



August Group X Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		POWERFLOW (Yoga) * Maura 7 - 8 AM		BUILD Devan (3 rd Floor) 7 - 8 AM	Cycling Paul (3 rd Floor) 8:30 - 9:30 AM	
Muscle Sculpt * Stephanie 9 - 10 AM	Low Impact & Toning * Nancy 9 - 10 AM	Pilates * Liz 9 - 10 AM	Low Impact & Toning * Nancy 9 - 10 AM	Pilates * Sheila 9 - 10 AM		PiYo* Sarah 9 - 9:45 AM
					Balance Yoga* (Yoga) Babbs 10 - 11 AM	Boot Camp * Mark 10 - 11 AM
Integral Yoga * Nick 11:15 AM - 12:30 PM		Mid-Week Stretch Linda 12 - 1 PM		Integral Yoga * Nick 11:15 AM - 12:30 PM		
				Slow Flow & Meditation Dani 4:30 - 5:15 PM		PRO-FLOW (Yoga) Maura 4 - 5 PM
	Cycling Paul (3 rd Floor) 5:15 - 6:15 PM		Cycling Paul (3 rd Floor) 5:15 - 6:15 PM			
Mixed Level Flow (Yoga) * Zoe 5:30 - 6:30 PM	ZUMBA Stephanie 5:30 - 6:15 PM	SHRED Nicole 5:30 - 6 PM	ZUMBA Stephanie 5:30 - 6:15 PM	Boot Camp * Mark 5:30 - 6:30 PM		
	Slow Flow & Meditation Dani 6:30 - 7:15 PM	PRO-FLOW (Yoga) Lindsay 6:15 - 7:15 PM				

*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



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GROUP FITNESS DESCRIPTION

BUILD

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

Balance Yoga

Expect a grounding experience that builds heat and energy through a series of postures linked with breath. This class is designed to meet all levels of ability, offering guidance to challenge you in a way that elevates mind and body and spirit. Using deep breathing techniques and encouraging awareness of your body's unique needs, creating strength and integrity that you can carry with you off the mat. (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, challenging you with surges and tough spots. Capitalizing on aerobic and anaerobic intensity, set 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*)

Mid-Week Stretch & Balance

Work your body-mind connection with an energizing series of low-impact aerobic moves coupled with light weights. We will be covering some ground, so be ready to move out in all directions with fun and simple choreography. Roll the warm muscles with a foam roller, and hit the mat for a half hour of stretching especially targeting the hips & low back.

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. Strengthen mind, body, and spirit. (Hybrid Class*)

Muscle Sculpt

Improve definition and strength during this total body workout 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

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. (Hybrid Class*)

PowerFlow

This is a moderately paced yoga class that builds strength and flexibility through a series of postures that link breath with movement. Offering a variety of modifications and cues encouraging you to modify poses based on your individual abilities. This class includes 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.

Slow Flow & Meditation

This beginner friendly class is great for experienced yogis looking to deepen their mindfulness. Stretch and open the body to release tension and improve posture, while breathwork helps the mind prepare for meditation. The class will end with a seated guided meditation.

Zumba

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

***Hybrid Classes**

Hybrid classes will be both in person and virtually streaming. Register for virtual and in person classes at the front desk, online at www.islandhealthfitness.com/empower-me or by calling 607.277.3861

Online Registrations (Empower ME)

Register online for group fitness classes by scanning the QR code or visit our website: 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, contact our Front Desk by calling 607.277.3861

