



## Saratoga Springs Branch Class Descriptions

### Cardio/Strength

**B.L.T (Buns, Legs & Tummy)** – An intense glute, hamstring, inner and outer thigh workout with an abdominal target at the end! The focus is controlled movements with high reps of exercises to make you feel the burn where you need it most.

**Body Sculpt** – Strengthen, tone and firm your entire body in this sculpting class. Yes, you will be challenged but there are ALWAYS modifications given. Various pieces of equipment are used to shape your body like steps, body bars, tubing, balls and weights. Classes are different EVERY week.

This class includes muscle and strength training for all of the major muscle groups includes arms. For all levels.

**Cardio Blast** – Blast away those calories during an intense 25 minute routine of cardio intervals designed to get your heart rate up and your blood pumping.

**Cardio Kickbox** – Non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release the day's tensions while burning plenty of calories.

**Core Conditioning** – Work your core with this challenging, yet doable exercise class, which is for all fitness levels. This class is designed to completely train the core muscles using a variety of body positions and equipment.

**Cycle** – A great workout that is fun, effective and easy to learn! We use music, stationary bicycles, interval drills, hill climbs, sprints and positive coaching methods including visualization to help you achieve the maximum results from your workout. Don't forget your water and a towel!

**Express Plyometrics** – Let this fast paced, high intensity workout "jump" start your day! This training is designed to produce fast, powerful movements to enhance performance.

**Express Cycle** – A half- hour cycle class.

**HipHop Cycle** – A fitness cycle class that uses hip hop music as one of the motivating and fun factors!

**Intro to Cycle** – This is a beginning level cycle class that will introduce you to the basics of cycle.

**Intro to Gravity** – This is a short class that will walk the student through the basic movements and terminology of using the Gravity machines.

**Instructor's Choice** – It's up to them! Just count on working hard and sweating hard!

**GravityGroup** – These exciting 30-minute strength classes heat up all the major muscle groups for a total body workout. Each participant works at his/her chosen level of resistance, while enjoying the challenge and camaraderie of a group setting. The class delivers effective and efficient workouts and is particularly attractive to exercisers who traditionally focus on cardio training but want to make time for a fun, efficient strength workout.

**GravityAbs** – A hard hitting 30 minute workout on the Gravity machine concentrating on strengthening and balancing the core muscles. You'll definitely feel the burn in this one!

**Lo Impact Aerobics** – A low – impact workout composed of 5 – 10 minutes of warm ups, 20 – 25 minutes of aerobic combinations and 10 minutes of cool down and stretching. This class is perfect for those who are new or returning to exercise!

**Psycho Cycle** – An extreme interval style fitness cycle class for those who like a challenge.

**Reduce Your Assets** – 25 minutes never passed so quickly! This class offers a variety of exercises specifically designed to tone and shape your legs, gluts and abs. This class uses some combinations of steps, bands, balls, bars and weights each week to sculpt you into shape! You won't believe what you're capable of and how great you feel when you finish. Expect to sweat and have trouble climbing stairs the next day!

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

**SilverSneakers® I – Muscular Strength & Range of Movement** – 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. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

**SilverSneakers® II – Cardio Circuit** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

## **Combo Classes**

**Bootcamp Conditioning** – This high intensity interval class uses your body, calisthenics, along with jump ropes, weights, and other equipment to bring your workout to the next level.

**Circuit Interval Training** – This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning with intervals of cardio. You will use weights and resistance bands to tone with bursts of cardio between exercises to keep the sweat pouring. Bring a towel and a water bottle...you'll need it!

**Express Interval Training** – A 25 min class combining intense intervals combining cardio and resistance training.

**Interval Sculpt** – Push yourself through six 3:00 intervals of cardio and sculpting exercises designed to get your heart rate high and your muscles working to their maximum capacity.

**Ride-n-Core** – Climb, sprint and jump your way to cardiovascular conditioning. Cool -down, strengthen your core and stretch.

**Ripped** – This is a high intensity strength training & cardio workout with double-duty weight lifting drills that work multiple muscle groups. Between sets, charge up your metabolism with high intensity cardio bursts. You'll thank me later!!

**Rip, Ride & Core** – This class is a match made in heaven with the ultimate in aerobic conditioning, strength training for major muscle groups and hardcore mid-section exercises. This is a full-throttle combo to keep you energized for hours afterwards!

**Zen Sculpt** – A dynamic strengthening class utilizing weights, bands, the body and principles of yoga and pilates to strengthen the body.

**20/20/20** – This class is composed of 20 minutes each of hi/low-impact aerobics, body – sculpting and stretching each. The order and format for each class may change on a weekly basis. All fitness levels welcomed!

