



# January Group X Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Cycling</b> Clara (3 <sup>rd</sup> Floor) 7 - 8 AM	<b>POWERFLOW (Yoga) *</b> Maura 7 - 8 AM		<b>BUILD</b> Devan (3 <sup>rd</sup> Floor) 7 - 8 AM	<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 8:30 - 9:30 AM	<b>BURN</b> Deb (3 <sup>rd</sup> Floor) 8:30 - 9:25 AM
<b>Muscle Sculpt *</b> Stephanie 9 - 10 AM	<b>Low Impact &amp; Toning *</b> Nancy 9 - 10 AM	<b>Pilates *</b> Sheila/Liz 9 - 10 AM	<b>Low Impact &amp; Toning *</b> Nancy 9 - 10 AM	<b>Muscle Sculpt *</b> Isabella 9 - 10 AM	<b>POWERFLOW*</b> Babbs 9 - 10 AM	
<b>Integral Yoga *</b> Nick 11:15 AM-12:30 PM		<b>T'ai Chi</b> John 12 -1 PM		<b>Integral Yoga *</b> Nick 11:15 AM-12:30 PM		<b>Boot Camp *</b> Mark 10 - 11 AM
					<b>BUILD</b> Monica (3 <sup>rd</sup> Floor) 10:15-11:00 AM	
	<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 5:15 - 6:15 PM	<b>SHRED</b> Nicole 5:30 – 6:00 PM	<b>Cycling</b> Paul (3 <sup>rd</sup> Floor) 5:15 - 6:15 PM			<b>PRO-FLOW (Yoga)</b> Maura 4 - 5 PM
<b>Mixed Level Flow (Yoga) *</b> Zoe 5:30 - 6:30 PM	<b>ZUMBA</b> Stephanie 5:30 - 6:15 PM	<b>PRO-FLOW (Yoga)</b> Lindsay 6:15 –7:15 PM	<b>ZUMBA</b> Stephanie 5:30 - 6:15 PM	<b>Boot Camp *</b> Mark 5:30 - 6:30 PM		
		<b>BUILD</b> Nicole (3 <sup>rd</sup> Floor) 6:15 - 7:00 PM	<b>PiYo</b> Sarah (3 <sup>rd</sup> Floor) 6:30 – 7:15 PM	<b>BREATHE</b> Zoe (3 <sup>rd</sup> Floor) 6:15 - 7:15 PM		
 Advanced registration required for IGNITE classes (BUILD, BURN, & BREATHE)						*Also Available Virtually

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)



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## GROUP FITNESS DESCRIPTION

### IGNITE CLASSES 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.\*

### 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. (Hybrid Class\*)

**PiYo** is an athletic blend of Yoga and Pilates that delivers the benefits of deep breathing, balance, stretching, strengthening and relaxation. Unlike traditional Pilates and yoga sessions, PiYo is designed to burn calories and make you sweat with choreographed sequences that are sped up to maximize results while listening to upbeat, motivating music.

### 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.

### T'ai Chi

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

### Zumba

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

### \*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](http://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](http://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.

