

Meet Zoraida

My name is Zoraida Icabalceta, and I am a 4th year physical therapy student. I play on the Ithaca college basketball team and love everything fitness! I enjoy spending my free time gardening, reading, and trying new recipes. My goals for the future are to become a physical therapist working with athletes.



Stretch & Core with Zoraida

Join us in person or on zoom 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

Day and Time:

Tuesday/Thursday 7-7:45am

Meet Leticia

I am an Exercise Science/Athletic Training major. I started practicing HIIT and training for judo competitions in middle school. My parents were athletes and motivated my brother and me to practice different sports. I was a competitive athlete in judo and got my black belt when I was 16. I am super excited to teach HIIT classes as I implemented this technique during the pandemic to work out with my mother at home.



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 in 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!

Day and Time:

Monday 7-7:45am

Meet Ruthie

I am a certified personal trainer and a senior public health major with an exercise science minor. I love to exercise, especially weightlifting, and I have taken many cycling classes in my life. The classes I've taken in the past were always a fun experience that provided me with a good workout. I used to always go to cycling classes with my dad, so those memories are especially fond. I find cycling to be an excellent form of cardio for how easy it is on the body. This has been helpful for me when I struggled with a foot and ankle injury. In addition to exercise, I also like to collage, knit, read, listen to music, and learn new things. My favorite muscle group to hit is legs because it makes me the most tired. In the future I hope to work with underserved communities in nutrition programs and reproductive health.



Glute Core Fusion with Ruthie

This high-energy class focuses on two powerhouse areas: your glutes and abs. This class will utilize body weight, 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.

Days and Times:

Tuesday 5:35-6:15pm

Meet Angela

My name is Angela Di Francesco – I am a Doctor of Physical Therapy with a board certification in neurologic Physical Therapy. Within the group fitness realm, I teach yoga, barre and Pilates. I have been teaching yoga since 2015 and have been teaching barre and Pilates since 2016. I aim for fun, challenging beat-based classes with an emphasis on alignment and activation. I have taught in several different settings including studios, large gyms, sports teams, and to individuals with neurologic diagnoses. I love to create fun programming that is tailored to class goals and abilities. All levels are welcome in my classes - I hope to see you there!

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.

Days and Times:

Monday & Wednesday 4:30-5:15pm



Meet Zarra

I am a 500-hour Registered Yoga Teacher and have been teaching weekly yoga classes since 2019. I strive to create unique and enjoyable yoga classes, group fitness classes, and personal training sessions. I also aim to empower my students to move their bodies with the intention to maximize effectiveness and prevent injury.

Vinyasa Yoga

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.

Day and Time:

Tuesday 4:30-5:30pm



Meet Kim

I'm Kimberly and I'm from New Jersey. I'm the former graduate assistant at the Wellness Clinic and studying human performance! I'm ACSM certified as a personal trainer and enjoy the process of improving oneself!

Kettlebell Kraze with Kim

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. Hope to see you there!



Day and Time:

Tuesday/Thursday 12-12:45pm

Meet Wes

My name is Wesley Hoglin; you can call me Wes. I grew up in Park City, Utah, in a family of athletes, and played a variety of sports when I was younger. I first started rowing competitively at 13 years old and joined the Ithaca Men's Rowing team while I completed a bachelor's degree in Exercise and Sport Science. I am now a graduate student in the Human Performance concentration at the School of HSHP. My goal is to provide an intense but rewarding training experience where everyone of all skill levels supports and motivates one another.



Rowing with Wes

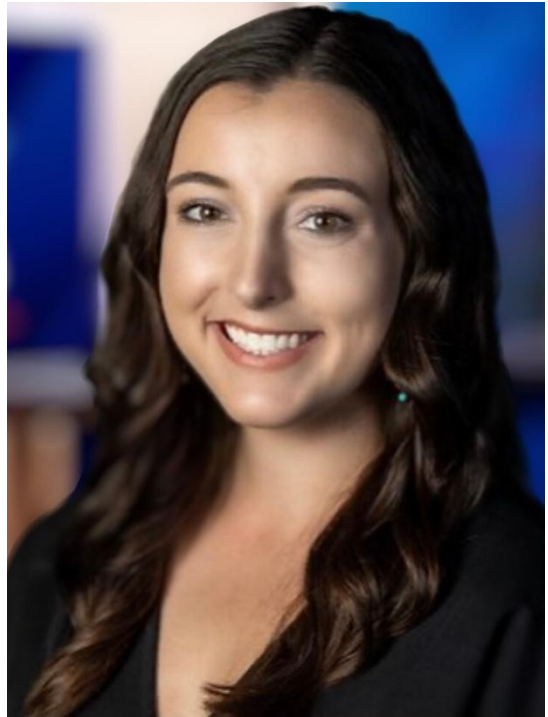
Looking for a fun new way to get your heart rate up? Rowing is a low-impact, full-body cardio exercise that develops both cardiovascular and muscular endurance. This class focuses on proper rowing form and improving cardiovascular and muscular endurance using a rowing ergometer, while incorporating strength and core exercises for a well-rounded workout. No rowing experience is necessary, and all fitness levels are welcome!

Day and Time:

Monday 12:15-1pm

Meet Olivia

Olivia received her 200-hr RYT in 2020 during the COVID pandemic. When she returned to campus at Syracuse University, she began teaching classes to SU students and has continued to teach for the last five years. Olivia has worked with a variety of age groups from children, to seniors, to professional athletes. She is currently completing her 500-hr Power Yoga for Sports certification.



Vinyasa Flow with Olivia

This 45-minute flow is meant to quiet the mind and connect the breath with the body.

Participants will move through a warmup to prepare the body for the progression of poses that build strength, flexibility and balance. Each pose is accompanied with detailed cues for both breath and body, as well as pose modifications to accommodate new and experienced yogis.

Days and Times

Tuesday 4:30-5:30pm (with Zarra)

Wednesday 1-1:50pm

Thursday 2-2:50pm

Friday 7-7:50am

Meet Alexa

I am a DPT II student here and just graduated in 2025 with my B.S. in Clinical Health Studies. During my undergrad I was able to complete a minor in dance as well as participate in IC Unbound for 5 semesters. Aside from dance, some of my favorite ways to exercise are taking other classes such as pilates or cycling. My goal is to help people find a fun way of being physically active and share my passion for dance in a new way.



Fitness Dance with Alexa

This class will consist of easy-to-follow choreography to lots of fun music. The main focuses of this class will be cardio, coordination, and stamina. No dance experience is required. I am excited to dance with you!

Day and Times:

Monday & Wednesday 2-2:45pm

Thursday 4:30-5:15pm

Meet Caroline

My name is Caroline Folan, and I am a junior Exercise Science major with a concentration in strength and conditioning. I am a member of the Ithaca Field Hockey team and have a strong passion for fitness. Some of my hobbies include hiking, skiing, and spending time outdoors, as well as hanging out with friends and family. I am excited to help others understand the best ways to train, recover, and reach their full potential.

Mobility with Caroline

This mobility class focuses on improving joint flexibility, strength, and movement quality to help you feel better and move easier throughout the day. Through these exercises, you'll enhance your balance, reduce stiffness, and build habits to prevent injury.

Day and Times:

Friday 12-12:30pm

