



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FALL SESSION 2026
GROUP FITNESS SCHEDULE
Morristown YMCA
September 1 - December 31, 2026**

MONDAY				THURSDAY			
6:15-7:00 AM	Super Strength	B	Gale	6:00-6:45	NEW TIME!! Pilates Fusion	A	Melissa
7:00-7:45	Cycle	C	Sandy	7:00-8:00	Fitcore Reformer	R	Melissa
9:00-9:45	Barre Fusion	B	Darlene	8:30-9:30	Fitcore Reformer	R	Lisa
9:00-10:00	Enhance Fitness	D	Peggy	8:30-9:15	Barre Fusion	A	Samantha
9:30-10:45	Step & Sculpt	A	Rhonda	8:30-9:15	NEW!! Power Boxing	D	Emily
10:00-10:55	Cardio Fusion	B	Joanne	9:30-10:25	Lo Impact Cardio Core	A	Judy
10:15-11:15	Gentle Yoga	D	Dana	9:30-10:30	Cardio Step & Core	B	Rhonda
11:00-11:45	Strength & More	A	Rhonda	9:30-10:30	NEW!! Total Mobility	D	Donna
11:00-12:00 PM	Line Dancing	B	Joanne	10:30-11:25	Cycle Fusion	*C&S	Dawn
11:30-12:30	NEW!! Nia	D	Dana	10:30-11:30	Barre Fusion	A	Lisa
4:30-5:15	NEW!! Pilates Remix	A	Darlene	10:45-11:30	Flexed & Balanced	G	Joanne
5:30-6:15	Cardio Strength	D	Melissa	10:45-11:30	Strength & More	B	Rhonda
5:30-6:15	Power Hour	B	Darlene	10:45-11:45	Rock Steady Boxing Parkinson's	D	ROTATING
6:30-7:30	NEW!! Dance Cardio	B	Diana M	11:45-12:45 PM	Fitcore Reformer	R	Lisa
6:30-7:30	Fitcore Reformer	R	Melissa	5:15-6:15	NEW TIME!! Yogalates	D	Dana
7:15-8:15	Gentle Yoga	A	Ivette	5:30 -6:25	NEW!! Cycle Strong	*C&A	Maria
TUESDAY				6:00-6:45	NEW!! Power Boxing	B	ROTATING
6:00-6:45 AM	Cycling	C	Mark	6:30-7:30	Zumba & Toning	D	Diana H.
8:30-9:15	Vital Sculpt	D	Emily	FRIDAY			
8:30-9:15	Barre Fusion	A	Samantha	6:15-7:00 AM	Ultimate HiIT	B	Melissa
9:30-10:30	Lo Impact Cardio Core	A	Judy	7:05-7:30	Butts & Guts	B	Melissa
9:30-10:30	Kickboxing	B	Rhonda	7:30-8:15	Cycling	C	Gale
9:30-10:30	Cardio Sculpt	D	Lisa	8:15-9:15	Strength & More	B	Linda
10:45-11:30	Flexed & Balanced	G	Joanne	9:00-10:00	Enhance Fitness	D	Donna
10:45-11:45	Super Strength	B	Rhonda	9:00-10:00	Fitcore Reformer	R	Lisa
10:45-11:45	Barre Fusion	A	Lisa	9:30-10:30	NEW!! Box & Bounce	B	Rhonda
10:45-11:45	Rock Steady Boxing Parkinson's	D	ROTATING	10:35-11:05	NEW!! Guns & Guts	B	Rhonda
12:00-1:00 PM	NEW!! Yoga	A	Donna	10:00-11:00	Yoga	A	Dana
4:30-5:25	Fitcore Reformer	R	Darlene	10:05-11:05	Zumba	D	Lisa
5:30-6:25	Fitcore Reformer	R	Darlene	11:15-12:15 PM	NEW!! Qi Gong	D	LI
4:45-5:45	NEW!! Vinyasa Yoga	A	Ivette	11:15-12:15	Barre Fusion	A	Lisa
6:00-7:00	NEW!! Human Reformer	A	Diana M	SATURDAY YMCA OPENS AT 8:00 AM			
6:00-7:00	Mind-Body Edit Weight Loss Program (starts September 15)	D	Mary Ellen	8:15-9:15 AM	Butts & Guts	A	Dawn
6:00-6:45	Cycling	C	Pete	8:30-9:15	NEW!! Rise & Conquer Drop-in class	S	Melissa
6:30-7:30	Zumba	B	Natalie	8:30-9:15	Cycling	C	ROTATING
WEDNESDAY				9:30-10:25	Bootcamp	B	Melissa
6:15-7:00 AM	Cardio Strength	B	Gale	9:30-10:30	NEW!! Human Reformer	D	Diana M.
7:00-7:45	Cycling	C	Sandy	9:30-10:30	Vinyasa Yoga	A	Julianne
7:30-8:25	Fitcore Reformer	R	Darlene	10:30-11:30	Zumba	B	Natalie
8:15-9:15	Strength & More	B	Linda	SUNDAY YMCA OPENS AT 9:00 AM			
8:30-9:25	Fitcore Reformer	R	Darlene	9:15-10:00 AM	Cycling	C	ROTATING
9:00-10:00	Enhance Fitness	D	Lisa	9:10-10:10	NEW!! StrongHER Drop-in Training	S	Emily
9:00-10:00	Yoga	A	Peggy	9:15-10:15	NEW ROOM!! Strength & More	B	Linda
9:30-10:20	Super Strength	B	Mel	9:15-10:15	Total Body Conditioning	D	ROTATING
10:30-11:30	Barre Fusion	A	Mel	10:15-11:15	Yoga	A	Dana
10:30-11:30	Strength & More	B	Joanne	10:30-11:30	Zumba & Toning	B	Diana H.
10:45-11:30	Chair Yoga	D	Dana	Darlene Kievit Health & Wellness Director d.kievit@morristownymca.org Class locations Studio (A) Studio (B) Studio (C) Cycle Studio (D) Gymnasium (G) Reformer Room (R) Squad Room (S)			
11:45-12:45 PM	NEW!! Qi Gong	A	LI				
4:30-5:15	Pilates Fusion	A	Lisa	Greater Morristown YMCA Revised 7/31/2026			
4:30-5:15	NEW!! Box & Body	B	Rhonda	Registration Maybe Required Fees May Apply Reach out to Health & Wellness Director for more information.			
5:30-6:30	Cycle Fusion	*C&B	Maria				
5:30-6:30	Turn up Dance Fitness	D	Deanna				
5:30-6:30	NEW!! Vinyasa Yoga	A	Julianne				
6:30-7:15	Strength & More	B	Laurie				

