



BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



SH'BAM™ is the ultimate fun and sociable way to exercise. Featuring chart-topping popular hits and simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged.

ABBs (Abs, Back & Butt)

This class focuses on the core stability muscles in the abdominal and low back region. Each class focuses on form, the technique involved in toning, and building strength in this area.

BODYBOX (fee/ sign-up at Front Desk)

Go round after round with your toughest opponent...yourself! Get serious about getting into shape with this cardio-boxing class designed to help you lose weight, increase speed and agility, improve mental toughness and burn that body fat!

Cycling*

We take you over imaginary hills and valleys, challenge you to some surges and some tough spots, capitalizing on aerobic and anaerobic intensity, all to great music.

Dare to Lose! (fee/sign-up at Front Desk)

Are you looking to drop 25 pounds or more, make a few friends, and feel great doing it? Only at Island Health & Fitness can you do all three and learn about what it takes to get fit, stay fit and live a healthy and active lifestyle. Participants will take part in group workouts, partner workouts, circuits, and team fitness challenges.

Kripalu Yoga

In Sanskrit, the word "Kripalu" translates as "compassion." In this class, we will develop our yoga practice with a focus on the specific needs of each individual's body. These classes are designed for every level and will improve strength, flexibility and balance.

Pilates Mat (fee/pay instructor at class)

Class run by **The Pilates Room**. Don't let the pace of this workout fool you! Though time is taken to discuss proper execution of the exercises, even the most experienced practitioners will find this class informative and challenging. The more knowledge you have, the more focused and intense your workouts will be. Improve posture and increase muscular strength and endurance. For more info go to: www.nypilates.info

Sivananda Yoga

A vitalizing sequence of asanas and pranayama works to align the charkas 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.

Spinyasa* (45 spin/45 yoga)

An amazing combination of invigorating cycling, followed by the focus and intensity of power yoga, ending with meditation. 45 minutes of each. Come for one or both!

Swing Dance & Wedding Dances (fee)

For more info or to sign-up, please go to: www.ithacadance.com

ZUMBA

A great combination of zesty latin and international based music; exhilarating, easy to follow moves in a party-like atmosphere! A cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom.

ZUMBA Gold

The Zumba Gold program modifies the basic Zumba program so it is safe and effective for the active older adult as well as those just starting out on their journey to a fit and healthy lifestyle.

***Bikes are limited. Please get a ticket from the Front Desk, starting 30 min prior to class.**