

Main Studio Group Fitness Schedule: Winter 2019

607- 277-3861 / www.islandhealthfitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Roll 6-7am <i>Dusty</i>	Stretch, Strength & Stability 6-7am <i>Judy</i>	Strength & Roll 6-7am <i>Dillon</i>	Core Therapy 6-6:45am <i>Spinelli</i>			
	Rumble 8-9am <i>Cheryl</i>	Muscle Sculpt 8-8:45am <i>Stephanie</i>	Rumble 8-8:45am <i>Cheryl</i>	Power Vinyasa 7-8:15am <i>Nicole C.</i>	Integral Yoga 8-9:15am <i>Nick</i>	
Core-N-More 8:50-9:50am <i>Judy</i>	Zumba Gold 9-10am <i>Carol</i>	Low Impact & Toning 9-10am <i>Nancy</i>	Core-N-More 8:50-9:50am <i>Judy</i>	Low Impact & Toning 9-10am <i>Nancy</i>	Cardio Dance 9:30-10:30am <i>Priscilla</i>	BODYPUMP 9:30-10:30am <i>Nicole</i>
Zumba Gold 10-10:45am <i>Stephanie</i>	Tai Chi 10-11am <i>John</i>	BODYSTEP 10-11am <i>Monica</i>	Integral Yoga 10-11:15 <i>Nick</i>	Tone 10-10:45am <i>Nicole</i>	BODYPUMP 10:30-11:30am <i>Priscilla</i>	CXWORX 10:35-11:05am <i>Monica/Nicole</i>
BODYPUMP 11am-12pm <i>Emily</i>	Flex-n-Core 11:30am-12pm <i>Joe</i>	BODYPUMP 11am-12pm <i>Monica</i>	Zumba 11:30am-12:20pm <i>Stephanie</i>	BODYPUMP 11am-12pm <i>Nicole</i>		BODYSTEP 11:10am-12:pm <i>Monica</i>
Yoga Power Hour 12:15-1:15pm <i>Linda</i>	Integral Yoga 12:15-1:30pm <i>Nick</i>	Anusara Elements Yoga 12:15-1:15pm <i>Hilary</i>	Freestyle Yoga 12:30-1:30pm <i>Shimon</i>	Slow Flow 12:15-1:15pm <i>Jeannie</i>	Zumba 12-1pm <i>Cheryl</i>	Sivananda/Chakra Energetics 12:30-1:45pm <i>Melinda</i>
Tone 4:30-5:15pm <i>Carol</i>	Slow Flow 4-5pm <i>Hilary</i>	Zumba 4:30-5:30pm <i>Cheryl</i>	Tone 4:30-5:15pm <i>Nicole</i>	Slow Flow 4:15-5:15pm <i>Tanya</i>	BODYPUMP 4:30-5:30pm <i>Emily</i>	Hip Hop Shape 2:30-3:30pm <i>G-Quan</i>
Yoga Unwind 5:30-6:30pm <i>Shimon</i>	Zumba 5:15-6pm <i>Cynthia</i>	BODYPUMP 5:30-6:30pm <i>Priscilla</i>	Rumble 5:15-6pm <i>Cheryl</i>	BOOTCAMP 5:30-6:30pm <i>Mark</i>		Yin and Yang Yoga 4-5:15pm <i>Jacky</i>
BODYPUMP 6:45-7:30pm <i>Salma</i>	Triple Threat 6-6:45pm <i>Priscilla</i>		Zumba 6-6:45pm <i>Cynthia</i>			
	Kripalu Yoga 6:45-8pm <i>Jyoti</i>	Sivananda/Chakra Energetics 7-8:15pm <i>Melinda</i>	Slow Flow 6:45-7:45pm <i>Hilary</i>			



