

## Group Exercise Schedule Spring 25

January 27<sup>th</sup> – May 2<sup>nd</sup>

*No Classes: During Student Breaks or School Closures*

*3/10-3/14 (Spring Break)*

*\*Subject to change\**

Monday	Tuesday	Wednesday	Thursday	Friday
	7-7:45 AM <b>Stretch &amp; Core</b> Mike Max: 10		7-7:45 AM <b>Stretch &amp; Core</b> Leticia Max: 10	
11-11:50 AM <b>Functional Movement</b> Kim Max: 10			11:15-12 PM <b>Kettlebell Kraze</b> AJ Max: 6	
12-12:50 PM <b>Kettlebell Kraze</b> AJ Max: 6	12-12:30 PM <b>Mobility</b> Mike Max: 8			1-1:50 PM <b>HIIT</b> Kim Max: 10
4:15-5 PM <b>Pilates</b> Angela Max: 10		4:30-5:15 PM <b>HIIT</b> Leticia Max: 10	4:30-5:30 PM <b>Vinyasa Yoga</b> Zarra Max: 10	
	5:30-6:15 PM <b>Yoga</b> Angela Max: 10			

## **Group Exercise Descriptions**

### **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 to 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.

### **Functional Movement with Kim:**

This class aims to promote overall wellness with full body exercises that improve strength, stability, and mobility. From novice to experienced exercisers, everyone can benefit from Functional Movement!

### **HIIT with Leticia & Kim:**

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 and Leticia:**

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.

### **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!