GX GROUP EXERCISE

HEALTH GENESIS CLUBS

Schedule Fall 2026 Effective November 9

SAW MILL CLUB

rev 11/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30–8:15AM 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 Working 9 to 5 Olga Barre Studio
8:15–9:00AM ROCK N RIDE Alena CYCLE STUDIO	8:30–9:15AM ABSolutely Smart! Bente GX Studio	8:00–8:45AM DYNAMIC STRENGTH Alena GX Studio	9:30–10:30AM COBA CRUSH Bente GX Studio	7:30–8:15AM PEAK PERFORMANCE RIDE Yair CYCLE STUDIO
8:15–9:15AM POWER BARRE Jenny Barre Studio	9:30–10:15AM PARTY CYCLE Bente CYCLE STUDIO	8:30–9:30AM BARRE Alanna Barre Studio	9:30–10:30AM POWER BARRE Jenny Barre Studio	8:30–9:30AM BARRE Heather Barre Studio
8:45–9:30AM TRX Core n More Kathleen GX Studio	9:30–10:15AM STRONG &LEAN JB GX Studio	8:50–9:30AM TRX Strength & Stretch Kathleen GX Studio	11:15am–12:00AM ZUMBA + LIFT Bernadette Barre Studio	9:15–10:00AM HIIT Trampoline Kathleen GX Studio
9:30–10:30AM HIIT CIRCUITS JB 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	9:30–10:15AM ★ RACE COACHING RIDE Jennifer C CYCLE STUDIO
9:30–10:30AM Barre - Pilates Fusion Heather Barre Studio	10:30–11:30AM ZUMBA Shahidah GX Studio	9:30–10:30AM Adult Ballet Heather Barre Studio	1:00–1:45PM FOREVER BARRE Alanna Barre Studio	9:30–10:30AM Barre-Pilates Fusion Heather Barre Studio
9:30–10:15AM VIDEO CYCLE Kathleen CYCLE STUDIO		9:30–10:15AM ROCK n RIDE Jenny CYCLE STUDIO	5:00–6:00PM Pilates Jennifer C. Yoga Studio	10:15–11:00AM Strong and Lean Olga GX Studio
10:30–11:30AM Dance FIT Liz GX Studio	12:00–12:45PM FOREVER BALANCE JB Barre Studio	10:30–11:30AM ZUMBA Genoeffa GX Studio	5:30–6:30PM BARRE Robyn Barre Studio	12:30–1:30PM FOREVER DANCE Bea GX Studio
12:00–1:00PM FOREVER ACTIVE Bente GX Studio	1:00–2:00PM CHAIR YOGA Mekea GX Studio	12:00–1:00PM FOREVER ACTIVE Bente GX Studio	6:00–6:45PM CYCLE BLAST Bobby CYCLE STUDIO	5:30–6:15PM PARTY CYCLE Bente CYCLE STUDIO
12:00–1:00PM Fit 'n' Fabulous Liz Barre Studio				
	5:30–6:30PM POWER BARRE Robyn Barre Studio	4:15–5:15PM ★ STRONG & LEAN Michelle GX Studio		
5:00–6:00PM ☺ Barre - Pilates Fusion Joanna Barre Studio	5:30–6:15PM Total Body Blast Dina GX STUDIO	4:30–5:30PM MAT PILATES Jen C. Barre Studio		
5:30–6:15PM Monday Mania 45 Bea GX Studio	6:00–6:45PM CYCLE BLAST Bobby CYCLE STUDIO	6:00–6:45PM CYCLE Strength Fusion Michelle CYCLE STUDIO		
6:30–7:30PM ZUMBA Casey GX Studio		5:30–6:15PM BARRE Wendy Barre Studio		

SATURDAY	SUNDAY
7:30–8:15AM VIDEO CYCLE Robert A CYCLE STUDIO	
8:30–9:30AM BARRE Alanna BARRE STUDIO	
9:00–9:45AM INTERVALS MADE FUN! Bente GX Studio	9:30–10:30AM ★ Barre-Pilates Fusion Rotation BARRE STUDIO
9:30–10:15AM VIDEO CYCLE Bobby 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 Mabel 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

GX

ABSolutely Smart!: ABSolutely Smart is a dynamic, functional wake up workout designed to activate your core, mobilize your body, and build smart functional strength. Using Smartbells, light dumbbells, and resistance bands. You'll move to energizing sequences there will get you ready for the day.

After School Strength Lab: Welcome to After School Strength Lab, where **teens 12 and up** build strength, boost energy, and have fun! In this dynamic after-school session, we combine age-appropriate strength exercises with cardio bursts to help teens develop confidence, coordination, and lifelong fitness habits!

Adult Ballet: Experience the artistry of ballet tailored for adults. As you immerse yourself in graceful movements and refined technique, you'll naturally develop strength, balance, and coordination. Leaving you feeling both refined and thoroughly worked by the end.

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

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.

DanceFit: Choreographed dance numbers with some basic fitness moves sprinkled in to give an overall body workout. But not without the fun!!

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 feel comfortable, successful, and FIT!

Fit n' Fabulous This class is focused on strength, flexibility, and balance. With an emphasis on proper form and modifications, you'll work with a variety of equipment, bands, balls, weights, and functional movements. Expect a fun, varied format that's challenging but doable for all levels, just be ready to move on and off the floor!

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: Get ready for an explosive workout with HIIT Circuits! In this station-based class, you'll alternate between 45 seconds of strength, think heavy lifts, and 45 seconds of high-energy cardio bursts, all with brief active recovery. Expect plenty of dynamic, functional movements like jumping, lifting, pushing limits and a fast pace that keeps your heart pumping.

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

Max Sculpt: Max Sculpt is all about strength and rhythm. Move to the beat while sculpting every muscle. Expect precision, challenge, and a rhythm-driven full-body burn!'

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

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.

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

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!

Working 9 to 5: Kickstart your morning with an efficient, energizing class designed for early risers. This class focuses on building strength first plus a sprinkle of cardio to get you fired up and ready for the workday!

Zumba: Dance Fitness Party!!

BARRE

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 body changing fitness experience.

Forever Barre: Forever Barre enhances posture, balance, strength, and flexibility through mindful, low-impact movements. Using light weights, a ballet barre, and a mat, this welcoming class focuses on core engagement and supportive instruction, helping you stand taller, move stronger, and feel confident in everyday life.

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 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

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.

Cycle Strength Fusion: Ride through energizing cycling tracks, then targeted strength intervals. Expect dumbbells, resistance bands, and bodyweight exercises to complement your ride. By the end, you'll have a full-body cardio and strength workout.

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