






















GROUP FITNESS SCHEDULE COMMUNITY CORNERS (October 1, 2018– December 30, 2018)

Community Corners

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday		
6:00am		 Rosie	 Mary	 Rosie	Cycling Heidi					
9:00am	IPsyclin 8:50am Paul	 Priscilla	IPsyclin 8:50am Paul	 Monica	IPsyclin 8:50am Paul	9:00am	 Marin	BOOTCAMP 8:45 am Mark		
10:00am	Iyengar Yoga (75 min) Kathy	Gentle Kripalu Yoga 10:30am (75min) Jyoti	Kripalu Yoga (75min) Jyoti		 Laura	10:10am	 10:10am Cora			
12:00pm	 Priscilla	 Laura	 12:15pm (30 min) Monica			11:15am		Pilates 11:15am Jenn		
4:30pm	 5pm (45min)Monica	 Lisa	Island Barre Melissa B.	ALIGNMENT BASED VINYASA YOGA Tanya	 5pm (45 min) Monica/ Lisa	4:00pm & 5:15pm		4:00-5:15 Dance with Kurt FEE/SIGN UP		
5:30pm	 5:45pm Monica	 Marin	 (30 min) Lisa	 (45 min) Priscilla	 5:45pm (45 min) Marin	 <p style="text-align: center;">ISLAND Health & Fitness <i>in partnership with Cayuga Medical Center</i></p>				
6:00pm			BOOTCAMP Mark	 (30 min) Priscilla						
6:30pm		BOXING 6:45 pm FEE/SIGN UP		BOXING 6:45 pm FEE/SIGN UP						
8:00pm										

Island Health & Fitness Class Descriptions



BODYPUMP™ Challenge yourself with the original barbell class that strengthens and tones your entire body (tickets available 30 min prior to class)



RPM™ The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high (tickets available 30 min prior)



BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



BODYCOMBAT™ is a high-energy martial-arts inspired workout that is totally non-contact. There are no complex moves to master.



Exercising the muscles around the core, **CXWORX™** provides the vital ingredient for a stronger body. A stronger core makes you better at all the things that you do, from everyday life to your favorite sports—it's the glue that holds everything together.

Alignment-Based Vinyasa Yoga—Refine your vinyasa practice by mindfully linking your breath and applying biomechanical principles of alignment to your yoga asanas (postures). This class offers a well-rounded asana practice with a heart-centered focus. Class is open to all levels. Modifications are offered for beginners and more advanced practitioners.

BOOTCAMP—Calisthenics/Cardio/Body weight and hand held weights are used to target major muscle groups. Format and routine change weekly to increase challenge. Instructor acts as a coach to ensure proper technique and alignment.

Cycling & iPsychlin- (tickets available 30 min prior to class)

We take you over imaginary hills and valleys, challenge you to some surges and some tough spots, capitalizing on aerobic and anaerobic intensity, all to great music.

Island Barre-This ballet barre class targets all areas of the body using small isometric movements to help increase flexibility, balance and muscle tone. Ballet barre is a challenging yet low-impact class that is suitable for all ages.

Kripalu Yoga- In Sanskrit, the word "Kripalu" translates as "compassion." In this class, we will develop our yoga practice with a focus on the specific needs of each individual's body. These classes are designed for every level and will improve strength, flexibility and balance.

Pilates- A method of exercise, which aims to encourage the use of the mind to develop core postural muscle strength, stability and flexibility resulting in more efficient and graceful movement.

Iyengar Yoga - Enjoy the clarity of step-by-step instruction in how to position your body in a variety of yoga poses. When the physical alignment is correct, muscles work more efficiently, the breath frees up, and relaxation becomes deeper.