

GROUP FITNESS SCHEDULE COMMUNITY CORNERS (January 1, 2018– April 1, 2018)

Community Corners

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday		
6:00am		 Rosie	 Mary	 Rosie	 +30min Yoga Melissa W.					
9:00am	IPsyclin 8:50am Paul	 Priscilla	IPsyclin 8:50am Paul	 Monica	IPsyclin 8:50am Paul	9:00am	CYCLING Heidi	BOOTCAMP Mark		
10:00am	IYENGAR YOGA (75 min) Kathy	GENTLE KRIPALU 10:30am (75min) Jyoti	KRIPALU YOGA (75min) Jyoti		 Laura	10:10am	 10:10am Cora	CYCLING 10:10am Melissa B.		
12:00pm		 Laura	Flex-n-Core 12:15pm (30 min) Joe		ISLAND BARRE Liz Z.	11:15am		PILATES 11:15am (60 min) Liz Z.		
4:30pm	 5pm (45min) Monica	 Lisa	ISLAND BARRE Melissa B.	ALIGNMENT BASED VINYASA YOGA Tanya	 Monica	4:00pm & 5:15pm		Dance with Kurt FEE/SIGN UP		
5:30pm	 5:45pm Monica	 Diane	 Express Monica (30min)	 Lynn	 Marin	 <p style="text-align: center;"> ISLAND Health & Fitness <i>in partnership with Cayuga Medical Center</i> </p>				
6:00pm			BOOTCAMP Mark							
6:30pm	 6:50 pm Cheryl Starts 2/19	BOXING 6:45 pm FEE/SIGN UP		BOXING 6:45 pm FEE/SIGN UP						
8:00pm		Dance with Kurt FEE/SIGN UP								

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)



BODYSTEP™ Feel liberated and alive with the energizing step workout that pushes fat burning systems into high gear.



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.



BODYVIVE™ features the optimal mix of strength, cardio and core training. With three workouts in one, this is a great cross training option for busy people on the go!

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.

Anusara Elements Yoga —Stretch, Strengthen, Breathe, Align. An all levels class, this alignment-based, heart centered practice is playfully designed to develop strength and flexibility in body and mind.

Beginner Yoga— Basic poses for general strength, flexibility, and balance, while incorporating proper alignment and engagement principles in order to develop safe and sustainable habits of movement.

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 & iPsyclin- (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.

Flex-N-Core— This class is 30 minutes long focusing on core muscles and stretching. Excellent class to gain strength and stability for the core muscles.

Island Barre-This 50 minute 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.

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.

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.

Midday Power Yoga—Come to move, breathe and sweat in a way that leaves you feeling energized and strong! We will work on core activation, balance, alignment, muscle strength and mobility.

Muscle Pump—A strength-based class that uses a variety of weights and exercises to help you build strength and muscular endurance.

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.

RUMBLE **Rumble** is an authentic, easy to master, maximum cardio, mixed martial arts workout! We will use the Rumble Stick, which will allow participants to achieve a higher degree of training by simulating the same movements as the Eskrima Stick, Bo Staff, sword, and knife. Rumble has been created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

Power Vinyasa-A flowing set of yoga postures that together help balance and open the body. Postures are linked together with intelligent sequencing and the flow is guided by Ujjayi breath. Please bring a towel.

Sivananda Yoga-A vitalizing sequence of asanas and pranayama works to align the charkas and increase the natural flow of energy which leaves us renewed and relaxed, while increasing the strength and flexibility of the body and the mind.

Slow Flow-A class made to build foundation, strength, and stretching in a simple way that is accessible to all levels of experience.

ZUMBA® -Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You'll be getting fit and your energy levels will soar!