

GX GROUP EXERCISE



Schedule Spring 2026

SAW MILL CLUB

rev 4/14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15–8:00AM DYNAMIC STRENGTH Alena GX Studio	8:30–9:30AM BARRE Alana Barre Studio	7:15–8:00AM PEAK PERFORMANCE RIDE Yair CYCLE STUDIO	8:30–9:15AM VIDEO RHYTHM RIDE Jenny CYCLE STUDIO	7:30–8:15AM PEAK PERFORMANCE RIDE Yair CYCLE STUDIO
8:00–9:00AM HOT PILATES Danielle Yoga Studio	8:30–9:15AM SMART FUSION Bente GX Studio	8:00–8:45AM DYNAMIC STRENGTH Alena GX Studio	9:30–10:30AM COBA CRUSH Bente GX Studio	8:30–9:30AM BARRE Heather Barre Studio
8:15–9:00AM ROCK N RIDE Alena CYCLE STUDIO	9:30–10:15AM PARTY CYCLE Bente CYCLE STUDIO	8:30–9:30AM BARRE Alanna Barre Studio	9:30–10:30AM BARRE Jenny Barre Studio	9:15–10:00AM HIIT Trampoline Kathleen GX Studio
8:15–9:15AM POWER BARRE Jenny Barre Studio	9:30–10:30AM Compound Strength Sam GX Studio	8:50–9:30AM TRX Strength & Stretch Kathleen GX Studio		9:30–10:30AM Pilates-Barre Fusion Heather Barre Studio
8:45–9:30AM TRX Core n More Kathleen GX Studio	9:30–10:30AM BARRE Alanna Barre Studio	9:30–10:15AM HIIT Trampoline Kathleen GX Studio	12:00–1:00PM CHAIR YOGA Mekea GX Studio	10:15–11:15AM PURE STRENGTH 😊 Vincent GX Studio
9:30–10:30AM Hiit CIRCUITS JB GX Studio	10:30–11:30AM ZUMBA Shahidah GX Studio	9:30–10:30AM Ballet BARRE Heather Barre Studio	12:30–1:30PM STRENGTH & GRACE Barrie Barre Studio	
9:30–10:30AM Pilates-Barre Fusion Heather Barre Studio		9:30–10:15AM ROCK n RIDE Jenny CYCLE STUDIO	4:30–5:30PM HOT PILATES Barrie Yoga Studio	12:30–1:30PM FOREVER DANCE Bea GX Studio
9:30–10:15AM VIDEO CYCLE Kathleen CYCLE STUDIO	12:00–1:00PM FOREVER Balanced Elena Barre Studio	10:30–11:30AM ZUMBA Mabel GX Studio	5:30–6:30PM BARRE Robyn Barre Studio	
10:30–11:30AM Dance FIT Liz GX Studio	1:15–2:15PM CHAIR YOGA Mekea GX Studio	12:00–1:00PM FOREVER ACTIVE Bente GX Studio	6:15–7:15PM ZUMBA Maria GX Studio	5:30–6:15PM PARTY CYCLE Bente CYCLE STUDIO
12:00–1:00PM FOREVER ACTIVE Bente GX Studio			6:00–6:45PM CYCLE BLAST Bobby CYCLE STUDIO	
12:00–1:00PM Fit 'n' Fabulous Liz Barre Studio	5:30–6:30PM BARRE Robyn Barre Studio			
4:30–5:15PM Party CYCLE Michelle CYCLE STUDIO		4:30–5:30PM MAT PILATES Scarlett Barre Studio		
5:00–6:00PM BARRE Abbi Barre Studio	5:30–6:15PM Total Body Blast Dina GX STUDIO	5:30–6:15PM BARRE Wendy Barre Studio		
5:30–6:15PM Monday Mania 45 Bea GX Studio	6:00–6:45PM CYCLE BLAST Bobby CYCLE STUDIO			
			SATURDAY	SUNDAY
			7:30–8:15AM VIDEO CYCLE Bob CYCLE STUDIO	
			8:30–9:30AM BARRE Alanna BARRE STUDIO	
			9:00–9:45AM INTERVALS MADE FUN! Bente GX Studio	
			9:30–10:15AM VIDEO CYCLE Kathleen CYCLE STUDIO	
			9:30–10:30AM BARRE Alanna BARRE STUDIO	9:30–10:15AM STEP into POWER Alena GX Studio
			9:45–10:15AM Core Fusion Bente GX Studio	9:30–10:15AM CYCLE BLAST Laurie CYCLE STUDIO
			10:30–11:30AM ZUMBA Shahidah GX Studio	
			10:30–11:30AM FOREVER FIERCE JB BARRE STUDIO	10:30–11:30AM ZUMBA Jennifer GX Studio

Registration for Classes Available on SMC Genesis Member Portal 6 Days Prior to class

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

★	New Class
😊	New Instructor
🕒	New Time
💰	Class has a fee



COBA Crush: This counter balance board will target your gluts like nothing else. But that is not all . You will add weights, bands and interval challenges to absolutely CRUSH your workout. Be prepared to work hard and make substantial fitness gains

Compound Strength: Circuit class of 8-9 different stations incorporating a variety of strength and core movements. Appropriate for all. High energy and fun

Core Fusion: Your Core has never felt so loved :) Not your boring floor crunches...this class will activate your abdominals from all sides using a variety of movements.

