<table>
<thead>
<tr>
<th>Monday</th>
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</table>
| Strength & Roll
  6-7am
  Dusty                      | Yoga Pilates
  6-7am
  Shimon                      | Strength & Roll
  6-7am
  Dillon                       | Core Therapy
  6-6:45am
  Spinelli                     | BODYPUMP
  6-7am
  Margaret                    |                         |                                |
| Rumble
  8-9am
  Cheryl                      | Muscle Sculpt
  8-8:45am
  Nancy                        | Rumble
  8-8:45am
  Cheryl                        | Low Impact Cardio Dance
  8-8:45am
  Kate                        | Integral Yoga
  8-9am
  Nick                         |                         |                                |
| Core-N-More
  8:50-9:50am
  Judy                       | Zumba Gold
  9-10am
  Carol                      | Low Impact & Toning
  9-10am
  Nancy                      | Core-N-More
  8:50-9:50am
  Judy                       | BODYSTEP
  9:30-10:30am
  Monica                    |                         |                                |
| Low Impact Cardio Dance
  10-10:50am
  Kate                      | Tai Chi
  10-11am
  John                        | BODYSTEP
  10-11am
  Monica                    | Integral Yoga
  10-11:15
  Nick                      | BODYSTEP
  10-11am
  Nicole                   |                         |                                |
| BODYPUMP
  11am-12pm
  Emily                      | Flex-n-Core
  11:30am-12pm
  Joe                        | BODYPUMP
  11am-12pm
  Monica                    | BODYPUMP
  11am-12pm
  Nicole                    | RESET (Yoga & Ball Work)
  10:30-11:30am
  Tanya
  (across from main studio) | Cardio Dance
  11:15am-12pm
  Kate                        |                         |                                |
| Yoga Power Hour
  12:15-1:15pm
  Linda                   | Integral Yoga
  12:15-1:30pm
  Nick                      | Anusara Elements Yoga
  12:15-1:15pm
  Hilary                    | Restorative Yoga
  12:30-1:30pm
  Naomi                     | Slow Flow
  12:15-1:15pm
  Taryn                     |                         |                                |
| Tone
  4:30-5:15pm
  Carol                     | Anusara Elements Yoga
  4-5pm
  Hilary                    | Zumba
  4:30-5:30pm
  Cheryl                    | CXWORX
  4:45-5:15pm
  Nicole                    | Certified Anusara Yoga
  4:15-5:15pm
  Tanya                     |                         |                                |
| Yoga Unwind
  5:30-6:30pm
  Shimon                   | Zumba
  5:15-6pm
  Cynthia                  | BODYPUMP
  5:30-6:30pm
  Priscilla                | Circuit Bootcamp
  5:15-6pm
  Julia                    | BOOTCAMP
  5:30-6:30pm
  Mark                      |                         |                                |
| BODYPUMP
  6:45-7:45pm
  Margaret                  | Group Fitness 101
  6-6:45pm
  Monica & IHF Team        | Sivananda/Chakra Energetics
  7-8:15pm
  Melinda                 | Zumba
  6-6:45pm
  Cynthia                  | Slow Flow Vinyasa
  6:45-7:45pm
  Melissa                 |                         |                                |
| Kripalu Yoga
  6:45-8pm
  Jyoti                    |                         |                                |  |
# 3rd Floor Group Fitness Schedule: Winter 2020

