



Schedule

SUMMER 2024

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| Monday | Rock 'n' Ride | 8:15–9:00M | Alena | Cycle Studio |
| | Video Cycle | 9:30–10:15AM | Kathleen | Cycle Studio |
| Tuesday | Party Cycle | 9:30–10:15AM | Bente | Cycle Studio |
| | Power Cycle | 6:00–6:45PM | Laurie | Cycle Studio |
| Wednesday | Power Cycle | 7:15–8:00AM | Yair | Cycle Studio |
| | Rock n Ride | 9:30–10:15AM | Alena | Cycle Studio |
| Thursday | Video Rhythm Ride | 8:30–9:15am | Jenny | Cycle Studio |
| | Video Rock 'n' Roll | 6:00–6:45PM | Bob | Cycle Studio |
| Friday | Power Cycle | 7:30–8:15AM | Yair | Cycle Studio |
| | Party Cycle | 5:30–6:15PM | Bente | Cycle Studio |
| Saturday | Video Rock n' Ride | 7:30–8:15AM | Bob | Cycle Studio |
| | Video Cycle | 9:30–10:15 | Kathleen | Cycle Studio |
| Sunday | Burn Cycle | 9:30–10:15 | Laurie | Cycle Studio |

Burn Cycle: Enjoy a great ride in this 45 minute Interval based cycling class designed to burn calories and improve your cardio capacity. Small weights may be used for some upper body work.

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

Power Cycle: Let's Ride!! 45 minute cycle for strength and endurance.

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

When weather and capacity permits, some early morning cycling classes will take place outdoors.

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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