



Group Fitness Manager  
Shelli Sanzo  
[msanzo@premieratsawmill.com](mailto:msanzo@premieratsawmill.com)

Studio 1					Effective November 1, 2017	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meredith M 5:45 - 6:45am	Dana 5:45 - 6:15am	Danica 5:45 - 6:45am	Esther 5:45 - 6:45am	Mike 5:45 - 6:15am	Jessica 8:00-8:45am	
Stasi 8:30-9:15am		Mary 8:00 - 9:00am		Mary 8:00 - 8:45am	Jessica 8:50-9:20am	Jackie 8:30-9:30am
Stasi 9:15 - 10:15am	Matt 9:15 - 10:00am	Matt 9:15 - 10:15am	Darbie 9:30-10:30am	Stasi 9:15 - 10:15am	Beth/ Jen 9:30-10:30am	Teresa 9:35-10:35am
Darbie 10:20 - 11:20am	Matt 10:00-10:30am	Barb 10:20 - 11:20am		Barb 10:20 - 11:20am	Darbie 10:45-11:45am	Jim 10:45-11:45am
Suzanne 11:30 - 12:30pm	Jenea 10:35-11:35am		Jill S. 12:00-1:00pm		Rikki / Dmitry 11:55-12:55pm	Esther 11:50-12:20pm
Jill Scott 4:30 - 5:30pm	Beth/Jen 4:30-5:30pm	Vicki 4:30 - 5:30pm				Hannah 12:30-1:30pm
Teresa Y 5:35 - 6:35pm		Jessica 5:35 - 6:25pm	Dana 6:00 - 6:30pm			
Rikki 6:45 - 7:45pm	Kha 5:35 - 6:35pm	Jessica 6:25 - 6:55pm	Ellie T 6:45 - 7:30pm	Jill Scott 5:35 - 6:35pm		
Shannon 7:50 - 8:50pm	Jessica 6:45 - 7:45pm	Dmitry 7:00-8:00pm	Ellie T 7:30-8:00pm			
Studio 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beth P 5:45-6:45am					Meredith M. 9:00-9:55am
Laura 9:15-10:15am	Kim C 9:15-10:15am	Laura 9:15-10:15am			Ellie T 8:15 - 8:45am	Kelley M 10:15 - 11:10am
***Jen*** 10:15-11:15am	Kim C. 10:20-11:20am	Mariel 10:20-11:20am	Cindy B 9:00 - 10:00am	Cindy 9:15-10:15am	Meredith C/Sara 9:00 - 10:00am	Ellie T/Dana 11:20 - 11:50am
	Darbie 11:30-12:00pm		Shannon 10:05- 11:05am	Teresa 10:15-11:15am	Jenny 10:05-11:00am	
See below Jill S. 6:00 - 6:30pm		Hannah 5:45-6:45pm		Darbie 11:30 - 12:00pm	Karida 11:15-12:15pm	Stacie P. 3:30 - 4:30pm
Kelly Quinn 6:45 - 7:45pm	Kim V. 5:35- 6:35pm	Shannon 6:50-7:50pm	Kim V. 5:35 - 6:35pm	Lucilene. 4:00-5:00pm		
	Alan 6:45-7:45pm		Alan 6:45 - 7:45pm			
SPINNING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nicole 5:45-6:45am	Lauren G. 5:45 - 6:45am	Carrie 5:45 - 6:45am	Lauren G. 5:45 - 6:45am	Carrie 5:45 - 6:45am		
Andi 9:30 - 10:15am	Mary M. 9:15 - 10:10am	Stasi 9:15 - 10:10am	Shelley 9:15 - 10:10am	Matt 9:15 - 10:10am	Mary 9:00 - 9:55am	Jessica 9:35-10:25am
Teresa 10:30 - 11:25am	Andi 12:15-1:10pm	Shelley 10:30-11:25am			Jim 10:30-11:30am	
Mike H 6:00 - 7:00pm		Nicole 6:00pm-6:55pm				
	Bev 5:30-6:15pm		Jim 6:30 - 7:30pm			

Information about November

\*\* Classes in YELLOW are fee based classes\*\*

\*\* Last GRIT of the month on Mondays is cancelled for a private class

\*\*Due to Low attendance, Kid's yoga is cancelled- look for other kid classes/clinics to come if you have purchased a small group

\*\* Zumba Toning with Jen on Mondays- please bring a set of 1-2 lb weights

CLASS DIFFICULTY CODES IN PARENTHESIS BELOW:  
1-BEGINNERS 2-MODERATE 3-ADVANCED 4-ALL LEVELS

**LEWIS & CLARK  
GRIT SERIES**

GRIT is for those who enjoy the mental and physical benefits that only HIIT can offer.