January 6th – April 5th / 607- 277-3861 / www.islandhealthfitness.com

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<th>Monday</th>
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<td></td>
<td><strong>Cycling</strong>&lt;br&gt;6-6:45am&lt;br&gt;Liz</td>
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<td><strong>RPM</strong>&lt;br&gt;6-6:50am&lt;br&gt;Mary</td>
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<td><strong>Reserved</strong>&lt;br&gt;7-8am&lt;br&gt;Cornell Tri</td>
<td><strong>Gentle Yoga (CRC)</strong>&lt;br&gt;9:30am&lt;br&gt;Fee &amp; Sign Up</td>
<td><strong>Certified Anusara Yoga</strong>&lt;br&gt;8:30-9:30am&lt;br&gt;Tanya</td>
<td><strong>Cycling</strong>&lt;br&gt;8:30-9:30am&lt;br&gt;Jill</td>
<td><strong>Cycling</strong>&lt;br&gt;9-10am&lt;br&gt;Christine</td>
<td><strong>Cycling</strong>&lt;br&gt;9:15-10:15am&lt;br&gt;Heidi</td>
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<td><strong>Pilates</strong>&lt;br&gt;10-11am&lt;br&gt;Sheila</td>
<td><strong>Pilates</strong>&lt;br&gt;10-11am&lt;br&gt;Sheila</td>
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<td><strong>Pilates</strong>&lt;br&gt;10-11am&lt;br&gt;Leslie</td>
<td><strong>Cycling Lab</strong>&lt;br&gt;10:15- 11:45am&lt;br&gt;Fee &amp; Sign Up</td>
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<td><strong>Cycling</strong>&lt;br&gt;11:15am- 12:15pm&lt;br&gt;Dillon</td>
<td></td>
<td><strong>Cycling</strong>&lt;br&gt;11:15am- 12:15pm&lt;br&gt;Adrian</td>
<td></td>
<td><strong>Pilates</strong>&lt;br&gt;12-1pm&lt;br&gt;Liz/Sheila</td>
<td><strong>Kaizen Skills</strong>&lt;br&gt;12-2pm&lt;br&gt;Fee &amp; Sign Up</td>
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<td><strong>iPsyclin</strong>&lt;br&gt;4-5:30pm&lt;br&gt;Paul</td>
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<tr>
<td><strong>Cycling</strong>&lt;br&gt;5-6pm&lt;br&gt;Heidi</td>
<td><strong>iPsyclin</strong>&lt;br&gt;5:30-6:30pm&lt;br&gt;Paul</td>
<td><strong>RPM</strong>&lt;br&gt;5:15-6:15pm&lt;br&gt;Emily</td>
<td><strong>iPsyclin</strong>&lt;br&gt;5:30-6:30pm&lt;br&gt;Paul</td>
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<tr>
<td><strong>Dance with Kurt</strong>&lt;br&gt;7-8pm&lt;br&gt;Fee &amp; Sign Up</td>
<td><strong>CXWORX</strong>&lt;br&gt;6:20-6:50pm&lt;br&gt;Laura</td>
<td><strong>Dance with Kurt</strong>&lt;br&gt;7-8pm&lt;br&gt;Fee &amp; Sign Up</td>
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<td><strong>Reserved</strong>&lt;br&gt;7-8pm&lt;br&gt;Cornell Tri</td>
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Welcome to Island Group Fitness!  

All classes are free for members unless otherwise noted.

**Cardio Classes**

**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.

**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.

**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.

**Low Impact Cardio Dance**: Easy to follow routines for the active older adult at a lower intensity to challenge your balance, range of motion and coordination, while using your core and key muscles for functional strength. Come boost your brain and enhance your memory and recall. It’s motivating mood enhancing fun!

**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.

**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.

**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.

**Strength Classes**

**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.

**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.

**Circuit Bootcamp**: Cardio, body weight, and free weight exercises performed in a timed circuit format, allowing the instructor to assist with form and modifications while members rotate through the circuit. Weekly exercise and format changes. All levels welcomed.

**Les Mills 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.

**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.

**Core Classes**

**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.

**Core-N-More**: Strength training using free weights, stretch bands, and medicine balls, and stability balls to develop core strength. Followed by stretching.
Welcome to Island Group Fitness! All classes are free for members unless otherwise noted.

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

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.

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

Yoga Pilates: This class combines the best of both worlds: yoga and pilates. You will learn principles of alignment, breath and movement to create core strength, length and focus.

Flexibility, Balance & Mindfulness Classes

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.

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.

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.

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.

RESET (Yoga and Ball Work): In this class you will be guided through deliberate ball work techniques, yoga postures, and breath work to learn a practical and effective method of self-care. All are welcome. Class will meet in the small group training room across from the main studio.

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 & Roll: Stretch all of your major muscle groups using a stability ball and stretch bands, on and off the floor, and finish with 10-15 minutes of foam rolling.

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.

Cycling Classes

Cycling: 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.

iPsyclin: A music based indoor cycling program designed for riders of all ages and fitness levels. As you develop your cycling skills, physical endurance, comfort and balance, iPsyclin allows you to search for an emotional connection through the driving beat of the music.

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.