

Schedule

Winter 2024
Effective January 16

45 minute interval training class in the HIIT Factory Studio based on four keystone pillars of the program:
Cardio, Power, Strength and Endurance.

Please arrive 5 minutes prior to class.

For the safety and continuity of the class, no one will be allowed in once class has started.

Monday	6:30–7:15AM	Faith	
	9:00–9:45AM	Bea	
Tuesday	4:30–5:15PM	Bea	
	5:30–6:15PM	Bea	
Wednesday	6:30–7:15AM	Faith	
	9:00–9:45AM	Bea	
Thursday	5:00–5:45PM	Bea	
Friday	6:30–7:15AM	Faith	
	9:00–9:45AM	Faith	
	5:00–5:45PM	Diana	
Saturday	9:00–9:45AM	Bea	
Sunday	9:00–9:45AM	Diana	

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 •
fzimmel@sawmillclub.com