

All Levels Yoga with Annie:

Start your day off right with some mindful movement and breathing! Focusing on alignment and technique in postures, breathing, and improving flexibility along with strength, this class is accessible to all skill levels. Relax. Rejuvenate. Renew! Emphasis is on enhancing wellbeing.



Meet Annie: I started my yoga practice when I was in high school in 2007- when my mother started teaching yoga. I came with her to our teacher's class (Dr. Laurie Greene) and instantly fell in love with this practice. I would go to Laurie's classes before school in the morning and I noticed the beneficial effects that a regular practice had on my mental, physical, and emotional states. For over a decade, yoga has been a tool of personal transformation that has always been accessible to me- wherever I may be. In college (2012) I decided to take a yoga teacher training with my teacher, and along the way I have taken additional trainings and workshops with many incredible teachers. Yoga has helped me not only to be mindful in my breath and movement but has also helped me to manage back and neck pain throughout

my years as a student. My passion for the study of anatomy and of bodywork has led me towards additional licensure as a massage therapist. I have been working in the field of medical massage in addition to being a yoga teacher and now I am pursuing my master's in occupational therapy as my journey into assisting others to restore mobility, ease, and connection in the body-mind continues. I look forward to seeing you in class!

Bootcamp with Victoria:

Boot camp offers a mix of traditional calisthenic and bodyweight exercises with strength training and interval training. During this total body workout, you can expect to build up your speed, power, strength, and agility with exercises like sprints and everyone's favorite...BURPEES! This class will aim to push you harder than you would push yourself to ensure you get in an effective and challenging workout. All fitness levels are welcome!

Butt & Gut with Victoria:

This butt-kicking, gut-wrenching class will get your heart rate up and get you sweating by using a variety of cardio and strength exercises to target and tone muscles in your legs, thighs, butt, and abs. This class is for all levels, whether you're a beginner or you're just looking for a fun group workout.



Meet Victoria:

Victoria is an ACSM certified personal trainer and has been teaching fitness classes at IC's Fitness Center as well as at her home gym since 2014. Victoria is a 6th year physical therapy graduate student, who majored in Exercise Science and Clinical Health Studies during undergrad. This summer, she will be teaching Butt and Gut, Bootcamp, and Let's Row! at the clinic.

Victoria's love for fitness started her junior year of high school, when she discovered her home gym and mud runs. Her gym offered a variety of fun and challenging group classes taught by caring and motivating trainers. These trainers inspired her to go out and get certified the summer of 2014, right before her freshman year at IC.

Going away to college, Victoria was looking for something to help keep her motivated and accountable for regularly working out. She found this on the Ithaca College Varsity Women's Crew team, which (thankfully!) required no prior rowing experience. She fell in love with the sport, and rowed for all four years of undergrad. Victoria is very excited to share her love for fitness here at the clinic by creating fun and effective workouts that everyone can benefit from, regardless of their fitness level.

Boxing with Vincent:

Get a challenging and rewarding workout with boxing drills/exercises that will work you mentally and physically! Push yourself to new limits with a fun way to get in shape! No prior experience needed all levels of boxers welcome!



Meet Vincent:

Vincent is a 4th year PT student who has always enjoyed the outdoors and fitness. He is interested in finding new and exciting ways to stay active and fit. Vincent has found boxing to be one of the most challenging, fun, and rewarding types of exercises. He was part of the Ithaca College Defenders boxing club for his first 3 years of college eventually becoming a trainer and then the president. When he is not boxing, Vincent loves working out in the gym as well as outdoor activities such as kayaking, hiking, snowmobiling, and four wheeling.

Cycling with Emily:

Come ride along with me through hills, intervals, sprints, and many more drills and exercises. Let's pedal together through this guided, high-energy, and upbeat class! All levels of fitness are welcome; no prior cycling experience is necessary! Come challenge yourself, improve your strength and endurance, and most importantly have fun!

**Meet Emily:**

Emily is a 6th year Physical Therapy student. Emily's fitness journey started out as a competitive Irish dancer, which she pursued for nearly thirteen years. Her love for fitness and staying active continued when she went to college and joined Ithaca College's Crew and Sculling teams as a freshman. After rowing for four years, Emily wanted to continue to build her fitness and stay motivated. She found indoor cycling. She loves that cycling requires no experience, challenges her body and my mind, and offers the opportunity to make each ride her own! Regardless of fitness level, her goals are for everyone to step off the bike feeling stronger, fitter, and better from the experience!

HIIT with Angelina:

High intensity interval training (HIIT) is a training technique designed to give you a full body workout in a relatively short amount of time. This form of exercise is broken up into intense bursts of exercise intended to incorporate both cardio and resistance training. Each work period is followed by a relatively short rest period. Exercises incorporated will aid in improving your strength, speed, and cardiovascular endurance. HIIT is a great exercise technique because you can customize the intensity of the work periods depending on your level of training. Each class will begin with a dynamic warm-up and end with a cool down period and static stretch.



Meet Angelina:

Angelina is a Fitness Floor Monitor here at the Robert R. Colbert Sr. Wellness Clinic and has been a part of our staff since January 2019. She is also a member of the Women's Varsity Swimming and Diving Team. Angelina has spent her time here studying Exercise Science with a concentration in Sport Science. After she graduates this May, Ang will be pursuing a master's degree in athletic training.

