

# Main Studio Group Fitness Schedule: Spring 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength &amp; Roll</b> 6-7am <i>Dusty</i>	<b>Stretch, Strength &amp; Stability</b> 6-7am <i>Judy</i>	<b>Strength &amp; Roll</b> 6-7am <i>Dillon</i>	<b>Core Therapy</b> 6-6:45am <i>Spinelli</i>			
	<b>Rumble</b> 8-9am <i>Cheryl</i>	<b>Muscle Sculpt</b> 8-8:45am <i>Stephanie</i>	<b>Rumble</b> 8-8:45am <i>Cheryl</i>		<b>Integral Yoga</b> 8-9am <i>Nick</i>	
<b>Core-N-More</b> 8:50-9:50am <i>Judy</i>	<b>Zumba Gold</b> 9-10am <i>Carol</i>	<b>Low Impact &amp; Toning</b> 9-10am <i>Nancy</i>	<b>Core-N-More</b> 8:50-9:50am <i>Judy</i>	<b>Low Impact &amp; Toning</b> 9-10am <i>Nancy</i>	<b>Cardio Dance</b> 9:30-10:30am <i>Priscilla</i>	<b>BODYPUMP</b> 9:30-10:30am <i>Nicole</i>
<b>Zumba Gold</b> 10-10:45am <i>Stephanie</i>	<b>Tai Chi</b> 10-11am <i>John</i>	<b>BODYSTEP</b> 10-11am <i>Monica</i>	<b>Integral Yoga</b> 10-11:15 <i>Nick</i>	<b>Tone</b> 10-10:45am <i>Nicole</i>	<b>BODYPUMP</b> 10:30-11:30am <i>Priscilla</i>	<b>CXWORX</b> 10:35-11:05am <i>Nicole/Monica</i>
<b>BODYPUMP</b> 11am-12pm <i>Emily</i>	<b>Flex-n-Core</b> 11:30am-12pm <i>Joe</i>	<b>BODYPUMP</b> 11am-12pm <i>Monica</i>	<b>Zumba</b> 11:30am-12:20pm <i>Stephanie</i>	<b>BODYPUMP</b> 11am-12pm <i>Nicole</i>		<b>BODYSTEP</b> 11:10am-12:pm <i>Monica</i>
<b>Yoga Power Hour</b> 12:15-1:15pm <i>Linda</i>	<b>Integral Yoga</b> 12:15-1:30pm <i>Nick</i>	<b>Anusara Elements Yoga</b> 12:15-1:15pm <i>Hilary</i>	<b>Freestyle Yoga</b> 12:30-1:30pm <i>Shimon</i>	<b>Slow Flow</b> 12:15-1:15pm <i>Jeannie</i>	<b>Zumba</b> 12-1pm <i>Cheryl</i>	<b>Sivananda/Chakra Energetics</b> 12:30-1:45pm <i>Melinda</i>
<b>Tone</b> 4:30-5:15pm <i>Carol</i>	<b>Slow Flow</b> 4-5pm <i>Hilary</i>	<b>Zumba</b> 4:30-5:30pm <i>Cheryl</i>	<b>Tone</b> 4:30-5:15pm <i>Nicole</i>	<b>Slow Flow</b> 4:15-5:15pm <i>Tanya</i>	<b>BODYPUMP</b> 4:30-5:30pm <i>Emily</i>	<b>Hip Hop Shape</b> 2:30-3:30pm <i>G-Quan</i>
<b>Yoga Unwind</b> 5:30-6:30pm <i>Shimon</i>	<b>Zumba</b> 5:15-6pm <i>Cynthia</i>	<b>BODYPUMP</b> 5:30-6:30pm <i>Priscilla</i>	<b>BODYATTACK</b> 5:15-6pm <i>Lisa</i>	<b>BOOTCAMP</b> 5:30-6:30pm <i>Mark</i>		<b>Yin and Yang Yoga</b> 4-5:15pm <i>Jacky</i>
<b>BODYPUMP</b> 6:45-7:30pm <i>Salma</i>	<b>Triple Threat</b> 6-6:45pm <i>Priscilla</i>		<b>Zumba</b> 6-6:45pm <i>Cynthia</i>			
	<b>Kripalu Yoga</b> 6:45-8pm <i>Jyoti</i>	<b>Sivananda/Chakra Energetics</b> 7-8:15pm <i>Melinda</i>	<b>Slow Flow</b> 6:45-7:45pm <i>Hilary</i>			



# 3<sup>rd</sup> Floor Group Fitness Schedule: Spring 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Cycling</b> 6-6:45am <i>Liz</i>			<b>RPM</b> 6-6:50am <i>Mary</i>		
	<b>Gentle Yoga (CRC)</b> 9:30am <i>Fee &amp; Sign Up</i>		<b>Alignment-Based Vinyasa Yoga</b> 8:30-9:30am <i>Tanya</i>	<b>Cycling</b> 9-10am <i>Jill</i>	<b>Cycling</b> 9-10am <i>Christine</i>	<b>Cycling</b> 9:15-10:15am <i>Heidi</i>
<b>Pilates</b> 10-11am <i>Sheila</i>		<b>Pilates</b> 10-11am <i>Sheila</i>			<b>Cycle Lab</b> 10:15- 11:45am <i>Shane</i> <i>Fee &amp; Sign Up</i>	
	<b>Cycling</b> 11:15am-12:15pm <i>Dillon</i>	<b>HIIT</b> 11:15am-12pm <i>Natasha</i>	<b>Cycling</b> 11:15am-12:15pm <i>Adrian</i>	<b>Pilates</b> 12-1pm <i>Leslie</i>	<b>Pilates</b> 12-1pm <i>Liz/Sheila</i>	
						<b>iPsyclin</b> 4-5:30pm <i>Paul</i>
<b>Cycling</b> 5-6pm <i>Heidi</i>	<b>iPsyclin</b> 5:30-6:30pm <i>Paul</i>		<b>iPsyclin</b> 5:30-6:30pm <i>Paul</i>			

