

Group Exercise Schedule Fall 25

October 20th – December 12th

No Classes: 11/24-28 (Thanksgiving Break)

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
7-7:45 AM HIIT Leticia Max: 10	7-7:45 AM Stretch & Core Zoraida Max: 10		7-7:45 AM Stretch & Core Zoraida Max: 10	7-7:50 AM Vinyasa Flow Yoga Olivia Max: 10
12:15-1 PM Rowing Wes Max: 10 <i>No Class: 10/20</i>	12-12:45 PM HIIT Kim Max: 10		12-12:45 PM KB Kraze Kim Max: 6	12-12:30 PM Mobility Caroline Max: 10
		1-1:50 PM Vinyasa Flow Yoga Olivia Max: 10 <i>No Class: 11/5</i>		1-1:50 PM Glute Core Ruthie Max: 10
2-2:45 PM Fitness Dance Alexa Max: 10		2-2:45 PM Fitness Dance Alexa Max: 10	2-2:50 PM Vinyasa Flow Yoga Olivia Max: 10	2:30-3:15 PM Rowing Wes Max: 10
4:30-5:15 PM Pilates Angela Max: 24 <i>No Class: 10/20</i>	4:30-5:30 PM Yoga Zarra Max: 10	4:30-5:15 PM Pilates Angela Max: 24	4:30-5:15 PM Fitness Dance Alexa Max: 10	3:30-4:15 PM HIIT Kim Max: 10 <i>Starting: 10/31</i>
	5:35- 6:15 PM Glute Core Ruthie Max: 10			

Group Exercise Descriptions

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!

Glute Core with Ruthie:

This high-energy class focuses 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.

Pilates with Angela: *No Class 10/20*

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.

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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 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.

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.

Rowing with Wes: No Class 10/20

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!

Stretch & Core (In-Person & Virtual) with Zoraida:

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 Flow Yoga with Olivia: No class Wednesday 11/5

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. Expect to leave this class feeling relaxed and rejuvenated!

Friday Morning Yoga Zoom Info

Zoom Link: <https://ithaca.zoom.us/j/91286720685?pwd=YEIDUkaHGkFv8D9FSWPWSSbzvEPbtd.1>

Meeting ID: 912 8672 0685

Passcode: 061710

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. **Olivia will sub 11/4, 11/11, & 11/18 and as needed.**