### **Dance Fitness Classes**

**Kalabash** – A cornucopia of energizing moves filled with delicious rhythms rooted in Africa and spread to the Caribbean, Brazil Portuguese Africa, and beyond. It is a “dyslexic-friendly” dance class, kept simple, with easy-flowing movements, yet deceptively apt to make you sweat while feeling good. You won’t even know you’re exercising!

**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!

**Tribal Bellydance** – Learn basic isolations, hip movements, arm patterns, shimmies, traveling steps, and basic undulations all in a n easy to follow format that allows students to build a strong foundation in the beautiful art of bellydance.

### **Mind/ Body Classes**

**Beginning Yoga** – This class introduces students to a practice that integrates balance, stretching, strengthening, and breath awareness.

**Mat Pilates** – This class covers more advanced pilates exercises for those who have built a foundation with our regular Pilates class.

**Intermediate Tai Chi** – This class is for those students who have mastered the movements from the beginning Tai Chi class or have previous experience with Tai Chi.

**Intermediate Yoga** – This class covers more advanced yoga asanas for those who want a little bit more of a challenge than the beginning yoga class.

**Vinyasa Yoga**– This yoga class is designed for all levels, with attention to alignment principals resulting in the development of a safe, deep and enjoyable practice.

**Power Yoga** – A high -energy flow class to open the muscles deeply through Vinyasa and Ashtanga flow. All levels welcome!

**SilverSneakers® YogaStretch** – You will move your whole body through a complete series of *seated and standing yoga poses*. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

***You will not have to get down on the floor for this class.***

**TaiChi** – This class is often described as meditation in motion because it promotes serenity through gentle movements – connecting the mind and the body. This graceful form of exercise can help reduce stress with regular practice.

**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.

**Yoga For Relaxation** – Come unwind the day, relax and de-stress in this yoga class as we practice gentle, restorative asanas (poses), breath work and guided relaxation.

**Yogalates** – A fusion of yoga and pilates.

**Yoga Pose Building** – Good for people of all experience levels wishing to build each pose and work toward accurate alignment and optimal freedom of movement.

## **Pre/Post Natal Class**

**Mommies-to-Be** – This low-impact class that includes walking, stretching and toning to prepare the expectant mother for childbirth and postpartum recovery.

**Mommy Madness Cycle** – An express fitness cycle class targeted for moms but open to all who are looking for a challenging way to loose those lingering pounds. Children are welcome but must remain in a stroller or car seat the entire class. An ideal compliment to stroller aerobics to cross train those post-pregnancy areas away.

**Mommy Madness Aerobics**– This class is for multi-tasking mommies and offers a challenging workout as well as an opportunity to socialize with other moms while you supervise your kids on bikes, toy boats, and a slide. Don't be fooled by the cute name; this class will make you sweat! A combination of cardio and strength training; expect some basic step aerobics on Mondays, Circuit training on Wednesdays and freestyle on Fridays. Bands, bars and weights are alternated to help you tone your arms each class. We conclude with ab exercises and various sculpting targeted at tightening all of your favorite areas such as glutes and thighs. This class is truly the whole package. Strollers are recommended for infants but are not required. Please notify the instructor of any injuries at the start of class. New moms need medical clearance from doctor.

## **Dance Classes**

**Beginning Ballroom, Swing & Latin** – You will learn to do such dances as the Fox Trot, Waltz, Tango, Rumba, Samba, Mambo and Cha Cha & Swing. Casual dress and no sneakers. ***You must pre-register for this class.***

**Intermediate Ballroom, Swing & Latin** – This class is for those with prior dance experience. Casual dress and no sneakers. ***You must pre-register for this class.***

## **Running Groups**

### **Walk/Run Group**

Join us to help improve your endurance, performance, and health with walk/run intervals! We leave from the front lobby for an outdoor walk-to-run where you will get tips to help you train for a 5k! Warm up & cool down stretches also. No runners left behind. Poor weather will put us on the indoor track. Strollers welcome outdoors.

### **Beginners' Running Group**

Where: Meet in the lobby (of the Y)

Distance: 3 – 5 miles (shorter or longer depending on your ability)

Pace: 9 – 12 minute mile pace – No runner left behind!

Coach: Amy Rodack

### **Intermediate Running Group**

Where: Meet in the lobby (of the Y)

Distance: 6+ miles (shorter or longer depending on drills/time)

Pace: 9 min pace or faster

Workouts: Hill repeats, Mile repeats, Track workouts, etc.

Hour runs with pick-ups

Trail runs in the State Park

"Building base" runs (1 hour, 6-8 miles)

Training for races (most likely 15k and under)

Coach: John Orsini