

## Group Exercise Schedule Summer 24

July 1<sup>st</sup>- August 16th

No classes: July 4<sup>th</sup>

\*Subject to change\*

Monday	Tuesday	Wednesday	Thursday
	7-7:45 AM <b>Stretch &amp; Core</b> Kaley Max: 10		7-7:45 AM <b>Stretch &amp; Core</b> Kaley Max: 10
		9-10 AM <b>Yoga</b> Zarra Max: 10	
12:15-1 PM <b>HIIT</b> Mike Max: 10	12-12:30 PM <b>Mobility</b> Mike Max: 10		

### Group Exercise Descriptions

#### HIIT with Mike:

HIIT, or High-Intensity Interval Training, is a fitness programming technique utilizing short, intense bouts of work followed by brief, and sometimes active, recovery periods (that can be done at a moderate intensity if desired). HIIT is a great way to maximize your time and results in the gym, and it is guaranteed to make you sweat! Experienced exercisers are encouraged to work at or near maximal effort, while beginners are coached on the quality of movements before advancing to higher intensities. 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!

#### Mobility with Mike:

Mobility with Mike is a midday exercise class targeting improved functional movement patterns. We do this by integrating dynamic stretching, mobility drills, and calming exercises. Tailored for the midday schedule, it offers a brief 30-minute break to help promote movement and get you over that midday hump. The combination of gentle movements finishing with mindful breathing will leave you energized and ready to tackle the rest of the day with improved overall mobility and functionality.

#### Stretch & Core (In-Person & Virtual) with Kaley:

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!

Zoom link: <https://ithaca.zoom.us/j/99507166470>

Meeting ID: 995 0716 6470

Passcode: 758827

#### Vinyasa Yoga with Zarra: No class 7/24

This 60-minute session is designed to enliven the body and shift stagnant energy, allowing participants to feel revived and ready to tackle the rest of the day. Descriptive cues will be used to guide participants through traditional yoga poses in a way that promotes an intuitive relationship to movement. Many pose variations will be given to make each yoga class accessible to both beginner and experienced participants.