

## Battenkill Branch Class Descriptions

### Cardio/Strength

**Active Older Adults (AOA) CardioCircuit** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills; as well as cardiovascular fitness and flexibility. Upper body strength work with hand-held weights, elastic tubing and a ball is alternated with non-impact aerobic choreography. The class concludes with balance and stretching exercises and is great for the beginners!

**DrumsAlive®** – DrumsAlive® is the most unique fitness/wellness program extravaganza to hit the market in years! It is unique and different from every other workout you've tried before. Enjoy movement, rhythm and fun while seeing real fitness results! The choreographies are designed to burn fat, improve physical and mental fitness and above all, be fun! Drums Alive® is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.

**Express Cardio Kickbox** – 30 minutes of non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release tensions while burning plenty of calories.

**Express Fitness Cycle** – This class is the 30 minute version of the Fitness Cycle class. Though the length of the class is shorter, the intensity is high since we have a lot to pack into 30 minutes!! All fitness levels are welcome, since you're in full control of your ride.

**Express Step** – A 30 minute high energy cardio class using the step bench to intensify your workout. You can customize your intensity with the addition of risers.

**Fitness Cycle** - A great workout that is fun, effective and easy to learn! A customized stationary racing bike gives you a smooth workout for beginner or advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio-vascular workout. Don't forget your water and a towel!

**Group Resistance Training (GRT)** – This 55 min. strength training class will strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. The combination of great music, knowledgeable and experienced instructors, and your choice of weight inspires you to get the results you came for - fast!

### Combo Classes

**Barregalates** –Come and join us as we lengthen and strengthen our whole bodies through this workout that uniquely fuses exercise techniques from Pilates, Dance, Traditional Group Fitness Formats and Yoga. We will use ballet barres, chairs, light weights, tubes & bands and our own body weight.

**Instructor's Choice** – If you've hit a plateau or you're looking for variety in your workout, then this is just the class for you! Each week the instructor will choose and lead you through a different workout. One week might be Kickboxing, the next week, Zumba or bosu training just to name a few!

**Step-n-Sculpt** – Like to mic it up? Start out with an energizing and challenging step routine, only to challenge those muscles even more with some strength training and ab work to wrap it up.

### Dance Fitness Classes

**Zumba®** – This class combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This latin-based group exercise class is fun and easy to do. No dance experience required!

**ZumbaToning®**- This program takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance.

### Mind/ Body Classes

**Mat Pilates** – Strengthen the muscles that support the spine to bring balance into the body. When muscles become unbalanced, they can cause joint pain and other body aches and pains. Pilates was developed to help realign the spine to decrease tension, increase flexibility and strengthen the body from the inside out.

### Restorative Yoga – An Active Relaxation

Join 200hr yoga certified teacher, Bonnie Farrelly, by using yoga postures and pranayama to inhibit the body's stress-response, thus activating the healing, and repairing systems for optimal health. By supporting the body with props, we alternately stimulate and relax the body to move forward into balance. In general, restorative poses are for those times when you feel weak, fatigued, or stressed from your daily activities. Each 90 minute workshop will include approximately 4 to six poses for you to embrace with body/mind/ breath and spirit. Bonnie will be assisting you with gentle music and oils to go deeper into relaxation. As you soften into your poses, you will learn about the health benefits and more. Although props will be available, Bonnie recommends that you bring 5 full towels, 3 hand towels, and one face towel. This class will meet for 90 minutes for 7 weeks. No experience necessary. The ability to pamper self, a must :) **Full members: \$60.00/session. Program members: \$120/session. Min.3 Max. 6**

**Yoga** – All fitness levels are encouraged to explore asanas (poses) in order to decrease stress and increase flexibility. You will feel refreshed, restored and re-energized.

### Beginning Running Group

**Beginning Running Group** – This program is for the true beginning runner. You will train over the course of 12 weeks for the 5K Turkey Trot race. You will work your way from walking, up to walk/run intervals and then into funning by the conclusion of the 12 weeks. Meet in front of the Y on Tuesdays & Thursdays at 10:00 am. We will jog/walk/run (No runner left behind!) between 1 and 3 miles. This group is led by Kristie. **Requires pre-registration but is free to members. Program members: \$5/ class. Min.5 Max. 12**

### Youth Classes

**FitKidz-** A fun-filled fitness program geared towards 5 – 8 year olds that want to be fit, learn and have fun doing it. These classes combine beginner fitness and healthy lifestyle tips to jump start youths into making better choices in the way of fitness and food. **Requires pre-registration but is free to members. Program members: \$5/ class. Min.5 Max. 12**

**Kidz HipHop** – Kidz ages 5 – 8 yrs. will learn fun dance routines to popular hiphop music and end the session with a performance for family and friends! **Requires pre-registration but is free to members. Program members: \$5/ class. Min.5 Max. 12**

**KidzPlay** – Free time for kidz ages 7 – 11 to use the Trazer, wiiFit and a kid-friendly cardio and resistance training exercise circuit. **FREE for members/ \$2.50 program members**

**Roc-n-Tots** – offers an introduction to movement and music for growing minds and bodies for ages 18 months through 3 years. A fun mix of circle songs, free dance, marching and imagination which your child will talk about all week! Requires Pre-registration is required. **Full members: \$22.50/session. Program members: \$45/session. Min.5 Max. 12**

**Youth Circuit Training (YCC)** – (For 9 – 13 yrs.) This goal of this class is to introduce tweens to the various components of fitness. A circuit of 10 – 12 exercises will be set up each week, for tweens to rotate through at various intervals. **Requires pre-registration but is free to Full member; Program member: \$2.50/class. Min.5 Max. 12**

**Zumbatomic® Big Starz** – This is a fast-forward fusion of the Zumba® program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high, octane workouts designed to let kids ages 8-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic® groove. Watch their energy and fitness levels soar as they get into the groove! **Requires Pre-registration but is free to members. Program members: \$2.50 program members. Min.5 Max. 12**

**Zumbatomic® Lil' Starz** – This is a fast-forward fusion of the Zumba® program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high, octane workouts designed to let kids ages 4-7 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic® groove. Watch their energy and fitness levels soar as they get into the groove! **Requires Pre-registration but is free to members. Program members: \$2.50 program members. Min.5 Max. 12**