

GROUP EXERCISE



SAW MILL CLUB
• EAST •



Spring 2024

Schedule

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

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

*The last Saturday of each month will be a music themed Cadence Concert Series Ride



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.