

## Group Exercise Schedule Fall 21

\*Subject to change\*

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 - 7:20 AM <b>Vinyasa Flow Yoga</b> (Emma S.) Max: 10			
7:00 - 7:45 AM <b>Stretch &amp; Core</b> (Justina) Max: 10			7:00 - 7:45 AM <b>Stretch &amp; Core</b> (Justina) Max: 10	
				11:00 – 11:50 AM <b>HIIT</b> (Ava) Max: 8 <b>**Starts 10/1**</b>
12:00 – 12:50 PM <b>Cycling</b> (Liza) Max: 8		12:00 – 12:50 PM <b>Vinyasa Flow Yoga</b> (Emma S.) Max: 10		
	4:40 – 5:30 PM <b>Mace</b> (Andy) Max: 8			
		5:00 – 5:50 PM <b>Cycling</b> (Liza) Max: 8		

## **Group Exercise Descriptions:**

### **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!

### **High intensity interval training (HIIT):** **\*\*Starts 10/1\*\***

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.

### **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.

### **Stretch & Core (in-person & virtual):**

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!

Zoom link: <https://ithaca.zoom.us/j/99507166470>

Meeting ID: 995 0716 6470

Passcode: 758827

### **Vinyasa Flow Yoga (in-person & virtual):**

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! Zoom link:

*Tuesday 6:30am*

Zoom link: <https://ithaca.zoom.us/j/93549572493?pwd=Y0orUmdIMkkyc1M3Y1J3bjNFcmdsQT09>

Meeting ID: 935 4957 2493

Passcode: 067535

*Wednesday 12pm*

Zoom link: <https://ithaca.zoom.us/j/97963268810?pwd=NmV1elkreGxQYU1ab2JnbCtXSGdGQT09>

Meeting ID: 979 6326 8810

Passcode: 699164