For safety reasons and in consideration of other participants, please be on time.

Class Schedule|Instructors subject to change. Proper attire and footwear are required.

Classes are opened to ages 12 and older unless noted otherwise.

**Class starts in Cycle room*



CARDIO

Bootcamp: High energy, full body workout that combines a mix of cardio exercises, strength training, interval training to build overall fitness, burn calories, and challenge your endurance in a fun and motivating group setting.

Box & Body is a high-energy group fitness class that combines kickboxing-inspired cardio with strength and toning exercises for a fun, full-body workout. Each class is designed to improve endurance, build lean muscle, increase confidence, and help you burn calories in a motivating, supportive environment. Whether you're throwing your first punch or you're a seasoned fitness enthusiast, Box & Body delivers an empowering workout that leaves you feeling stronger, energized, and accomplished.

Cardio Fusion: A high-energy group fitness workout that blends various forms of cardio exercises, dance moves, step aerobics, and bodyweight strength training. All fitness levels.

Step & Sculpt: Grab your leg warmers to join this high energy, heart pumping class using step choreography to keep you moving. Various intervals challenge your heart and tones the lower body. Resistance training combined with a variety of weight. all fitness levels

Cardio Sculpt Strength: Body sculpting class designed to increase strength and muscle tone using a variety of equipment, targeting all major muscle groups. Resistance training combined with short bursts of cardio drills; all fitness levels

Cycling: Emphasis on proper cycling technique while you control the intensity of this world-class workout. All fitness levels

Cycle Fusion: Cycle Fusion is a combination of cycle & weights. You will start a cardio workout on the bike with a continuation with intervals of weights, bands and core. All fitness levels.

Cycle Strong: A total body workout that combines the best of both worlds: an exhilarating ride and a powerful strength session that moves seamlessly from the bike to the floor as you challenge your cardiovascular system and build lean muscle. Every class designed to leave you feel strong, energized and accomplished. All fitness levels.

Kickboxing: This group fitness class that combines martial arts techniques with fast-paced cardio. You will build stamina, improve coordination & flexibility, as well as burn calories and build lean muscle with this fun and challenging workout.

Box & Bounce: is a fun, high-energy group fitness class that combines kickboxing-inspired cardio with trampoline training for a full-body workout that's both effective and exciting. Alternate between powerful punches, jabs, and kicks and low-impact, high-intensity bouncing to boost cardiovascular endurance, improve coordination, and strengthen your entire body. This dynamic class burns calories, tones muscles, and

Lo Impact Cardio & Core: A cardio core class that is not hard on the body, especially the joints, and can be a great way to get in a heart-pumping workout while reducing the risk of injury.

Power Boxing: Join this high energy Cardio kickbox and Strength class using heavy bags. You will learn the basics of boxing, while you build cardio endurance and strength. Get a total body workout while you transition between FUN cardio boxing/agility drills, and strength using your own bodyweight, dumbbells, and bands. All fitness levels welcome

Ultimate Hiit: Shift your workout into overdrive with this high intensity interval training class that combines all-out work efforts with brief recovery periods to provide a total body workout with maximum results.

