






















# GROUP FITNESS SCHEDULE Main Studio (October 2, 2017– December 31, 2017)

MAIN STUDIO

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	Strength & Roll Dusty Paul	Stretch, Strength & Stability Judy	Strength & Roll Jenn	ABBS Trainer		8:00am	INTEGRAL YOGA 8am Nick (75min)	
7:00am					POWER VINYASA YOGA Gina 7:10AM	9:10am		 Lynn 9:10am
9:00am	CORE-N-MORE Judy 8:50am	Zumba Gold Carol	FAB Nancy	CORE-N-MORE Judy 8:50am	FAB Nancy	9:30am	CARDIO DANCE Priscilla 9:30am	
10:00am	Zumba Gold Stephanie (45 min)	TAI CHI John	 Cora	INTEGRAL YOGA Nick (75min)	 Nicole (55min)	10:10am		 Athletic Monica 10:15am
11:00am	PiYo Live Stephanie (60 min)	Flex-n-Core Joe 11:30am (30 min)	 Monica	 Abe 11:15am	 Nicole	10:30am	 Priscilla 10:30am	 Diane 11:20am
12:15pm	MIDDAY POWER YOGA Jenni	INTEGRAL YOGA Nick (75min)	Anusara Elements Yoga Hilary	FREE STYLE YOGA Shimon 12:30pm	MIDDAY POWER YOGA Jenn	12:00pm	 Cheryl 12pm	
4:30pm	 Carol (45 min)	SLOW FLOW Hilary (4pm)	 Cheryl	 Nicole (45 min)	SLOW FLOW Tanya (4:15pm)	12:30pm		SIVANANDA YOGA Melinda (75min) 12:30pm
5:15pm		 Cynthia (45min)		 Athletic (45 min) Monica		4:00pm		POWER VINYASA YOGA Taryn (75min) 4:00pm
5:30pm	YOGA UNWIND Shimon (75 min)		 Priscilla		BOOTCAMP Mark			
6:00pm		TRIPLE THREAT Priscilla (45min)		 Cynthia (45min)				
6:45pm	 Cora (7pm)	KRIPALU YOGA Jyoti (75 min)	SIVANANDA YOGA Melinda (7pm)	POWER VINYASA YOGA Melissa (75 min)	 Abe			
8:15pm								



**3RD FLOOR**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	<b>SPINYASA</b> 75 Min.	<b>CYCLING</b> Liz / Abigail 6am			 Mary 6am			
7:30am								
8:30am				<b>Alignment- Based Vinyasa</b> Tanya	<b>CYCLING</b> 9am Shawn	9:00am	<b>CYCLING</b> Christine 9am	
9:30am		<b>GENTLE YOGA</b> (CRC) (Fee & Sign Up)				9:15am		<b>CYCLING</b> Heidi 9:15am
10:00am	<b>PILATES</b> Sheila		<b>PILATES</b> Sheila			12:00pm	<b>PILATES</b> 12pm Liz / Sheila	
11:15am		<b>CYCLING</b> Kelly M.		<b>CYCLING</b> Adrian		1:30pm	<b>MBSR (2 hrs)</b> Nick 1:30pm (Fee & Sign Up)	
4:15pm						4:00pm		<b>IPSYCLIN</b> Paul 4pm
5:00pm	<b>CYCLING</b> Heidi					 <b>ISLAND</b> Health & Fitness <i>in partnership with Cayuga Medical Center</i>		
5:30pm		<b>IPSYCLIN</b> Paul		<b>IPSYCLIN</b> Paul				
6:45pm		<b>Tai Chi</b> Mike						

# 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.



**BODYSTEP Athletic™** Combine basic stepping with moves like burpees, push-ups, and weight plate exercise to work the upper body.



**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 to class)



**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.



**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!

**ABBs (Abs, Back & Butt)**-This class focuses on the core stability muscles in the abdominal and low back region. Each class focuses on form, the technique involved in toning, and building strength in this area.

**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.

**Cardio Dance**—Come groove to a broad range of musical genres! Tracks include both high and low intensity intervals to provide non-stop cardio training for maximum calorie burning from start to finish. Choreography is fun, energetic, and easy to follow.

**Core-N-More** -Strength training using free weights, stretch bands, and medicine balls. Along with sitting or lying on a stability ball to encourage core strength through out. Followed by stretching.

**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.

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

**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.

**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.

**FAB (low impact)**-Low-impact cardio class designed to increase your endurance, flexibility, balance and coordination, strength and toning.

**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.

**Free Style Yoga**— A multi-level vinyasa class that blends alignment, qi gong and breath.

**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.

**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.

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**MBSR** - (Mindfulness Based Stress Relief) The Stress Reduction Program is an 8-week course that instructs participants in mindfulness meditation and stress reduction practices.

**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.

**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. Pilates focuses on quality over quantity using proper alignment, centering, concentration, control, precision, breathing and flowing movement to work deep core muscles. Pilates appeals to a wide range of people from all walks of life and fitness levels including athletes, seniors, dancers, to name a few. People who practice Pilates report that the main benefits of Pilates are becoming stronger, leaner and more graceful and efficient with their movement.

**PiYo Live**—PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**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 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 including some slow flow to begin, standing postures, seated postures, and relaxation.

**Spinyasa**-An amazing combination of invigorating cycling, followed by the power and lengthening of vinyasa yoga, ending with meditation. 45 minutes of each. Come for one or both!

**Strength & Roll (55 min)**- A full body strength training class, including 10-15 minutes of targeted foam rolling and stretching at the end of class.

**Tai Chi**-Tai Chi Chuan is a Chinese martial art used to develop coordination, balance, posture and strength through relaxed and continuous whole-body movement.

**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 lots of calories as you boost your heart rate, tone your muscles, and strengthen your core.

**Yoga Unwind**—A slow flow yoga class designed to help you unwind. Level 1/2 class.

**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 be soaring!