



GROUP FITNESS SCHEDULE

DOWNTOWN LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM	Starts 9/12: Barbell Basics Kristina 7:00 AM - 8:00 AM		POWERFLOW Gillian 7:00 AM - 8:00 AM	Barbell Basics Sarah 7:00 AM - 8:00 AM			
8AM							
9AM	Muscle Sculpt Sarah 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Pilates Sheila/Liz 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Muscle Sculpt Isabella 9:00 AM - 10:00 AM	POWERFLOW Abby 9:00 - 10:00 AM	Cycling Paul - 3 rd Floor Studio 8:30 AM - 9:30 AM
10AM							
11AM	Integral Yoga Nick 10:30 AM - 11:45 AM				Integral Yoga Nick 10:30 AM - 11:45 AM		Boot Camp Mark 10:00 AM - 11:00 AM
12PM							
1PM			Kripalu Yoga Jyoti 12:00 PM - 1:15 PM			Starts 9/10: ZUMBA Cheryl 12:00 PM - 1:00 PM	
4PM							
5PM			Starts 9/14: PRO-FLOW Gillian 4:00 PM - 5:00 PM				PRO-FLOW Gillian 4:00 PM - 5:00 PM
6PM	Mixed Level Flow Zoe 5:30 PM - 6:30 PM	ZUMBA Stephanie 5:30 PM - 6:15 PM		ZUMBA Stephanie 5:30 PM - 6:15 PM	Boot Camp Mark 5:30 PM - 6:30 PM		
7PM			BODYPUMP Nicole 6:00 PM - 7:00 PM				
8PM					Starts 9/9: POWERFLOW Zoe 6:45-7:45 PM		

SEPTEMBER

Please bring your own yoga mat to classes. If you wish to register in advance to be notified of cancellations or updates, call (607)319-0149 or visit www.islandhealthfitness.com/empower-me



GROUP FITNESS DESCRIPTION

Barbell Basics *NEW!*

This is an intro to basic barbell movements. Increase your strength and stability for more confidence, and better posture and balance. Learn a variety of movement patterns surrounding the barbell. (Hybrid Class)

BODYPUMP

This light weight, high repetition, barbell class is sure to deliver a great total body workout for all fitness levels. (Hybrid Class)

Boot Camp

Dumbbells, body weight, and calisthenics are sure to get your heart rate up in this fun and unique class. Maximize your workout hour in this class designed for all fitness levels. (Hybrid Class)

Cycling/RPM

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.

Integral Yoga

Guided meditation combined with poses, stretches, and breathing exercises are utilized to help you release stress in this mixed level class. (Hybrid Class)

Kripalu Yoga

Increase strength, flexibility, and balance as you work your way through a sequence of postures. Offering options for each individual to explore their own boundaries, this class is suitable for all levels. (Hybrid Class)

Low Impact & Toning

This low impact cardio class is designed to increase your endurance, balance, coordination and strength. (Hybrid Class)

Mixed Level Flow

Expect to flow from one posture (asana) to the next as you build heat and flexibility in the body with a focus on the breath. Through movement, breathing exercises (pranayama) and relaxation at the end, you will strengthen mind, body, and spirit. (Hybrid Class)

Muscle Sculpt

Improve definition and strength during this total body workout that's focused on lifting techniques and functional movement. (Hybrid Class)

Pilates

Strengthens the body with an emphasis on core strength. This improves general fitness and overall well-being. We will concentrate on posture, balance and flexibility.

POWERFLOW *NEW!*

This is a moderately paced class that builds strength and flexibility through a series of postures that link breath with movement. We will offer a variety of modifications and cues and encourage you to modify poses based on your own abilities. This class will include plenty of opportunities to amp things up, or tone them down. (Hybrid Class)

PRO-FLOW *NEW!*

Not for yoga beginners! This Vinyasa class is created for practitioners with a good foundation and understanding of linking breath to movement that know how to honor their body's needs and capabilities, modifying as needed and when to rest. Touching your toes is not required, but be prepared to move and sweat as you are challenged with more advanced asanas.

Strength & Stretch

Take the "work" out of your workout while you explore music from around the world in this fun, calorie-burning dance party. (Hybrid Class)

Zumba

Increase your range of motion, stability and strength as you perfect your lifting form during this total body workout. (Hybrid Class)

Please note: "Hybrid Classes" will be both in person and virtually streaming. Register for virtual classes using Empower ME on our website.
www.islandhealthfitness.com/empower-me