

# Community Corners Group Fitness Schedule: Winter 2019

607-319-0149 / [www.islandhealthfitness.com](http://www.islandhealthfitness.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power HIIT</b> 6-6:45am <i>Jacky</i>	<b>BODYPUMP</b> 6-7am <i>Rosie</i>	<b>RPM</b> 6-6:50am <i>Mary</i>	<b>BODYPUMP</b> 6-7am <i>Rosie</i>	<b>Cycling</b> 6-7am <i>Heidi</i>		
	<b>CXWORX: Core Strength</b> 7:05-7:35am <i>Monica</i>	<b>BODYFLOW: Flexibility</b> 7-7:30am <i>Marin</i>	<b>CXWORX: Core Strength</b> 7:05-7:35am <i>Monica</i>			
<b>iPsyclin</b> 8:50-9:50am <i>Paul</i>	<b>BODYPUMP</b> 9-10am <i>Priscilla</i>	<b>iPsyclin</b> 8:50-9:50am <i>Paul</i>	<b>BODYPUMP</b> 9-10am <i>Emily</i>	<b>iPsyclin</b> 8:50-9:50am <i>Paul</i>	<b>BODYCOMBAT</b> 9-10am <i>Marin</i>	<b>BOOTCAMP</b> 8:45-10am <i>Mark</i>
<b>Iyengar Yoga</b> 10-11:15am <i>Kathy</i>	<b>Gentle Kripalu Yoga</b> 10:30-11:30am <i>Jyoti</i>	<b>Kripalu Yoga</b> 10-11:15am <i>Jyoti</i>		<b>BODYFLOW</b> 10-11am <i>Laura</i>	<b>BODYPUMP</b> 10:10-11:10am <i>Cora</i>	<b>Cycling</b> 10:15-11am <i>Lynn</i>
<b>BODYCOMBAT</b> 12-1pm <i>Priscilla</i>	<b>BODYFLOW</b> 12-1pm <i>Laura</i>					<b>Pilates</b> 11:15-12:15 <i>Selina/Jodi</i>
	<b>BODYFLOW</b> 4:30-5:30pm <i>Lisa</i>	<b>Barre</b> 4:45-5:30pm <i>Melissa</i>				<b>OULA Dance</b> 2pm <i>Fee &amp; Sign Up</i>
<b>BODYATTACK</b> 5-5:45pm <i>Monica</i>	<b>BODYCOMBAT</b> 5:30-6:30pm <i>Marin</i>	<b>BODYATTACK</b> 5:30-6pm <i>Lisa</i>	<b>BODYCOMBAT</b> 5-5:45pm <i>Priscilla</i>	<b>BODYATTACK</b> 5-5:45pm <i>Lisa/ Monica</i>		<b>Dance with Kurt</b> 4pm <i>Fee &amp; Sign Up</i>
<b>BODYPUMP</b> 5:45-6:45pm <i>Monica</i>		<b>BOOTCAMP</b> 6-7pm <i>Mark</i>	<b>BODYPUMP</b> 5:45-6:45pm <i>Priscilla</i>	<b>BODYFLOW</b> 5:45-6:30pm <i>Marin</i>		
	<b>BOXING</b> 6:45pm <i>Fee &amp; Sign Up</i>	<b>OULA Dance</b> 7:30pm <i>Fee &amp; Sign Up</i>	<b>BOXING</b> 6:45pm <i>Fee &amp; Sign Up</i>			



# Welcome to Island Group Fitness! *All classes are free for members unless otherwise noted.*

**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 and a heart-centered focus. Class is open to all levels, with modifications offered for beginners and more advanced practitioners.

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

**BODYATTACK™:** High energy fitness class with moves that cater for total beginners to total addicts. We combine athletic moves like running, jumping and lunging with strength exercises such as push-ups and squats. The workout is set to music and will challenge you in a good way.

**BODYCOMBAT™:** High-energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

**BODYFLOW™:** The Yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of movements to music creates a holistic workout.

**BODYPUMP™:** Barbell workout for anyone looking to get lean, toned, and fit -- fast. Using light to moderate weights with lots of repetition, BODYPUMP will give you a total body workout.

**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 coach to ensure proper technique and alignment.

**Cycling and iPsyclin:** An invigorating, low-impact workout that combines motivating music and easy-to follow instruction. Ride through imaginary hills and valleys, surge through tough spots, and get a great workout.

**CXWORX™:** A 30 minute core training workout that delivers results for all fitness levels. It's not just crunches -- you'll use a resistance band, weights, and bodyweight to strengthen the muscles from your shoulders to thighs.

**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, the muscles work efficiently, the breath frees up, and the relaxation is deeper.

**Kripalu Yoga:** Integrates ancient and modern wisdom using a creative sequence of postures, breathing exercises, and deep relaxation techniques, inviting life energy (prana) to flow more freely through us. The result is increased strength, stamina, flexibility, balance, focus, and a sense of overall well-being and joy -- a total conditioning of body, mind and spirit. All levels and bodies welcome.

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

**Power HIIT:** The theory behind High Intensity Interval Training (HIIT) is to bring the heart rate through a rollercoaster in order to continuously burn fat 24 hours after completing the exercise. This class will challenge your body, no matter your level of fitness and you will decide what is the appropriate level for your workout.

**RPM™:** Group Indoor cycling workout where you control the intensity. It's fun, low-impact, and burns calories. With great music pumping and the group spinning as one, the instructor takes you on a journey of hill climbs, sprints, and flat riding.

## Questions, comments, suggestions?

Contact Monica Van Fleet, Group Fitness Coordinator at:  
[mvanfleet@islandhealthfitness.com](mailto:mvanfleet@islandhealthfitness.com).