

Group Exercise Schedule Fall 24

September 3rd – December 6th

No Classes: During Student Breaks or School Closures

9/2 (Labor Day), 10/17-18 (Fall Break), 11/25-11/29 (Thanksgiving Break)

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	7-7:45 AM Stretch & Core Mike Max: 10		7-7:45 AM Stretch & Core Mike Max: 10	
12:10-12:40 PM Foam Rolling and Mobility Marcus Max: 11		12:10-1 PM KB Kraze AJ Max: 6		12:10-1 PM Glute Core Fusion Ruthie Max: 10
4:15-5 PM Pilates Angela Max: 10	4:15-5 PM Yoga Angela Max: 10		4:30-5:30 PM Yoga Zarra Max: 10	4:15-5 PM Cycling Ruthie Max: 11 No Class 11/22
5-5:50 PM Glute Core Fusion Birte Max: 10		5-5:45 PM HIIT Leticia Max: 10		

Group Exercise Descriptions

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. Hope to see you there!

Foam Rolling and Mobility with Marcus:

This 30-minute class is designed to release tension and boost flexibility. We'll start with some dynamic stretches followed by foam rolling to ease tightness, improve circulation, and enhance mobility. We'll finish with a quick cool down. It's the perfect way to unwind after work, leaving you relaxed yet refreshed.

Glute Core Fusion with Birte & Ruthie:

This 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.

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.

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 Mike:

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/j/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. **Kati Lustyik will sub for Zarra on 9/26, 10/3, 11/7, and 12/5.**

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!