

# GROUP FITNESS SCHEDULE

## DOWNTOWN LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM	<b>Barbell Basics *</b> Sarah 7:00 AM - 8:00 AM		<b>POWERFLOW (Yoga) *</b> Gillian 7:00 AM - 8:00 AM	<b>Barbell Basics *</b> Sarah 7:00 AM - 8:00 AM			
8AM							
9AM	<b>Muscle Sculpt *</b> Sarah 9:00 AM - 10:00 AM	<b>Low Impact &amp; Toning *</b> Nancy 9:00 AM - 10:00 AM	<b>Pilates *</b> Sheila/Liz 9:00 AM - 10:00 AM	<b>Low Impact &amp; Toning *</b> Nancy 9:00 AM - 10:00 AM	<b>Muscle Sculpt *</b> Isabella 9:00 AM - 10:00 AM	<b>POWERFLOW*</b> Abby 9:00 - 10:00 AM	<b>Cycling</b> Paul – 3 <sup>rd</sup> Floor Studio 8:30 AM - 9:30 AM
10AM							
11AM	<b>Integral Yoga *</b> Nick 10:30 AM - 11:45 AM				<b>Integral Yoga *</b> Nick 10:30 AM - 11:45 AM		<b>Boot Camp *</b> Mark 10:00 AM - 11:00 AM
12PM							
1PM			<b>Mixed Level Flow (Yoga)*</b> Zoe (SUB) 12:00 PM - 1:15 PM				
4PM							
5PM			<b>PRO-FLOW (Yoga)</b> Gillian 4:00 PM – 5:00 PM				<b>PRO-FLOW (Yoga)</b> Gillian 4:00 PM – 5:00 PM
6PM	<b>Mixed Level Flow (Yoga)*</b> Zoe 5:30 PM - 6:30 PM	<b>Cycling</b> Paul – 3 <sup>rd</sup> Floor Studio 5:30 PM - 6:15 PM	<b>Boot Camp *</b> Nicole 5:30 PM – 6:15PM	<b>ZUMBA</b> Stephanie 5:30 PM - 6:15 PM	<b>Boot Camp *</b> Mark 5:30 PM - 6:30 PM		
7PM			<b>SHRED</b> Nicole 6:30 PM – 7:15 PM		<b>POWERFLOW (Yoga) *</b> Zoe 6:45-7:45 PM		
8PM							* Available Online

# January 2-31

Please bring your own mat to yoga 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](http://www.islandhealthfitness.com/empower-me)

# GROUP FITNESS DESCRIPTION

## **Barbell Basics**

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)

## **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**

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)

## **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**

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**

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.

## **SHRED**

Fast, fresh and funky, this hip hop driven step class will have you both breathless and smiling. Expect to test your endurance and build strength. Class is 30 minutes of step followed by 10 minutes of core work.

## **Zumba**

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

## **IGNITE CLASSES ARE COMING DOWNTOWN FEBRUARY 2023!**

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](http://www.islandhealthfitness.com/empower-me)