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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:30-7:20 AM HIIT  Emily  Max: 10 | 7-7:45 AM **Stretch & Core**  Connor  Max: 10 |  | 7-7:45 AM **Stretch & Core**  Connor  Max: 10 |  |
|  | 11:30-12:20 PM **Kettlebell Kraze**  AJ  Max: 6 |  |  |  |
|  | 12:30-1:30 PM  **Yoga**  Zarra  Max: 10 | 12-12:30 PM  **Mobility**  Mike  Max: 10 | 12-12:50 PM  **Kettlebell Kraze**  AJ  Max: 6 |  |
|  |  |  |  | 1-1:50 PM  **Bootcamp**  Ruthie  Max: 10 |
| 4-4:50 PM  Cycling  Ruthie  Max: 12 | 4:15-5 PM **Pilates** Angela  Max: 10 |  | 4:15-5 PM **Yoga** Angela  Max: 10 |  |
| 5-5:50 PM  Glute Core Fusion  Birte  Max: 10 | 5:10-6 PM **HIIT**  Leticia  Max: 10 | 5-5:50PM  **Foam Rolling and Mobility** Birte  Max: 10 | 5:10-6 PM  **HIIT**  Leticia  Max: 10 |  |

***Group Exercise Descriptions***

**Full Body Bootcamp with Ruthie**

This class will focus on building muscle and improving overall fitness utilizing resistance bands and light weights. Each movement can be tailored to all fitness levels, working each muscle group in a mixture of compound and isolation exercises while using proper technique to ensure safety. The class will end with a cool down and stretch to recover.

**Cycling with Ruthie:**

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 will start with a warm-up to prepare the body for increased intensity and end with a cool down to promote recovery.

**Foam Rolling with Birte**

This class focuses on releasing tension and improving flexibility. We will begin the class with a series of dynamic stretches aimed at preparing your muscles for the deep release that follows. After that we will do some foam rolling. Enjoy rolling away tightness, improving circulation, and enhancing your body’s natural range of motion. We will finish with a calming cool down. **There will be no class on Wed, 3/6.**

**Glute Core Fusion with Birte:**

This high-energy class is focusing on two powerhouse areas: your glutes and abs. This class will utilize bodyweight, resistance bands, and light weights to build muscle and improve fitness. Each class starts with a warm-up and ends with a cool down/relaxation time to maximize the benefit to your body and mind. **There will be no class on Mon, 3/4.**

**HIIT with Emily:**

Rise and shine with our new early-morning HIIT class! Get ready to kickstart your day with a high-energy workout designed to boost metabolism, burn calories, and leave you feeling ready for the day. HIIT training uses short bursts of high-intensity training followed by recovery periods of low-intensity training. The goal when doing this training is to push your body the hardest you can during the high-intensity periods and then recovery during low-intensity periods. The popularity of HIIT training is due to the benefits it can provide.

**HIIT with Leticia:**

HIIT, or High-Intensity Interval Training, is a fitness programming technique utilizing short, intense bouts of work followed by brief, and sometimes active, recovery periods (that can be done at a moderate intensity if desired). HIIT is a great way to maximize your time and results in the gym, and it is guaranteed to make you sweat! Experienced exercisers are encouraged to work at or near maximal effort, while beginners are coached on the quality of movements before advancing to higher intensities. HIIT classes will focus on constantly varied functional movements that target the body utilizing balance, agility, speed, power, strength, endurance, and mindset. You can count on HIIT for a great workout!

**Kettlebell Kraze with AJ:**

Kettlebell Kraze brings variation to typical strength training sessions, adding a new stimulus to your training while still creating the same movements found in your average weightlifting session. This class aims to improve stability, mobility, and overall strength through different Olympic and compound movements. From basic swings to high level Olympic lift movement progressions, this class is perfect for all levels.

**Mobility with Mike:**Mobility with Mike is a midday exercise class targeting improved functional movement patterns. We do this by integrating dynamic stretching, mobility drills, and calming exercises. Tailored for the midday schedule, it offers a brief 30-minute break to help promote movement and get you over that midday hump. The combination of gentle movements finishing with mindful breathing will leave you energized and ready to tackle the rest of the day with improved overall mobility and functionality.

**Pilates with Angela:**

Find mobility and stability with alignment-based movement designed to strengthen and lengthen. This class is accessible for all levels as a primary form of exercise or supplement to your usual programming.

**Stretch & Core (In-Person & Virtual) with Connor:**

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, the instructor is happy to connect and answer any exercise, nutrition, health, or wellness questions!

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

Meeting ID: 995 0716 6470

Passcode: 758827

**Vinyasa Yoga with Zarra**

This 60-minute session is designed to enliven the body and shift stagnant energy, allowing participants to feel revived and ready to tackle the rest of the day. Descriptive cues will be used to guide participants through traditional yoga poses in a way that promotes an intuitive relationship to movement. Many pose variations will be given to make each yoga class accessible to both beginner and experienced participants. **There will be no class 2/20, 2/27, 4/2.**

**Yoga with Angela**

Move and flow with this full-body class designed to open and strengthen the body. Come find peace and power in your body and mind. All levels are welcome!

**There will be no class on Thursday 2/15.**