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

**Alignment-Based Vinyasa Yoga:** Refine your vinyasa practice by mindfully linking your breath and applying biomechanical principles of alignment to your yoga asanas (postures). This class offers a well-rounded asana practice and a heart-centered focus. Open to all levels, with modifications offered for beginners and more advanced practitioners.

**Anusara Elements Yoga:** Alignment-based, heart centered practice that is playfully designed to develop strength and flexibility in body and mind. All levels.

**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.

**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.

**Cardio Dance:** Come groove to a broad range of music! Tracks include both low intensity and high intensity intervals to provide nonstop cardio training for maximum calorie burning from start to finish.

**Chakra Energetics/Sivananda Yoga:** A vitalizing sequence of asanas and pranayama works to align the chakras and increase the natural flow of energy, which leaves us renewed and relaxed, while increasing the strength and flexibility of the body and the mind.

**Core-N-More:** Strength training using free weights, stretch bands, and medicine balls, and stability balls to develop core strength. Followed by stretching.

**Core Therapy:** This class focuses on the core stability muscles in the abdominal and low back region. Learn form and technique, and build strength.

**CRC Yoga:** A blend of stretching, relaxation, healing visualization, and meditation in a supportive group environment. Free to clients of the Cancer Resource Center of the Finger Lakes.

**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.

**CXWORX™:** A 30 minute core training workout that delivers results for all fitness levels. It's not just crunches -- you'll use a resistance band, weights, and bodyweight to strengthen the muscles from your shoulders to thighs.

**Flex-N-Core:** A 30 minute class that focuses on core muscles and stretching. Excellent class to gain strength and stability for core muscles.

**Free Style Yoga:** A multi-level vinyasa class that blends alignment, qi gong, and breath. This class is designed to empower participants to create their own yoga practice.

**Integral Yoga:** Integrated physical poses and stretches, relaxation and breathing exercises, and guided meditation to improve flexibility, raise and balance energy levels, and release stress. Appropriate for all levels.

**HIIT:** High intensity interval training. Work really hard, rest, and work really hard again! This workout is for all levels because you are working as hard as YOU can, but be prepared to push. This class will use timed drills and mostly bodyweight exercises (think: burpees) with an active recovery cooldown.

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**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 an overall sense of well-being and joy – a total conditioning of mind, body and spirit. All levels and bodies are welcome.

**Low Impact & Toning:** Formerly known as FAB, same great class, just a different name! This is a low-impact cardio class designed to increase your endurance, balance, coordination, flexibility and strength.

**Muscle Sculpt:** A strength training class focused on functional movements, proper lifting technique, and total body conditioning. Achieve improved definition and increased strength using a combination of your own body weight and dumbbells.

**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.

**Power Vinyasa:** A flowing set of yoga postures that together help to balance and open the body. Postures are linked together with intelligent sequencing, and the flow is guided by Ujayi breath. Please bring a towel.

**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.

**Rumble:** An authentic, easy to master, maximum cardio, mixed martial arts workout that draws inspiration from a variety of fighting styles. Rumble has been created for EVERY body. No martial arts experience required, just a willingness to sweat, have fun, and get a great workout.

**Slow Flow:** A class made to build foundation, strength and stretching in a simple way that is accessible to all levels of experience. An equal amount of support and challenge will be offered in the class, which includes slow flow, standing postures, seated postures, and relaxation.

**Strength & Roll:** A full body strength training class which includes 10-15 minutes of targeted foam rolling and stretching at the end.

**Stretch, Strength & Stability:** Strength and balance work followed by stretching and foam rolling.

**Tone™:** If you want the optimal mix of strength, cardio and core training this is it. The mix of lunges, squats, and resistance band exercises will help you burn calories and take your fitness to the next level.

**Triple Threat:** A 45 minute class fusing cardio, strength and core training through a variety of low-impact, high-intensity exercises. Motivated by a variety of fun, energetic music, this total body workout will have you sweating and burning calories.

**Yin and Yang Yoga:** The Yang part of this class is a Dynamic Vinyasa Flow designed to synchronize breath, body and mind. Finding our Yin part of the yoga will restore the body with longer stretches.

**Yoga Unwind:** A level 1/2 class. In this class we will unwind stress in the mind and in the body through specific movements focused on joint mobility, range of motion, strengthening and lengthening, and breath exercises.

**Zumba:** We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

## Questions, comments, suggestions?

Contact Monica Van Fleet, Group Fitness Coordinator, at:  
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