

Community Corners Group Fitness Schedule: Spring 2019

607-319-0149 / www.islandhealthfitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODYPUMP 6-7am <i>Rosie</i>	RPM 6-6:50am <i>Mary</i>	BODYPUMP 6-7am <i>Rosie</i>	Cycling 6-7am <i>Heidi</i>		
iPsyclin 8:50-9:50am <i>Paul</i>	BODYPUMP 9-10am <i>Emily</i>	iPsyclin 8:50-9:50am <i>Paul</i>	BODYPUMP 9-10am <i>Emily</i>	iPsyclin 8:50-9:50am <i>Paul</i>	BODYCOMBAT 9-10am <i>Marin/Zora</i>	BOOTCAMP 8:45-10am <i>Mark</i>
Iyengar Yoga 10-11:15am <i>Kathy</i>	Gentle Kripalu Yoga 10:30-11:30am <i>Jyoti</i>	Kripalu Yoga 10-11:15am <i>Jyoti</i>		BODYFLOW 10-11am <i>Laura</i>	BODYPUMP 10:10-11:10am <i>Cora</i>	Cycling 10:15-11am <i>Lynn</i>
	BODYFLOW 12-1pm <i>Laura</i>				Vinyasa Flow 11:15-12:15pm <i>Lynn</i> <i>*Starts 4/27</i>	Pilates 11:15-12:15 <i>Selina/Jodi</i>
		Barre 4:45-5:30pm <i>Melissa</i>				OULA Dance 2pm <i>Fee & Sign Up</i>
BODYATTACK 5-5:45pm <i>Monica</i>		BODYATTACK 5:30-6pm <i>Lisa</i>	BODYCOMBAT 5-5:45pm <i>Priscilla</i>	BODYSTEP 5-5:45pm <i>Monica</i>		Dance with Kurt 4pm <i>Fee & Sign Up</i>
BODYPUMP 5:45-6:45pm <i>Monica</i>	BODYCOMBAT 5:30-6:30pm <i>Marin</i>	BOOTCAMP 6-7pm <i>Mark</i>	BODYPUMP 5:45-6:45pm <i>Priscilla</i>	BODYFLOW 5:45-6:30pm <i>Marin</i>		
	BOXING 6:45pm <i>Fee & Sign Up</i>	OULA Dance 7:30pm <i>Fee & Sign Up</i>	BOXING 6:45pm <i>Fee & Sign Up</i>			



Welcome to Island Group Fitness! *All classes are free for members unless otherwise noted.*

Barre: This class targets all areas of the body using small isometric movements to help increase flexibility, balance and muscle tone. Barre is a challenging yet low-impact class that is suitable for all ages.

BODYATTACK™: High energy fitness class with moves that cater for total beginners to total addicts. We combine athletic moves like running, jumping and lunging with strength exercises such as push-ups and squats. The workout is set to music and will challenge you in a good way.

BODYCOMBAT™: High-energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

BODYFLOW™: The Yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of movements to music creates a holistic workout.

BODYPUMP™: Barbell workout for anyone looking to get lean, toned, and fit -- fast. Using light to moderate weights with lots of repetition, BODYPUMP will give you a total body workout.

BODYSTEP: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full body cardio workout to really tone your butt and thighs. We play invigorating music and there are lots of options to get you through the workout safely.

BOOTCAMP: Calisthenics, cardio, body weight, and hand held weights are used to target major muscle groups. Format and routine change weekly to increase challenge. Instructor acts as coach to ensure proper technique and alignment.

Cycling and iPsychlin: An invigorating, low-impact workout that combines motivating music and easy-to follow instruction. Ride through imaginary hills and valleys, surge through tough spots, and get a great workout.

Iyengar Yoga: Enjoy the clarity of step-by-step instruction in how to position your body in a variety of yoga poses. When the physical alignment is correct, the muscles work efficiently, the breath frees up, and the relaxation is deeper.

Kripalu Yoga: Integrates ancient and modern wisdom using a creative sequence of postures, breathing exercises, and deep relaxation techniques, inviting life energy (prana) to flow more freely through us. The result is increased strength, stamina, flexibility, balance, focus, and a sense of overall well-being and joy – a total conditioning of body, mind and spirit. All levels and bodies welcome.

Pilates: A method of exercise which encourages the use of the mind to develop core postural muscle strength, stability, and flexibility, resulting in more efficient and graceful movement.

RPM™: Group Indoor cycling workout where you control the intensity. It's fun, low-impact, and burns calories. With great music pumping and the group spinning as one, the instructor takes you on a journey of hill climbs, sprints, and flat riding.

Vinyasa Flow: Expect to move with your breath and focus your attention; this well-balanced flow class will get you out of your head and into your body and your breath.

Questions, comments, suggestions?

Contact Monica Van Fleet, Group Fitness Coordinator at:
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