



March Group X Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barbell Basics * Sarah 7 - 8 AM		POWERFLOW (Yoga) * Maura 7 - 8 AM	Barbell Basics * Sarah 7 - 8 AM		Cycling Paul (3 rd Floor) 8:30 - 9:30 AM	
Muscle Sculpt * Sarah 9 - 10 AM	Low Impact & Toning * Nancy 9 - 10 AM	Pilates * Sheila/Liz 9 - 10 AM	Low Impact & Toning * Nancy 9 - 10 AM	Muscle Sculpt * Isabella 9 - 10 AM	POWERFLOW* Abby 9 - 10 AM	
Integral Yoga * Nick 10:30 – 11:45 AM				Integral Yoga * Nick 10:30 AM - 11:45 AM		Boot Camp * Mark 10 - 11 AM
		BREATHE Linda (3 rd Floor) 12 - 1 PM			BUILD Monica (3 rd Floor) 10:15- 11:00 AM	
	Cycling Paul (3 rd Floor) 5:15 - 6:15 PM	PRO-FLOW (Yoga) Lindsay 4 - 5 PM	Just Added! Cycling Paul (3 rd Floor) 5:15 - 6:15 PM			PRO-FLOW (Yoga) Maura 4 - 5 PM
Mixed Level Flow (Yoga) * Zoe 5:30 - 6:30 PM	ZUMBA Stephanie 5:30 - 6:15 PM	BUILD Nicole (3 rd Floor) 5:30 - 6:25 PM	ZUMBA Stephanie 5:30 - 6:15 PM	Boot Camp * Mark 5:30 - 6:30 PM		
BUILD Ally (3 rd Floor) 6:30 - 7:25 PM	BURN Deb (3 rd Floor) 6:30 - 7:25 PM	SHRED Nicole 6:30 - 7:15 PM	BUILD Ally (3 rd Floor) 6:30 - 7:25 PM	BREATHE Zoe (3 rd Floor) 6:30 - 7:30 PM		
*Also Available Virtually						

 Advanced registration required for IGNITE classes (BUILD, BURN, & BREATHE)



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GROUP FITNESS DESCRIPTION

NEW: IGNITE! **Advanced registration required*.**

Classes are an intimate size to allow for personalized adjustments and coaching from our highly educated trainers, motivators, and instructors, so reserve your spot now. Work out more frequently, avoid injury, maximize performance, and see faster results.

BUILD (IGNITE)

Designed and taught by our highly educated personal trainers, strengthen and sculpt through functional High Intensity Interval Training (HIIT). Advanced registration required.*

BURN (IGNITE)

Not your average cycling classes! Get a full body workout that burns calories and boost endorphins in a pumped-up, dance club style environment. Advanced registration required.*

BREATHE (IGNITE)

Designed by physical therapists and expert yoga instructors, improve mobility, strengthen your core, and offer ultimate relaxation for body and mind. Advanced registration required*.

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*)

***Hybrid Classes**

Hybrid classes will be both in person and virtually streaming. Register for virtual classes or in person classes at **the front desk, online at www.islandhealthfitness.com/empower-me or at (607)277-3861**

***Online Registrations (Empower ME)**

To register online for group fitness classes, scan the QR code or type in the following URL:
www.islandhealthfitness.com/empower-me

The first time you login to Empower Me, your user name and password will be the number on the back of your key tag. If you get locked out, call our Front Desk at (607)277-3861.