3rd Floor Group Fitness Schedule: Winter 2019

607- 277-3861 / www.islandhealthfitness.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycling 6-6:45am <i>Abigail/Liz</i>			RPM 6-6:50am <i>Mary</i>		
	Gentle Yoga (CRC) 9:30am <i>Fee & Sign Up</i>		Alignment-Based Vinyasa Yoga 8:30-9:30am <i>Tanya</i>	Cycling 9-10am <i>Jill</i>	Cycling 9-10am <i>Christine</i>	Cycling 9:15-10:15am <i>Heidi</i>
Pilates 10-11am <i>Sheila</i>		Pilates 10-11am <i>Sheila</i>			Cycle Lab 10:15- 11:45am <i>Shane</i> <i>Fee & Sign Up</i>	
	Cycling 11:15am-12:15pm <i>Dillon</i>	HIIT 11:15am-12pm <i>Natasha</i>	Cycling 11:15am-12:15pm <i>Adrian</i>	Pilates 12-1pm <i>Leslie</i>	Pilates 12-1pm <i>Liz/Sheila</i>	
						iPsyclin 4-5:30pm <i>Paul</i>
Cycling 5-6pm <i>Heidi</i>	iPsyclin 5:30-6:30pm <i>Paul</i>	Pilates 5:30-6:30pm <i>Jodi</i>	iPsyclin 5:30-6:30pm <i>Paul</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. Open to all levels, with modifications offered for beginners and more advanced practitioners.

Anusara Elements Yoga: Alignment-based, heart centered practice that is playfully designed to develop strength and flexibility in body and mind. All levels.

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.

BODYSTEP™: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full body cardio workout to really tone your butt and thighs. We play invigorating music and there are lots of options to get you through the workout safely.

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.

Cardio Dance: Come groove to a broad range of music! Tracks include both low intensity and high intensity intervals to provide nonstop cardio training for maximum calorie burning from start to finish.

Core-N-More: Strength training using free weights, stretch bands, and medicine balls, and stability balls to develop core strength. Followed by stretching.

Core Therapy: This class focuses on the core stability muscles in the abdominal and low back region. Learn form and technique, and build strength.

CRC Yoga: A blend of stretching, relaxation, healing visualization, and meditation in a supportive group environment. Free to clients of the Cancer Resource Center of the Finger Lakes.

Cycling and iPsychlin: 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.

Flex-N-Core: A 30 minute class that focuses on core muscles and stretching. Excellent class to gain strength and stability for core muscles.

Free Style Yoga: A multi-level vinyasa class that blends alignment, qi gong, and breath. This class is designed to empower participants to create their own yoga practice.

Integral Yoga: Integrated physical poses and stretches, relaxation and breathing exercises, and guided meditation to improve flexibility, raise and balance energy levels, and release stress. Appropriate for all levels.

HIIT: High intensity interval training. Work really hard, rest, and work really hard again! This workout is for all levels because you are working as hard as YOU can, but be prepared to push. This class will use timed drills and mostly bodyweight exercises (think: burpees) with an active recovery cooldown.

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 an overall sense of well-being and joy – a total conditioning of mind, body and spirit. All levels and bodies are welcome.

Welcome to Island Group Fitness!

All classes are free for members unless otherwise noted.

Low Impact & Toning: Formerly known as FAB, same great class, just a different name! This is a low-impact cardio class designed to increase your endurance, balance, coordination, flexibility and strength.

Muscle Sculpt: A strength training class focused on functional movements, proper lifting technique, and total body conditioning. Achieve improved definition and increased strength using a combination of your own body weight and dumbbells.

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

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.

Rumble: An authentic, easy to master, maximum cardio, mixed martial arts workout that draws inspiration from a variety of fighting styles. Rumble has been created for EVERY body. No martial arts experience required, just a willingness to sweat, have fun, and get a great workout.

Sivananda Yoga: A vitalizing sequence of asanas and pranayama works to align the chakras 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. An equal amount of support and challenge will be offered in the class, which includes slow flow, standing postures, seated postures, and relaxation.

Strength & Roll: A full body strength training class which includes 10-15 minutes of targeted foam rolling and stretching at the end.

Stretch, Strength & Stability: Strength and balance work followed by stretching and foam rolling.

Tone™: If you want the optimal mix of strength, cardio and core training this is it. The mix of lunges, squats, and resistance band exercises will help you burn calories and take your fitness to the next level.

Triple Threat: A 45 minute class fusing cardio, strength and core training through a variety of low-impact, high-intensity exercises. Motivated by a variety of fun, energetic music, this total body workout will have you sweating and burning calories.

Yin and Yang Yoga: The Yang part of this class is a Dynamic Vinyasa Flow designed to synchronize breath, body and mind. Finding our Yin part of the yoga will restore the body with longer stretches.

Yoga Unwind: A level 1/2 class. In this class we will unwind stress in the mind and in the body through specific movements focused on joint mobility, range of motion, strengthening and lengthening, and breath exercises.

Zumba: We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Questions, comments, suggestions?

Contact Monica Van Fleet, Group Fitness Coordinator, at:
mvanfleet@islandhealthfitness.com.