



Meet Zoraida

My name is Zoraida Icabalceta, and I am a 5th-year physical therapy student. I played 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 Carley

I'm a senior Exercise Science major with a concentration in strength and conditioning, and a minor in nutrition. I'm passionate about exercise, spending time outdoors, cooking, and taking long walks. Through my fieldwork, I've gained valuable experience assistant coaching group exercise classes, and I'm excited to continue helping others become more active and confident in their movement. After graduating from Ithaca, I plan to further my education by pursuing a master's degree.

Carley's Classes

Functional Resistance



Meet Angela



Hi! My name is Angela Reynolds – I am an Ithaca College alumni and faculty member teaching in the Doctoral Physical Therapy program on campus. As an educator and physical therapist, I specialize in neurology. I love group fitness and enjoy teaching pilates, yoga and barre workouts. Outside of work, I love hanging out with my cats and husband (who is a fellow bomber faculty member!) and hiking. I hope to see you in class!

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 III student and graduated in 2025 with my B.S. in Clinical Health Studies. During my time in Ithaca I have had the opportunity to participate in IC Unbound for several 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 Senior 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 second-year physical therapy student and will graduate in 2029 with my B.S. in Clinical Health Studies. I am currently pursuing two minors (Dance and Sports & Exercise Psychology) as well as taking part in IC Unbound for my third 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 Gavin



My name is Gavin. I am a first-year graduate student in Ithaca's ESSG Human Performance track. I graduated with my B.S. in Exercise Science from Marywood University in the spring of 2026. During my undergraduate schooling, I worked in a variety of group exercise settings. I taught HIIT classes at my undergrad Marywood University. In addition to this, I obtained my certified personal trainer certification through the National Academy of Sports Medicine. I used this certification to then work at Body Blueprint PTC in Clarks Summit PA where I taught small group and semi-private exercise classes, in addition to having several one-on-one clients.

Gavin's Classes

HIIT



Meet Jonny



Hey there! My name is Jonny McKenna and I am an international grad student in the mental performance program. I am from Ireland and would be happy to answer any and all questions about my Emerald Isle! My undergraduate degree in Ireland was in Sport and Exercise Science and I am also a Certified Strength and Conditioning coach here at the college. I have been training, lifting, and working in the fitness industry for over 11 years and have worked with many different populations! It is safe to say fitness and exercise is my passion, so please feel free to strike up a conversation about any part of it that you are interested in!

Jonny's Classes

Stretch & Core

