

# GX GROUP EXERCISE



## Schedule Fall 2024 Effective September 9

SAW MILL CLUB  
• EAST •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30–6:15AM <b>Rhythm Ride</b> Faith Group Cycle	6:00–6:45AM <b>Body X</b> Jen P GX Studio	5:15–6:00AM <b>Road Ride</b> Jen P Group Cycle	6:00–6:45AM <b>Body X</b> Jen P GX Studio	5:15–6:00AM <b>Resistance Ride</b> Jen P Group Cycle
6:00–6:45AM <b>Super Strength</b> Jen P GX Studio	8:30–9:30AM <b>Cardio Sculpt</b> Melanie GX Studio	6:15–7:00AM <b>Strength &amp; Core</b> Jen P GX Studio		6:15–7:00AM <b>Strength &amp; Core</b> Jen P GX Studio
6:30–7:15AM <b>HiIT FACTORY</b> Faith HiiT Studio	9:30–10:15AM <b>Video Ride</b> Patti Group Cycle	6:30–7:15AM <b>HiIT FACTORY</b> Faith HiiT Studio		6:30–7:15AM <b>HiIT FACTORY</b> Faith HiiT Studio
8:30–9:30AM <b>Core Mix</b> Melanie GX Studio	9:45–10:45AM <b>Strength &amp; Core</b> Faith GX Studio	8:30–9:30AM <b>4X4</b> Jackie Group Cycle	8:30–9:30AM <b>Strength &amp; Core</b> Genoeffa GX Studio	8:30–9:30AM <b>CoreMix Strength</b> Genoeffa GX Studio
9:00–9:45 AM <b>HiIT FACTORY</b> Bea HiiT Studio		9:00–9:45AM <b>HiIT FACTORY</b> Bea HiiT Studio	9:30–10:30AM <b>Race Coaching Ride</b> Jen C Group Cycle	9:00–9:45AM <b>HiIT FACTORY</b> Bea HiiT Studio
9:45–10:45AM <b>Kick &amp; HiIT</b> Melanie GX Studio	4:30–5:30PM <b>ZUMBA</b> Bernadette GX Studio	9:30–10:30AM <b>ZUMBA</b> Bernadette GX Studio	9:45–10:45 AM <b>Total Body Blast</b> Faith GX Studio	9:30–10:30AM <b>ZUMBA</b> Bernadette GX Studio
4:30–5:30PM <b>Fitness Fiesta</b> Anna P. Group Cycle	4:30–5:15PM <b>HiIT FACTORY</b> Bea HiiT Studio	4:30–5:30PM <b>Super Strength</b> Faith GX Studio	4:30–5:30PM <b>BOSU 4X4</b> Melanie GX Studio	
5:15–6:15PM <b>Video Ride</b> Art Group Cycle	5:30–6:15PM <b>HiIT FACTORY</b> Bea HiiT Studio	5:45–6:45PM <b>Resistance Ride</b> Bobby Group Cycle	5:00–5:45PM <b>HiIT FACTORY</b> Bea HiiT Studio	5:00–5:45PM <b>HiIT FACTORY</b> Faith HiiT Studio
6:00–6:45PM <b>Strength &amp; Core</b> Ana C. GX Studio	6:00–6:45PM <b>LIIT Bootcamp</b> Faith GX Studio	6:00–6:45PM <b>Strength &amp; Core</b> Ana C. GX Studio	6:00–6:45PM <b>Punch &amp; Power</b> Melanie GX Studio	

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

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

Every other week is Step & Sculpt with Melanie



**Cardio & Strength Intervals:** 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.

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

**Fire HIIT Up!** A cardio and strength interval workout using your own body weight and external resistance. Torch calories, create lean muscle mass and get FIRED UP!

**HIIT 4 All:** Short bursts of intense cardio alternated with active recovery strength exercises. With different timing protocols, this class will always keep you on your toes!

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

**Mood Boost Intervals:** A class combining cardio, light strength work, mobility, stretching and core... everything you need to start your day feeling amazing!

**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

**Journey:** The "Classic" mind/body spin ride where music creates your unpredictable, realworld terrain.

**Rhythm Ride:** Forget the metrics...bike to the beat, spin to the songs, ride the rhythm and let the playlist take over.

**V-Spin:** 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.