



Schedule

Winter 2024

Effective January 16

Monday	Rhythm Ride	5:30–6:15AM	Faith
	Video Ride	5:15–6:15PM	Art
Tuesday	Video Ride	9:30–10:15AM	Patti
Wednesday	Road Ride	5:15–6:00AM	Jen P
	Resistance Ride	9:30–10:15AM	Melanie
	Resistance Ride	5:45–6:30PM	Faith
Thursday	Race Coaching Ride	9:30–10:15AM	Jen C
Friday	Resistance Ride	5:15–6:00AM	Jen P
	Rhythm Ride	8:00–8:45AM	Faith
Saturday	Road Ride	8:00–8:45AM	Melanie
	Rhythm Ride	10:00–11:00AM	Jen M
Sunday	Video Ride	9:00–9:45AM	Bob/Patti
	Rhythm Ride	10:00–11:00AM	Jen M

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.

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 the month will be an Endurance Ride.

Video Ride: A ride built around the power of music videos. Entertainment for your body and mind!

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

For more information on all of the Group Exercise classes Saw Mill Club East has to offer, please contact *Group Exercise Director, Faith Zimmel*: (914) 752-6911 • fzimmer@sawmillclub.com

333 N. Bedford Rd, Mt. Kisco, NY 10549 • 914.242.9760 • www.sawmillclub.com