

Group Exercise Schedule January 6th-16th

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	7-7:45 AM Stretch & Core Mike Max: 10		7-7:45 AM Stretch & Core Mike & Kim Max: 10	
		12:10-1 PM Kettlebell Kraze AJ Max: 6		
		4:15-5:00 PM Glute Core Fusion Birte Max: 10		

Group Exercise Descriptions

Glute Core Fusion with Birte:

This class is focusing on two powerhouse areas: your glutes and abs. This class will utilize bodyweight, resistance bands, and light weights to build muscle and improve fitness. Each class starts with a warm-up and ends with a cool down/relaxation time to maximize the benefit to your body and mind.

Kettlebell Kraze with AJ:

Kettlebell Kraze brings variation to typical strength training sessions, adding a new stimulus to your training while still creating the same movements found in your average weightlifting session. This class aims to improve stability, mobility, and overall strength through different Olympic and compound movements. From basic swings to high level Olympic lift movement progressions, this class is perfect for all levels.

Stretch & Core (In-Person & Virtual) with Mike & Kim:

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