

# GROUP EXERCISE



## Schedule

Winter 2024

Effective January 16th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30–6:15AM <b>Rhythm Ride</b> Faith Group Cycle	6:00–6:45AM <b>Body X</b> Jen P GX Studio	5:15–6:00AM <b>Road Ride</b> Jen P Group Cycle	6:00–6:45AM <b>Body X</b> Jen P GX Studio	5:15–6:00AM <b>Resistance Ride</b> Jen P Group Cycle
6:00–7:00AM <b>Super Strength</b> Jen P GX Studio	8:30–9:30AM <b>Cardio Sculpt</b> Melanie GX Studio	6:15–7:00AM <b>Strength &amp; Core</b> Jen P GX Studio	8:30–9:30AM <b>Strength &amp; Core</b> Genoeffa GX Studio	6:15–7:00AM <b>Strength &amp; Core</b> Jen P GX Studio
6:30–7:15AM <b>HiIT FACTORY</b> Faith HiIT Studio	9:30–10:15AM <b>Video Ride</b> Patti Group Cycle	6:30–7:15AM <b>HiIT FACTORY</b> Faith HiIT Studio	9:30–10:15AM <b>*Race Coaching</b> Ride Jen C Group Cycle	6:30–7:15AM <b>HiIT FACTORY</b> Faith HiIT Studio
8:30–9:30AM <b>Core Mix Strength</b> Melanie GX Studio	9:45–10:45AM <b>Strength &amp; Core</b> Faith GX Studio	8:30–9:15AM <b>Balance &amp; Strength</b> Melanie GX Studio	9:45–10:45 AM <b>Total Body Blast</b> Faith GX Studio	8:00–8:45AM <b>Rhythm Ride</b> Faith Group Cycle
9:00–9:45 AM <b>HiIT FACTORY</b> Bea HiIT Studio		9:00–9:45AM <b>HiIT FACTORY</b> Bea HiIT Studio		8:30–9:15AM <b>CoreMix</b> Genoeffa GX Studio
9:45–10:45AM <b>Kick &amp; HIIT</b> Melanie GX Studio	4:30–5:30PM <b>ZUMBA</b> Bernadette GX Studio	9:30–10:15AM <b>Resistance Ride</b> Melanie Group Cycle		9:00–9:45AM <b>HiIT FACTORY</b> Faith HiIT Studio
4:30–5:30PM <b>Cardio Sculpt</b> Anna P	4:30–5:15PM <b>HiIT FACTORY</b> Bea HiIT Studio	9:30–10:30AM <b>ZUMBA</b> Bernadette GX Studio	5:00–5:45PM <b>HiIT FACTORY</b> Bea HiIT Studio	9:30–10:30AM <b>ZUMBA</b> Bernadette GX Studio
5:15–6:15PM <b>Video Ride</b> Art Group Cycle	5:30–6:15PM <b>HiIT FACTORY</b> Bea HiIT Studio	4:30–5:30PM <b>Super Strength</b> Faith GX Studio		
6:00–6:45PM <b>Strength &amp; Core</b> Ana GX Studio	6:00–6:45PM <b>LIIT Bootcamp</b> Faith GX Studio	5:45–6:30PM <b>Resistance Ride</b> Faith Group Cycle	6:00PM–6:45PM <b>Cardio Sculpt</b> Melanie GX Studio	5:00–5:45PM <b>HiIT FACTORY</b> Diana HiIT Studio
		6:00–6:45PM <b>Strength &amp; Core</b> Ana GX Studio		

SATURDAY	SUNDAY
6:45–7:45AM <b>Step Camp X</b> Jen P GX Studio	8:30–9:30AM <b>Strength &amp; Core</b> Melanie GX Studio
8:00–8:45AM <b>Road Ride</b> Melanie Group Cycle	9:00–9:45AM <b>Video Ride</b> Patti/Bob Group Cycle
8:00–8:45AM <b>Kick &amp; HIIT</b> Jason GX Studio	9:00–9:45AM <b>HiIT FACTORY</b> Diana HiIT Studio
9:00–9:45AM <b>HiIT FACTORY</b> Bea HiIT Studio	10:00–11:00AM <b>Cardio Sculpt</b> Melanie GX Studio
9:00–10:00AM <b>Strength &amp; Core</b> Jason GX Studio	10:00–11:00AM <b>Rhythm Ride</b> Jen M Group Cycle
10:00–11:00AM <b>Rhythm Ride</b> Jen M Group Cycle	11:15AM–12:15 <b>ZUMBA</b> Bernadette GX Studio
10:15–11:15AM <b>ZUMBA</b> Jennifer C. GX Studio	

\*The last Thursday of each month will be a 75-90min Endurance Ride!

Every other Sunday

10:00–11:00AM  
**Step & Sculpt**  
Melanie

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



**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!

**Balance & Strength:** Low Impact strength exercises combined with balance and stability work using a variety of balance-focused equipment.

**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.

**LIIT Bootcamp:** Low Impact Interval Training drills that will help you build strength and get your heart rate up without any harsh cardio or jumping. Low impact, high intensity! Come get LIIT!

**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. The last Thursday of each month will be a 75-90min Endurance Ride!



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.