



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.

Zoraida's Classes

Stretch & Core



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. I used to always go to cycling classes with my dad, so those memories are especially fond. I also like to collage, knit, read, listen to music, and learn new things. In the future, I hope to work with underserved communities in nutrition programs and reproductive health.

Ruthie's Classes

Glute & Core, Cycling





Meet Angela

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've been teaching yoga since 2015 and barre and Pilates since 2016. I aim for fun, challenging beat-based classes with an emphasis on alignment and activation. I love to create fun programming that is tailored to class goals and abilities. All levels are welcome in my classes!

Angela's Classes

Pilates



Meet Olivia

I am a graduate student majoring in Exercise and Sport Science, with a concentration in Mental Performance. I graduated from Syracuse University with two Bachelor's Degrees in 2021. I earned my 200-hour RYT in 2020 and have been teaching yoga ever since! I love intentionally taking the time to connect the breath with the body. In my free time, I enjoy exploring new trails with my dog, Kyla!

Olivia's Classes

Yoga





Meet Lexie

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.

Lexie's Classes

Fitness Dance



Meet Caroline

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.

Caroline's Classes

Mobility



Meet Emily



I am a first-year physical therapy student and will graduate in 2029 with my B.S. in Clinical Health Studies. I am currently pursuing a minor in dance as well as taking part in IC Unbound for my second semester. I began teaching dance classes for various age groups during high school and found a passion for helping people stay active while having fun. I am super excited to teach Barre and Dance Cardio, where I can share my love of dance in accessible ways!

Emily's Classes

Barre, Dance Cardio



Meet Leticia



I started practicing HIIT in middle school and training for judo competitions. 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.

Leticia's Classes

HIIT

