Group Exercise Schedule Fall 26

August 31- December 4

No classes: 9/7 (Labor Day), 10/26-27 (Fall Break), 11/23-27 (Thanksgiving Break)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7 - 7:45 AM **Stretch & Core** Jonny		7 - 7:45 AM **Stretch & Core** Zoraida	
			9 - 9:45 AM **Yoga** Olivia	
10:30-11:20 AM **Fitness Dance** Lexi				10:30 - 11:20 AM **Barre** Emily K
12 - 12:45 PM **Mobility** Caroline	12 - 12:45 PM **Yoga** Olivia	12 - 12:45 PM **Fitness Dance** Lexi	12 - 12:50 PM **Functional Resistance** Carley	12 - 12:45 PM **HIIT** Gavin
	4 - 4:50 PM **Barre** Emily K		4 - 4:50 PM **Dance Cardio** Emily K	
4:30 - 5:15 PM **Pilates** Angela		4:30 - 5:15 PM **Pilates** Angela		

ITHACA COLLEGE

Robert. R. Colbert Sr. Wellness Clinic

Group Exercise 2026 Class Descriptions

Barre with Emily

This class will consist of various pilates, yoga, and ballet-based movements both on and off the barre. With fun music, this class is a low-impact, lower-body and core workout that improves posture, balance, and strengthens support muscles. Using a ballet barre for added support, this class focuses on small, isometric, muscle-fatiguing movements (pulses) to create a higher-intensity workout. 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.

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 and dance abilities. 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!

Functional Resistance

A full-body strength and cardio class designed for all fitness levels. Using bodyweight exercises and added resistance, you'll build strength and challenge yourself at your own pace. Modifications will be provided as needed, with an emphasis on proper technique, safety, and progression.

HIIT with Gavin

HIIT, or High-Intensity Interval Training, is a fitness style that utilizes short periods of work followed by brief but appropriate recovery periods (that can be done at a moderate intensity if desired). HIIT is a great way to get the most out of a small period of time. Those with more experience exercising are encouraged to work at or near maximal effort, while newcomers are encouraged to improve their form and movement quality before moving to a higher intensity. 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!

Group Exercise 2026 Class Descriptions

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 (in-person & virtual) 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.
Link: https://ithaca.zoom.us/j/98162539080?pwd=ubPsSb8wni0xApnz024iqSpc59qPgr.1
Meeting ID: 981 6253 9080
Passcode: 433051

Stretch & Core (in-person & virtual) with Zoraida & Jonny

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!
Link: https://ithaca.zoom.us/s/99507166470
Meeting ID: 995 0716 6470
Passcode: 758827

Yoga (in-person & virtual) 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!
Link: https://ithaca.zoom.us/j/96329892401pwd=RZuemga1zV0jPVmn7tvvucbKxUWKJv.1
Meeting ID: 96329892401
Passcode: 733984