

Schedule

WINTER 2024
Effective February 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30–8:00AM DYNAMIC STRENGTH Alena GX Studio				
8:45–9:25AM TRX Core n' More Kathleen GX Studio	8:30–9:15AM SMART FUSION Bente GX Studio	8:00–8:45AM DYNAMIC STRENGTH Alena GX Studio		9:00–9:45AM HIIT Trampoline Kathleen GX Studio
9:30–10:25AM Hiit 60 😊 J.B. GX Studio	9:30–10:15AM SHRED Carrie GX Studio	9:00–9:30AM TRX Strength & Stretch Kathleen GX Studio	9:30–10:30AM COBA on FIRE Bente 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	9:30–10:15AM HIIT Trampoline Kathleen GX Studio	10:30–11:30AM ZUMBA Jorge GX Studio	10:00–10:45AM SHRED Carrie GX Studio
10:30–11:30AM DanceFit ★ JB 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	12:00–1:00PM CHAIR YOGA Mekea GX Studio	12:00–1:00PM FOREVER DANCE Bea GX Studio
12:30–1:15PM Fit n' Fabulous Lyn Barre Studio		5:30–6:15PM Cardio Kickboxing Janna BARRE Studio		
5:30–6:15PM Monday Mania 45 Bea GX Studio	5:30–6:15PM Total Body Blast Lyn GX Studio	6:30–7:30PM ZUMBA Jennifer GX Studio	5:30–6:15PM Hiit 45 JB GX Studio	

SATURDAY	SUNDAY
9:00–9:45AM Intervals Made Fun! Bente GX Studio	9:30–10:15AM Step into Power Alena GX Studio
9:45–10:15AM Core Fusion! Bente GX 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

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



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

DanceFit: A fun dance fitness class with flair! Choreographed dance numbers with some basic fitness moves sprinkled in to get an overall body workout

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!

Fit n' Fabulous! 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

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.

Men 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

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 Core n' More: This suspension trainer workout uses floor work on the TRX to strengthen the core, the glutes and the hamstrings. all levels welcome. Modifications offered 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!!