

Schedule

SUMMER 2024

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.

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| Monday | BARRE | 8:30–9:30AM | Jenny |
| | Pilates Mix | 9:30–10:30AM | Heather |
| | BARRE | 5:00–6:00PM | Abbi |
| Tuesday | BARRE | 9:30–10:30AM | Alanna |
| | Forever Balanced | 12:00–1:00PM | Elena |
| | BARRE | 5:00–6:00PM | Robyn |
| Wednesday | MEN FLEX for SPORTS  | 7:30–8:30AM | J.B. |
| | BARRE | 8:30–9:30AM | Dina |
| | BALLET BARRE | 9:30–10:30AM | Heather |
| | BARRE | 4:30–5:30PM | Abbi |
| | CARDIO KICKBOXING  | 5:30–6:15PM | Janna |
| Thursday | BARRE | 9:30–10:30AM | Jenny |
| | BARRE | 5:30–6:30PM | Robyn |
| Friday | BARRE | 8:30–9:30AM | Heather |
| | Pilates Mix | 9:30–10:30AM | Heather |
| Saturday | BARRE | 8:30–9:30AM | Alanna |
| | BARRE | 9:30–10:30AM | Alanna |
| | Forever Fierce | 10:30–11:30AM | Rotating Instructors |
| Sunday | <small>Starts June 23</small> CARDIO KICKBOXING  | 9:00–9:45AM | Janna |

Please note: In inclement weather classes move indoors. Please check your email for notifications on those days.

Registration for Classes Available on SMC App 6 Days Prior to class

This schedule is subject to change, please refer to MySawMill App for most up-to-date schedule.

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