:30–10:30AM Ballet BARRE Heather Barre Studio		10:00–10:45AM SHRED Carrie GX Studio
9:30–10:15AM VIDEO CYCLE Kathleen CYCLE STUDIO		9:30–10:15AM ROCK n RIDE Alena CYCLE STUDIO		
10:30–11:30AM DanceFit JB GX Studio			12:00–1:00PM CHAIR YOGA Mekea GX Studio	12:00–1:00PM FOREVER DANCE Bea GX 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	5:30–6:15PM HIIT 45 JB GXStudio	
		12:30–1:00PM VIDEO CYCLE Kathleen CYCLE STUDIO	5:30–6:30PM BARRE Robyn Barre Studio	5:30–6:15PM PARTY CYCLE Bente CYCLE STUDIO
12:30–1:15PM Fit n' Fabulous Lyn Barre Studio	5:30–6:15PM Total Body Blast Lyn GX STUDIO	4:30–5:30PM BARRE Abbi Barre Studio	6:00–6:45PM VIDEO ROCK 'n' ROLL Bob CYCLE STUDIO	
5:00–6:00PM BARRE Abbi Barre Studio	6:00–6:45PM POWER CYCLE Laurie CYCLE STUDIO	5:30–6:15PM Cardio Kickboxing Janna Barre Studio		
5:30–6:15PM Monday Mania 45 Bea GX Studio	6:00–7:00PM BARRE Robyn Barre Studio	6:30–7:30PM ZUMBA Jennifer GX Studio	SATURDAY	SUNDAY
			7:30–8:15AM VIDEO ROCK N' RIDE 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	9:30–10:15AM STEP into POWER 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 Jennifer GX Studio
			10:30–11:30AM FOREVER FIERCE Rotating Instructors BARRE STUDIO	

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.

New!!
MEN FLEX for SPORTS
Wednesdays
7:30–8:30AM



Cardio Kickboxing- energetic fitness class where you can learn proper boxing and kicking form in a fun and safe environment. led by Transformational karate instructor and combat veteran Janna

COBA On Fire: Dynamic Interval class utilizing the COBA board for effective counter balance activation of the glutes and hamstrings.

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.

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. You will always feel comfortable, successful, and FIT!

Fit n' Fabulous Burn calories and firm up your body with this lunchtime strength class to keep those jigglers away :) All levels welcome as variations will be given

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. 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.

Forever Fierce: Strength and Balance based class that will leave you feeling fabulous and fierce! A more rigorous class for the not quite Seniors and a gentler muscle building class then the primetime morning classes

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

HIIT 45, HIIT 60. 45 or 60 minute Circuit class using work/rest intervals to elevate your heart rate in 30-45 second bursts with intermittent rest. Always fun. Always accessible no matter your fitness level with modifications given for all movements

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!!

Men's Flex for Sports: Men move differently. We designed this men only class for recreational or competitive athletes. Release tight hips and improve your court movement by working on balance, Change of direction and range of motion in the shoulders hips and ankles. Improve your game, whatever the sport, by adding this off court mobility and flexibility class Appropriate for Tennis, Squash, Pickleball, Basketball, soccer, baseball, etc

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

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

Step Into Power: Fun traditional step class with strength intervals and dynamic core movements

TRX Core n' More : We are on the floor in the prone and supine positions for the most effective core and glutes work you've ever experienced!

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. 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.

Ballet Barre: Beginner Ballet conditioning work at the Barre Learn the body positions, core ballet exercises and proper body alignment Ballet slippers, dance sneakers or socks recommended All levels invited to find your inner ballerina

Ballet at the Barre: Barre exercise class with an emphasis on Ballet conditioning

Sculpt n' Barre: Body sculpting movements on and off the Barre using traditional and non traditional Barre Training exercises



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.

Rhythm Video Ride- Get lost in the Rhythm of the music with this fun and visually entertaining Video cycle experience

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