Angelina contributes her love for fitness to her parents. All of her life her parents have incorporated physical activity in her everyday life. It wasn't until her sophomore year of high school that she decided to take her fitness to the next level. Beginning her junior year of high school, Angelina trained with her swim team to qualify for the Long Course Summer Championships. With this accomplishment, she decided to pursue a

career in the Health Sciences. Angelina was recruited by the head women's swim coach here at IC to compete at the collegiate level. Her time on the team has allowed her to find her passion for treating injured athlete's which contributed to her decision to pursue a master's degree in athletic training. Angelina is excited to share her passion for fitness and unique training techniques here at the clinic!

MetCon with Sydney:

This type of training requires maximum output of its clients but in return offers impressive results with less of a time commitment than conventional workouts. Rather than compartmentalizing training into elements of cardio, strength, muscular endurance, plyometric, and agility, Metabolic Conditioning combines all of them into one program.



Meet Sydney:

I am a senior (5th year) physical therapy student originally from Middlebury, CT. Ever since I was a kid, activity was always a major part of my life; I always wanted to go outside and play. My mom decided it was a good idea to sign me up for sports. It was the best decision of her life, and mine. From then on, I played sports year round: soccer, basketball, and softball. Then, in high school, I decided I wanted to run cross-country and track. I enjoyed being on a team, playing the game, and being competitive. When I came to college, I chose to focus on school rather than continue to play a sport. However, I

really missed being an athlete. Someone told me about CrossFit, and I was hooked as soon as I stepped foot in the gym. I liked working out and going to the gym every day, but CrossFit gave me the feeling of a team sport again. I love the community aspect and the friendly competition of working out with other people and now I'm a certified CrossFit Level 1 instructor. I have a passion not only for CrossFit itself, but everything that makes CrossFit what it is: functional fitness, high intensity training, and group exercise. I truly believe there is no better way to workout than to be surrounded by highly motivated, like-minded people, and a coach to ensure your form is correct and push you just a little bit harder. Exercise is important to me because it allows me to continue a happy and healthy life, and is in my opinion, the best stress reliever. I am a physical therapy student, an athlete, and a group exercise instructor because I truly believe exercise is the best medicine, and I want to help people live their life to the absolute fullest.

Vinyasa Yoga with Jenny:

Vinyasa yoga is a full body workout that pairs breath and movement, to promote not only strength and flexibility, but also bring attention to both the body and mind. This is a class for everyone where all poses can be modified to be more or less advanced.

Classes begin with a short period of breathing and mindfulness, followed by a series of postures designed to engage and stabilize the body. Each class will close with a time of quiet relaxation, allowing everyone to leave feeling calm and revitalized.



Meet Jenny:

Jenny has been practicing yoga for 7 years, and began her practice as a form of active recovery. In college she began using yoga for both physical and mental benefits, and she decided she wanted to become a yoga teacher in order to offer the benefits of yoga to others.

Jenny graduated from Elizabethtown College with her Bachelor's Degree in music therapy. Following graduation she completed her 200-hour yoga teacher training with Candace Moore of YBC. She is currently studying at Ithaca College to be an occupational therapist through the PEL program.

Zumba with Jaleel:

This Zumba class is all about self-empowerment and self-confidence. We will be shakin' our hips and learning dance combinations to Latin, Hip Hop, and Pop songs. If we both leave the class with even a drop of sweat on our foreheads, then we both have done our jobs 😊



Meet Jaleel:

Jaleel is a 6th year Physical Therapy graduate student from Long Island, NY. He has been training in dance for about 10 years now but says he's been dancing since being in the womb. Within the last 2 years he began working out more in the gym and wanted to figure out a way to incorporate more dance into his routine. He doesn't do a lot of cardio outside of dance rehearsals, so when he found out how much fun Zumba was, he immediately wanted to become certified and share his joy for Zumba with other people.

Rowing with Savannah

This is a low impact cardio workout that will get your heart rate up! This class focuses on rowing basics, while improving cardiovascular and muscular endurance. No rowing experience necessary and all fitness levels are welcome!



Meet Savannah:

This is my second year teaching the rowing class at the Wellness Clinic. I started rowing 4 years ago and was on the team at IC. Now I coach and train on my own and I'm very excited to share my love of rowing with others!

Rowing with Libby

This is a low impact cardio workout that will get your heart rate up! This class focuses on rowing basics, while improving cardiovascular and muscular endurance. No rowing experience necessary and all fitness levels are welcome!



Meet Libby:

I am a 4th year PT student, I have been rowing competitively since my junior year in high school and am now a senior on the varsity women's crew team! I have loved rowing for 6 years and I hope I can share my enthusiasm with anyone who wants to learn!

Vinyasa Yoga with Kristen

Vinyasa yoga is a full body workout that pairs breath and movement, to promote not only strength and flexibility, but also bring attention to both the body and mind. This is a class for everyone where all poses can be modified to be more or less advanced. Classes begin with a short period of breathing and mindfulness, followed by a series of postures designed to engage and stabilize the body. Each class will close with a time of quiet relaxation, allowing everyone to leave feeling calm and revitalized.



Meet Kristen:

I am a junior in the Occupational Therapy Program. Three years ago I injured my back playing volleyball and then started practicing yoga. I became a teacher last year. My first year and a half of practicing I could not touch my toes, and I always want to make sure that everyone that comes to my classes knows that they don't need to be flexible enough or strong enough to do yoga. My classes are for everyone. Yoga has totally transformed my mental and physical health. I have loved being able to watch my mindset, strength and flexibility, and my awareness of my body and breath evolve. I hope to be able to provide the opportunity for yoga to help you achieve the same transformation. Can't wait to see you there!!