

## Group Exercise Schedule Spring 26

January 26<sup>th</sup> – May 1<sup>st</sup>

*No Classes: 3/16-3/20 (Spring Break)*

\*Subject to change\*

Monday	Tuesday	Wednesday	Thursday	Friday
	7:00 - 7:45 AM <b>Stretch &amp; Core</b> Zoraida Max: 10		7:00 - 7:45 AM <b>Stretch &amp; Core</b> Zoraida Max: 10	
		10:00 -10:45 AM <b>Cycling</b> Ruthie Max: 10	9:00 – 9:45 AM <b>Yoga</b> Olivia Max: 10	
11:00 - 11:45 AM <b>Glute &amp; Core</b> Ruthie Max: 10	12:00 -12:30 PM <b>Mobility</b> Caroline Max: 10		12:15 - 1:00 PM <b>Fitness Dance</b> Lexi Max: 10 <b>NO CLASS 2/12</b>	12:00 - 12:45 PM <b>Dance Cardio</b> Emily K Max: 15
		2:30 - 3:15 PM <b>Fitness Dance</b> Lexi Max: 10 <b>NO CLASS 2/11</b>		3:00 – 3:45 PM <b>Glute &amp; Core</b> Ruthie Max: 10
4:00 - 4:45 PM <b>Yoga</b> Olivia Max: 10	4:00 - 4:45 PM <b>Barre</b> Emily K Max: 12	4:00 - 4:45 PM <b>Yoga</b> Olivia Max: 10		
5:00 - 5:45 PM <b>Pilates</b> Angela Max: 24 <b>EMILY SUB 2/9</b>		5:00 - 5:45 PM <b>HIIT</b> Leticia Max: 10	5:00 - 5:45 PM <b>Pilates</b> Angela Max: 24 <b>NO CLASS 2/12</b>	

### Group Exercise Descriptions

#### Barre with Emily:

This class blends elements of Pilates, yoga, and ballet into a full-body workout that is both effective and approachable. Movements are performed both on and off the barre, using it as a tool for balance, alignment, and added support. Set to upbeat, the class emphasizes low-impact, controlled movements that primarily target the lower body and core while also engaging the arms and improving overall stability.

The workout focuses on small, precise, isometric movements—such as pulses and holds—that fatigue the muscles safely and efficiently, creating a high-intensity burn without high-impact stress on the joints. Throughout class, special attention is given to posture, balance, and strengthening the smaller support muscles that help improve everyday movement and reduce the risk of injury.

No dance experience is needed as my goal is to create a supportive and challenging environment where everyone can feel strong and accomplished, regardless of their fitness background.

### **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.

### **Dance Cardio with Emily:**

This class will consist of high-energy follow-along dances that aim to create a fun workout environment. Focusing on hip hop, jazz, and Latin movements, I hope this class can act as a workout that improves endurance and reduces stress. Perfect for all fitness levels, expect this class to be upbeat and energizing.

### **Fitness Dance with Alexa:**

This class will consist of easy-to-follow choreography to lots of fun music. The focus of this class will be cardio, coordination, and stamina. No dance experience is required. I am excited to dance with you! **NO CLASS 2/11 & 2/12.**

### **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 benefits 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!

### **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.

### **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 a supplement to your usual programming. **NO CLASS 2/12**

### **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/s/99507166470>

Meeting ID: 995 0716 6470

Passcode: 758827

### **Yoga 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 a 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!