

Minimum of 2 people required for class to be held. Please arrive at least 5 minutes prior to the start of class.

Instructors and classes offered may vary per day, so please call the center for current offerings!
 ILC 914-499-4920/2260

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Cardio Sculpt 6:30 – 7:30am <i>Ellen ILC</i>	Spin/Core 6:30 – 7:30am <i>Ellen ILC</i>	HIIT MAX! 6:30 – 7:30am <i>Ellen ILC</i>	Spin 6:30 – 7:30am <i>Guild ILC</i>	Cardio Sculpt 6:30 – 7:30am <i>Ellen ILC</i>
LUNCH	Video Workout 12:15 – 1:00pm <i>TV ILC</i>	Spin 12:15 – 1:00pm <i>Ellen ILC</i>	Core & Buns 12:15 – 1:00pm <i>Jennifer ILC</i>	Video Workout 12:15 – 1:00pm <i>TV ILC</i>	Video Workout 12:15 – 1:00pm <i>TV ILC</i>

Spin/Core: Join Ellen for 45 minutes of Spin followed by 15 minutes of Core conditioning. This is a great full body workout to start your day. Bring your high energy and we'll crank it out to some great music.

Spin: Ready for a great workout? Spin is an indoor group cycling class that is designed to be an individually paced journey to mental and physical well-being. Spinning is an extension of outdoor road cycling and is designed to be a total aerobic workout. Instructors will lead you through hills, jumps, and sprints put to some great motivating music. If you're new to indoor cycling, please come a few minutes before the start of class so the instructor can set you up on your bike and go over some basic commands. All levels of fitness are welcome.

Yoga: Muscular and meditative, Yoga engages the entire body's systems; mind, body (internal/external) and spirit, through a variety of active poses (asanas) which increase strength, flexibility, and concentration, ultimately creating balance and harmony to the mind/body. Connecting breath to movement, Yoga improves mental and physical awareness, while allowing individuals to work within their own abilities.

Sculpt/Core: A full body muscle conditioning and core class using body bars, free weights and resist a ball designed to improve muscular strength and endurance with emphasis on the musculature of the torso (core).

Core and Buns: This class focuses on body weight and weighted exercises to firm up the glutes and get you those abs of steel. Besides your own body weight, you'll use various pieces of equipment such as body bars, ankle weights, stability balls, bosu balls and more.

HIIT Max: High intensity interval training...this class is a high energy class that keeps you moving. You will incorporate various body weight exercises to elevate that heart rate and keep it pumping. You'll have some quick recovery periods and then get right back into the intensity. All levels are welcome as moves are all modifiable.