30-minutes of intense challenge

Explosive music that will drive your workout harder than ever before  
Certified coaches who give you one-on-one attention and motivation

\*Fee based Small Group Training **3**

**BODYATTACK**

The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic movements with strength and stabilization exercises and can be done high impact or low. Blast fat, tone the entire body, and have fun! BodyAttack Lite will show low impact options. **2-3**

**BODYPUMP**

The most successful group exercise program in history, BODYPUMP is the original barbell class that strengthens your entire body. Great music, challenging exercises, and your choice of weight inspire you to get the results you came for -- and fast! **4**

**LESMILLS  
COREWORK**

This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention. **4**

**LESMILLS  
BODYCOMBAT**

You'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. **4**

**Gentle Fit**

This low impact class combines strength training, and stretching for a fulfilling workout. **1**

**Gentle Yoga**

This class is designed for those who are new to yoga or those desiring a more moderate approach to practice. Participants will work with gentle but deep stretches, basic postures, breath awareness and relaxation for a more balanced and energized body. **1**

**BOOTCAMP**

This intense program features dynamic cardio drills, dumbbells, risers, and many more tools for intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN!!! **2-3**

**HIIT**

The class that allows you to learn all the latest and greatest dance moves choreographed to the hottest hip hop sounds. Develop better coordination, rhythm, flexibility and most importantly -- self-expression! Hip hop dance is a great way to build confidence, self-esteem and gives you that little bit of "swagger" in your walk! **4**

**LESMILLS  
BODYJAM**

a cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. 55 minutes - **3**

**Hatha Yoga**--The class uses body weight to emphasize mobility, strength and balance. We target all of the major muscles in each class and explain how the poses help the body and how to get the most benefit from each pose-**4**

**INTEGRATIVE YOGA**

This class is geared to those beginning yoga, as well as those who are proficient in their practice. It is a full integration of the mind, body and spirit, which is the essence of all yoga practices. It includes basic knowledge and flows through to full meditation with deep stretching and moving the breath with the body. **4**

**P.H.I.T.**

This metabolic conditioning class combines cardio kickboxing, rope jumping, tabatas, and strength training! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment are included. **2-3**

**Pilates**

This systematic series of core strengthening and lengthening exercises is based on the work of Joseph Pilates. Class format invites participants of all levels to improve posture, flexibility, and mind/body awareness. **1-2**

**POWER  
YOGA**

Nourish your mind, body, and spirit in an invigorating workout. Poses (asanas) are sequenced together and linked with the breath to create a flow of exercise. Increase strength, improve flexibility, reduce stress and bring balance to your life with this challenging class. Previous yoga experience is recommended. **2-3**

**SPINNING**

Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining complete health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels. **4**

**STEP & PUMP**

This Classic, high intensity class uses easy to follow choreography that pushes your fat burning systems into high gear! The variety of moves, fast pace, and smooth transitions make this a class you won't want to miss.

**BARRE FUSION:** Full Body Workout that fuses yoga, pilates, dance and isometric movements using high repetitions and low weight or body weight. Sculpt muscles as you focus on arms, lower body and core work; alternating with cardio bursts to elevate your heart rate. Feel the burn as you stretch out and tone up with fun, energizing music. No dance experience required.

**Vinyasa  
Yoga**

Vinyasa Flow incorporates fluid movement with deep, rhythmic breathing. Linking movement with breath enhances the health benefits of each pose achieving greater muscular strength and tone, increased flexibility, and improved circulation as well as creating a more focused, calm and meditative state of awareness. **2**

**ZUMBA**

A feel "happy" workout that is fun and easy to do. Routines feature interval training where fast and slow rhythms and resistance training are combined to shape your body while burning fat. Add some Latin flavor, exhilarating music, and international zest into the mix and you've got ZUMBA! **4**

**Cardio JAM**

Melt away fat with this fun cardio work out. Effective in toning and defining the body's musculature. It can also improve one's balance, flexibility, coordination and has cardiovascular benefits. **4**