











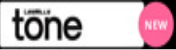











# GROUP FITNESS SCHEDULE Main Studio (October 1, 2018– December 30, 2018)

**MAIN STUDIO**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	Strength & Roll Dusty Paul	Stretch, Strength & Stability Judy	Strength & Roll Dillon	ABBs Trainer		8:00am	Integral Yoga Nick (75min)	
7:00am		<b>RUMBLE</b> 8am (55 min) Cheryl		<b>RUMBLE</b> 8am (45 min) Cheryl	Power Vinyasa Yoga 7am Nicole C.	9:10am		
9:00am	Core-N-More 8:50am Judy	Zumba Gold Carol	Low Impact / Toning Nancy	Core-N-More 8:50am Judy	Low Impact / Toning Nancy	9:30am	Cardio Dance Priscilla	 9am Diane
10:00am	Zumba Gold (45 min) Stephanie	Tai Chi John	 Monica	Integral Yoga (75min) Nick	 (45 min) Nicole B.	10:00am		 Lynn
11:00am	 Emily	Flex-n-Core 11:30am (30 min) Joe	 Emily	 11:15am Louise	 Nicole B.	10:30am	 10:30am Priscilla	 11am (45 min) Monica
12:15pm	Yoga Power Hour Linda S	Integral Yoga (75min) Nick	Anusara Elements Yoga Hilary	Freestyle Yoga 12:30pm Shimon	Midday Power Yoga Jenn	12:00pm	 Cheryl	 11:50am (30 min) Monica
4:30pm	 (45 min) Carol	SLOW FLOW 4pm Hilary	 Cheryl	 (45 min) Nicole B.	SLOW FLOW 4:15pm Tanya	12:30pm		Sivananda Yoga 12:30pm (75 min) Melinda
5:15pm		 (45min) Cynthia		<b>RUMBLE</b> (45 min) Cheryl		4:00pm		Power Vinyasa Yoga 4pm (75 min) Taryn
5:30pm	Yoga Unwind Shimon		 Priscilla		BOOTCAMP Mark	 <b>ISLAND</b> Health & Fitness <i>in partnership with Cayuga Medical Center</i>		
6:00pm		Triple Threat (45min) Priscilla		 (45min) Cynthia				
6:45pm	 (45 min) Cora	Kripalu Yoga (75 min) Jyoti	Sivananda Yoga 7:15pm Melinda	Power Vinyasa Yoga (75 min) Melissa				
8:15pm								

**3RD FLOOR**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	<b>CYCLING</b> (45 min)  Shawn	<b>CYCLING</b>  Liz / Abigail			  Mary			
8:30am				<b>Alignment-Based Vinyasa</b> Tanya	<b>CYCLING</b> Jill 9am	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> 10 am Sheila		<b>PILATES</b> 10 am Sheila			12:00pm	<b>PILATES</b>  12pm Liz / Sheila	
11:15am		<b>CYCLING</b>  Dillon		<b>CYCLING</b>  Adrian		1:30pm	<b>MBSR (2 hrs)</b>  Nick 1:30pm (Fee & Sign Up)	
4:00pm						4:00pm		<b>Keiser M3 Threshold Testing</b> Paul 4pm  <b>iPsyclin</b> Paul  4:30 pm
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>PILATES</b>  Jodi	<b>iPsyclin</b>  Paul				
6:45pm	Dance with Kurt 7-8 pm Fee & Sign UP	Dance with Kurt 7-8 pm 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 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.



Les Mills Tone combines blocks of strength, cardio and core training into one complete and convenient workout. This workout includes a mix of exercises to work the whole body and elevate the heart rate

**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.



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 you do, from everyday life to your favorite sports—it's the glue that holds everything together.

**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.

**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.

—**Keiser Threshold testing**- a timed interval ride using the bike's computers to help individuals establish their own individual ride baseline.

**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.

**HIIT and Recover**- High intensity interval training. Work really hard, rest, and work really hard again! This workout is all levels because you are working as hard as YOU can, but be prepared to push! The class will use timed body weight drills. The last 10 minutes will include an active yoga flow recovery.

**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.

**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.

# Island Health & Fitness Class Descriptions

**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, flexibility, balance and coordination, strength and toning.

**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.

**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.

**RUMBLE** Rumble is an authentic, easy to master, maximum cardio, mixed martial arts workout! In Rumble, we draw inspiration from a variety of fighting styles and also the weapons that several of these styles use in training. 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!

**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.

**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**—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.