

THE RECORDER

INDEPENDENT NONPROFIT NEWS FOR BEDFORD, LEWISBORO, POUND RIDGE & MOUNT KISCO, NY

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SPECIAL SECTION

Learning & Enrichment

Move beyond the gym:

Full-body workouts that challenge mind and body

By ELIZABETH COLOMBINI

Tired of the same old gym routine? Look for creative alternatives to traditional workouts, from pole dancing and fencing to rock climbing and parkour (negotiating obstacles by running, jumping or climbing). These studios and facilities provide full-body workouts that challenge both mind and body while building community and confidence.

ROAM Further Athletics, Mount Kisco

Trade the treadmill for climbing, jumping and exploring at this parkour (an athletic discipline focused on efficiently overcoming obstacles) and ninja gym. Programs cater to all ages, from Mommy and Me classes starting at nine months to adult fitness sessions. Develop better body awareness, stronger self-confidence and mind-body connection through movement that's different from traditional sports. Classes are grouped by ages and include competitive parkour training through the Northeast Youth Parkour League. If you need a pick-me-up or light snack, the facility offers an in-house specialty coffee bar. Birthday parties, team building events and first responder training are also offered.

For more information, visit roamfurtherathletics.com.

Fred Astaire Dance Studio, Sleepy Hollow

Skip the treadmill and learn to dance instead. This welcoming studio offers one-on-one private lessons for all ages and skill levels, from teenagers prepping for quinceañeras and Sweet 16s to adults in their early 20s to 90s (their oldest student is 98). Whether you're training for a high school musical, looking for a new hobby or transitioning from ballet to ballroom, personalized instruction meets you where you are. Bonus: twice-monthly Friday evening group practice sessions run like actual parties with drinks, snacks, dim lights, and a DJ, dancing and socializing while you learn.

For more information, visit fredastaire.com/tarrytown.



Fencing Academy of Westchester, Hawthorne

Learn the art of the sword at this Olympic-level training facility with over 100 years of combined coaching experience. Programs serve all ages starting at five years old through adults 18+, from beginner to competitive levels. Choose from sabre, foil or epee classes, with youth programs (ages 5-8), competitive programs and adult programs available. Private lessons and summer fencing camps are also offered. New students receive a free introductory lesson with facility tours and orientation.

For more information, visit fencewestchester.com.

Katonah Museum of Art: Marks in Motion The Pollack Family Learning Center

OK, so you won't break a sweat with this entry, but the connection between movement, dance and art is too compelling to resist at the exhibition "Shen Wei: STILL/MOVING." Attendees explore the relationship between dance and visual art through experimenting with playful materials, exploring movements that leave traces on paper and feeling the

rhythm of lines. Attendees leave with a fresh perspective on how physical motion can unlock creativity, mindfulness and new ways of seeing and making art.

For more information, visit katonahmuseum.org.

Pole Position, White Plains

This full-body workout builds serious strength, flexibility and confidence. Pole Position offers pole dance, chair dance, heel work, floor work and flexibility classes for all skill levels from beginner to advanced. It's a challenging workout that engages your core, arms and legs while learning choreography in a supportive, judgment-free environment. Open to adults 18 and up. Their most senior student is a proud 70 years young. Private one-on-one lessons available, plus private group events perfect for birthdays, bachelorette or just celebrating with friends, complete with custom choreography to your song of choice and optional videography.

For more information, visit polepositionstudio.com.

Movement Valhalla

This 13,000-square-foot indoor



climbing gym offers full-body, problem-solving movement for all fitness levels. The inclusive space welcomes climbers of ages, body types and experience levels, with community meet-up nights dedicated to women, queer climbers and adaptive climbers. Weekly Intro to Climbing classes, adult instruction for ropes and bouldering, private coaching, after-school youth programs and family climbing opportunities available. Don't miss Feats of Strength (Saturday, Feb. 21), a 19th-year championship bouldering competition celebrating creativity, athleticism and community, open to spectators.

For more information, visit movementgyms.com/valhalla.

United Martial Arts Center, Briarcliff

Looking for a workout that challenges both body and mind? Step onto the mat at this martial arts center offering programs for ages four through adult. Kids build confidence, self-discipline, respect, focus and perseverance through age-appropriate classes. Adults learn new skills, step outside their comfort zones and join a supportive community focused on physical fitness, mindfulness and fun. Training primarily in Taekwondo with elements from other martial arts and kickboxing, students of all experience levels develop practical self-defense skills while getting an excellent full-body workout.

For more information, visit umacbriarcliff.com.