



Schedule

Winter 2024
Effective Feb 1

Monday	Rock 'n' Ride	8:15–9:00M	Alena	Cycle Studio
	Video Cycle	9:30–10:15AM	Kathleen	Cycle Studio
Tuesday	Party Cycle	9:30–10:15AM	Bente	Cycle Studio
	Power Cycle	6:00–6:45PM	Laurie	Cycle Studio
Wednesday	Power Cycle	7:15–8:00AM	Yair	Cycle Studio
	Rock n Ride	9:30–10:15AM	Alena	Cycle Studio
	Video Cycle	12:30–1:00PM	Kathleen	Cycle Studio
Thursday	Video Rhythm Ride	8:30–9:15am	Jenny	Cycle Studio
	Video Rock 'n' Roll	6:00–6:45PM	Bob	Cycle Studio
Friday	Power Cycle	7:30–8:15AM	Yair	Cycle Studio
	Party Cycle	5:30–6:15PM	Bente	Cycle Studio
Saturday	Video Rock n' Ride	7:30–8:15AM	Bob	Cycle Studio
	Video Cycle	9:30–10:15	Kathleen	Cycle Studio
Sunday	Burn Cycle	9:30–10:15	Laurie	Cycle Studio

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

When weather and capacity permits, some early morning cycling classes will take place outdoors.

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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