

GX GROUP EXERCISE



Schedule Spring 2025 Effective March 1

SAW MILL CLUB
• EAST •

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
6:00–6:45AM 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	9:30–10:30AM Race Coaching Ride Jen C Group Cycle	6:30–7:15AM Hiit FACTORY Faith HiiT Studio
8:30–9:30AM Core Mix Melanie GX Studio	9:45–10:45AM Strength & Core Faith GX Studio	8:30–9:30AM 4X4 Faith 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		8:30–9:30AM CoreMix Strength Genoeffa GX Studio
9:45–10:45AM Kick & HIIT Melanie GX Studio	4:30–5:15PM Hiit FACTORY Bea HiiT Studio	9:30–10:30AM ZUMBA Bernadette GX Studio		9:00–9:45AM Hiit FACTORY Faith HiiT Studio
4:30–5:30PM POP UP CLASS Rotating GX Studio	5:30–6:15PM Hiit FACTORY Bea HiiT Studio	4:30–5:30PM Super Strength Faith GX Studio	4:30–5:15PM BOSU Cardio Sculpt Melanie GX Studio	9:30–10:30AM ZUMBA Bernadette GX Studio
5:15–6:15PM Video Ride Art Group Cycle	6:00–6:45PM LIIT Bootcamp Faith GX Studio	6:00–6:45PM Resistance Ride Bobby Group Cycle	5:00–5:45PM Hiit FACTORY Bea HiiT Studio	5:00–5:45PM Hiit FACTORY Diana HiiT Studio
6:00–6:45PM Strength & Core Ana C. GX Studio	7:00–8:00PM ZUMBA Bernadette GX Studio	6:00–6:45PM Strength & Core Ana C. GX Studio	6:00–6:45PM Cardio Kickbox Melanie GX Studio	

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

This schedule is subject to change, please refer to the Member Portal for most up-to-date schedule.

Every other week is Step & Sculpt with Melanie



Cardio Sculpt: Resistance based strength exercises paired with short intervals of cardio drills. Be ready to use all types of equipment like steps, gliders, dumbbells...each class will vary to keep your body challenged. **BOSU Cardio Sculpt uses BOSU balls.**

COREmix: The SMCE signature class which fuses elements of Pilates and Barre with traditional balance and core training for a total body experience.

Body X: A cardio and strength interval workout using your own body weight and external resistance. Torch calories, create lean muscle mass and get fit! **Step Camp X uses step platform.**

LIIT Bootcamp: Strength intervals followed by short bursts of low impact cardio to get your heartrate up without jumping. Low impact, but still high intensity!

POP UPS!: Rotating instructors and class varieties - check the online schedule and in-club flyers for each week's pop up class!

Kick & HIIT: Boxing and kicking drills combined with High Intensity Interval Training cardio to give you an effective, total body workout.

4x4: Work is broken down into Upper Body, Lower body, core and cardio for a minute at a time. Focus on each part of the body individually while still getting a little bit of everything!

Strength & Core: a total body strength building workout with plenty of focus on your essential core muscles.

Super Strength: Take your strength to the next level! This class uses all types of resistance equipment (weights, bars, balls, bands) 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!



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.

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!



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.