Core Strength n Balance: A low impact stability challenging workout to strengthen core muscles and build overall strength

Dynamic Strength: Full Body strength training for EVERY-body. No matter your fitness level this class is for you. You choose your weights and you choose your intensity. You will always feel comfortable, successful, and FIT!

Fit n' Fabulous Burn calories and firm up your body with this lunchtime strength class to keep those jiggles away :) All levels welcome as variations will be given

Forever Active: Stay fit. Stay Strong. 1 Hour class includes a warm up, movement to music, strength and balance exercises and flexibility stretches to cool down. Achieve your exercise goals at a pace that works for you! Stay for coffee or a bite to eat with friends afterwards.

We are a community and welcome all that want to play!

Forever Balanced: Balance and functional movement training using the Barre, a chair, light weights and resistance bands. You will move better, improve your balance, mobility and strength. Appropriate for all levels

Forever Dance: Let's Dance! Awaken your best memories with this old school dance class with all your favorite music. This is geared for those who prefer a slower softer dance workout class.

Forever Fierce: Strength and Balance based class that will leave you feeling fabulous and fierce! A more rigorous class for the not quite Seniors and a gentler muscle building class then the primetime morning classes

HIIT Circuits: full-body workout that alternates between short, maximum-effort bursts of exercise and brief rest periods

HIIT Trampoline : Cardio and strength Interval class done on and off the mini Trampoline. Great soft impact cardio work on the trampoline which is welcoming to achy knees and backs

Hot Pilates: Pilates in a room heated to 90'

Monday Mania: 45 Minutes of strength, core and power that won't disappoint. Fun and always something new :) Appropriate for all levels.

HIIT Circuits: full-body workout that alternates between short, maximum-effort bursts of exercise and brief rest periods

Pure Strength: Focuses on building muscle using a variety of equipment. 100% strength, no cardio. Abs included. Sculpt – This low impact class skips the cardio and focuses on toning the muscles with higher reps and lower weight.

body changing fitness experience.

Ballet Barre: Beginner Ballet conditioning work at the Barre Learn the body positions, core ballet exercises and proper body alignment Ballet slippers, dance sneakers or socks recommended All levels invited to find your inner ballerina

Pilates-Barre Fusion: This class is a mix of Pilates and Barre workouts. Including strength and core work using light weights, ballet barre, Bender ball, Pilates Ring and resistance bands. You will work all muscle

Pilates: A Pilates class is a low-impact, full-body workout that emphasizes strengthening the core, enhancing flexibility, and improving posture through precise, controlled movements.

Smart Fusion: 3lb and 6lb weights Uniquely shaped to carve through space in flowing, rotational movements. Two-handed grip allows a high level of control while conforming to your body

Step Into Power: Fun traditional step class with strength intervals and dynamic core movements

Strength and Grace: low-impact fitness session designed to build muscular strength while improving balance, mobility, and posture. It combines functional and resistance-based exercises, often using light dumbbells, bands, or bodyweight.

TRX Core n' More : We are on the floor in the prone and supine positions for the most effective core and glutes work you've ever experienced!

TRX Strength n' Stretch: 30 Minute class using the TRX, a form of suspension training that uses body weight exercises. The TRX leverages gravity to complete the exercises Opening up the front body on the TRX is like taking a breath of fresh air.

Total Body Blast: Full body workout that uses cardio to increase your heart rate and resistance training to sculpt the arms, booty and core. Format designed to make your body work more efficiently and have you leave class feeling great! Who says working out can't be fun!!

Zumba: Dance Fitness Party!!

groups as well as enjoy deep stretching.

Power Barre: Power Barre is a high-energy, low-impact class that fuses traditional ballet-inspired barre movements with heavier weighted resistance training. It is designed to deeply burn and sculpt muscles while increasing heart rate to improve both muscular endurance and cardiovascular fitness

Sculpt n' Barre: Body sculpting movements on and off the Barre using traditional and non traditional Barre Training exercises



Barre Training: Lotte Berk inspired toning class that combines strength training, core conditioning and stretching to produce long lean muscles and a perfectly toned body. It is a non-impact, intense workout taught to energetic, motivating music. Using a ballet barre, light weights and floor mats, you will work every muscle group in this one hour



GROUP CYCLE

Cycle Blast - An explosive indoor cycling class that promises a high-energy and fun workout experience. Designed to keep you on your toes, this class combines intense intervals with electrifying music to ensure every ride is a blast.

Party Cycle: A fun and exhilarating interval cycling class. Great music. Great Energy. Great Friends! Every time is Party Time! All levels welcome

Peak Performance Ride. set a new peak performance for power, heart rate, and pace by distance for the current year . Feel the excitement rise as you pedal your way to new heights

Rock n' Ride: A fun music driven cycling class. 45 minutes of rhythmic intervals, hills and

flats designed to tap into your love of working out to music. All levels welcome

Video Cycle: Small group indoor cycling class with a BIG payoff! We use the Technogym on screen feedback to run intervals, individual challenges and team training all while enjoying music videos on the big screen. Feel free to work hard...or just sit back and enjoy the ride.

Sign up required as seating is limited