

Vinyasa Flow Yoga:

This class is for anyone eager to move and connect with their own body. We will put on some good, soulful music and start by moving intuitively with the breath in a warmup. Then we'll go into a fun, creative flow and cool down with savasana. This vinyasa class is open to all levels and modifications are provided! See you on the mat!



Meet Emma:

Hello! I'm Emma, a graduate student here at IC. I started practicing yoga about 4 years ago and became a certified yoga teacher in August of 2020 through the Yoga & Ayurveda Center. I fell in love with the practice and how it allowed me to draw a deeper connection with myself, allowing me to live more joyfully and free. My favorite pose right now is half-moon! Outside of yoga I enjoy hiking, tasty food, and catching the sunset. I hope to meet you on the mat soon!

Cycling:

This class offers a fun-filled, high-intensity workout! It is structured around an upbeat music playlist to encourage different styles of cycling, from fast-paced sprints to slow climbs and more! Each class starts with a warm-up and ends with a cool down to maximize the benefit to your body and mind. I hope to see you there!

Meet Liza:

I started teaching group exercise at the Wellness Clinic about a year and a half ago and I am excited to get back to working with clients in this setting! As an athlete and longtime member of a team, I enjoy exercising alongside others and using the shared experience to motivate those around me. I look forward to meeting new clients and gaining more experience as an instructor this semester!



High intensity interval training (HIIT):

High intensity interval training (HIIT) is a type of workout designed to give you a full body workout in a relatively short amount of time. This form of exercise is broken up into sections targeting either full body, core, or upper/lower body. It consists of intense bursts of exercise and active recovery periods intended to incorporate both cardio and resistance training. 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 Ava:

Ava is a 5th year PT student from Boulder, Colorado. She had a minor as an undergraduate in Outdoor Pursuits. She graduated with a B.S. in Clinical Health Studies in 2021 and will graduate with her DPT in 2023.



MACE FLOW: Foundations (BYOM)

Mace flow training is multiplanar training that is aimed at improving balance, coordination, strength, power, mobility, and stability. Mace flow training is a practice that anyone at any fitness level can benefit from. The objective of this course is to teach the necessities to build a foundation in mace flow, encourage exercise exploration, and find an engaging way to train. Make sure you bring your own mace to class.



Meet Andy:

I began teaching mace flow in January 2021 as a part of an undergraduate research project and I have since fallen in love with the training. I am also looking forward to taking the yoga course at the Wellness Center. I love to bike even though the hills in Ithaca are a change from Kansas. My goal is to help people find a way to be physically active in a way that they enjoy and can do for the rest of their lives.

Stretch & Core:

Join us for a 5-minute general body warm-up, 20 minute static stretch, and 20 minute core workout. Core workout includes traditional mat work, balance, and standing core exercises. After class instructor is happy to connect and answer any exercise, nutrition, health, or wellness questions!



Meet Justina:

Hi! My name is Justina Snyder, and I am in the last year of the Doctor of Physical Therapy program at IC. I am from a small town in South Jersey located just outside of Philadelphia. In my free time, I like to run, read, hike, play the piano, hang out with friends, and watch Netflix!

Meet Tristan:

I am a senior from Red Hook, NY in the beautiful Hudson Valley. I'm a member of the Ithaca Bombers wrestling team, Ithaca College Exercise Science Students Association (ESSA), Ithaca College Student Athlete Advisory Committee (SAAC), and the Ithaca College Leadership Academy. I have a passion for athletics, training, and human performance, and intend to pursue a career as a strength and conditioning coach for high school, college, and elite professional athletes, as well as members of our military. I am very interested in the complex nature of the human body, human performance, and how we can use strength and conditioning to optimize performance and reach our mental and physical potential. My training interests include combat sport training, tactical training, functional fitness, Olympic weightlifting, yoga, and holistic health practices.