Vital Sculpt: a high-energy that combines cardio, strength training with weights, and functional movement training. Think of it as the ultimate way to build strength, boost endurance, and improve how you move-both in and out of the class.

DANCE

Dance Cardio: is a high-energy dance fitness class that combines upbeat pop, Latin-inspired, hip-hop, and jazz-inspired choreography for an exciting full-body workout. Designed to elevate your heart rate, maximize calorie burn, and build cardiovascular endurance, this class also incorporates leg-toning movements throughout every routine. No dance experience is needed—just bring your energy, move to the music, and get ready to sweat, smile, and have fun in a workout that blends a weekly dance party with exercise!

Line Dancing: This line dancing class is designed for all levels, ages, and for male and females. The fitness aspect increases your heart rate which then speeds up your metabolism and you burn calories. The dance aspect you are learning how to dance, flexibility, and correct posture alignment. The dance consists of country, jazz and swing. Learn how to dance and get an amazing workout all while having fun! All fitness levels

Turn Up Dance Fitness®: Turn Up Dance Fitness is an energetic, hip-hop-based dance workout designed to help you move, sweat, and build confidence. Classes combine easy-to-follow choreography with intervals of toning and conditioning to create a full-body, high-intensity experience. Built on the pillars of **work, shake, flex, and slay**, All fitness levels

Zumba®: An aerobic workout with pulsating Latin music incorporating footwork and body movements from flamenco, salsa, meringue and other dances. All fitness levels

Zumba & Toning®: A full body workout that combines cardio and strength training. It uses lightweight dumbbells to tone and sculpt muscles. All fitness levels.

SPIRIT-MIND-BODY

Chair Yoga: This is the gentlest form of yoga; it is easier on your muscles, and is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain, and those that find it difficult to get up and down from the floor. All fitness levels

Gentle Yoga: A slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. All fitness

Qigong/Tai Chi: Traditional Chinese mind-body practices that combine gentle, flowing physical movements, deep diaphragmatic breathing, and mental focus. While similar, Qigong primarily focuses on energy cultivation, whereas Tai Chi is a dynamic martial art using these same principles for balance and meditation in motion.

Total Mobility: The ability to move freely within your body not only helps

you FEEL your best, but it can help alleviate chronic pain, reduce injuries, and improve overall performance. This low impact class will take you through a series of exercises to help you feel mobile and fluid and ready to start the day no matter which way you choose to go. All fitness levels.

Vinyasa Yoga: A practice that links breath to movement in a flowing sequence of poses.

Yoga: A fit and supple body is developed through the practice of postures (asanas). Taken from various Yoga disciplines, the asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential. All fitness levels

Yogalates: Blending the breath and flexibility training of yoga with the power and centering techniques of Pilates, Yogalates offers a workout that stretches and tones the body while relaxing the mind.

SCULPTING & TONING

Barre Fusion: Barre Fusion is a **unique blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong.** Our classes are designed to transform your physique through a fusion of unique resistance exercises, flexibility training and cardio exercises creating a toned, shapely body! All fitness levels

Butts & Guts: Train and tighten all regions of the lower body and core with this toning *class*. Workout will focus on the abs, glutes, legs, and lower back using light weights, bands, and body resistance. All fitness levels

Flexed & Balanced: Blending the latest science on aging and hormones with strength, cardio, flexibility, mobility, and balance, this longevity-focused format delivers dynamic workouts that support lasting vitality.

Guns & Guts: is a fast-paced, 30-minute strength workout focused on building strong arms, a powerful core, and total upper-body endurance. Using a mix of weights, bodyweight exercises, and functional movements, this class is designed to sculpt, strengthen, and challenge you in a fun, motivating group setting. Perfect as a standalone workout or paired with a cardio class, **Guns & Guts** delivers maximum results in minimal time and is suitable for all fitness levels.

Human Reformer: Mat-based fitness class utilizing resistance tubing, light weights, and bodyweight to create deep core stabilization, muscular endurance, and postural alignment. All Fitness levels

Power Hour: a total body muscle endurance workout utilizing an adjustable barbell & various weighted dumbbells. This workout promotes good posture, improve muscle tone, strengthens your core and promotes functional fitness

Pilates Fusion: is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends classic Pilates principles with functional strength and mind-body inspired movement. These exercises are performed with precision and concentration for ultimate results, each of the movements can be modified to match your unique skill and strength levels

Pilates Remix: Pilates remix a fresh take on traditional mat Pilates, blending classic, bodyweight-focused, high-repetition training with the strategic use of props such as bands, balls, rings, and dumbbells. You will build deep core strength, improve control and alignment, and move with intention from start to finish. All fitness levels.

Strength & More: Total body toning and conditioning, working multiple muscles while engaging core stabilization throughout your range of motion. All fitness levels

Super Strength: Whole body muscle conditioning class that uses external weight or resistance of your own body weight to strengthen and tone the muscles. All fitness levels

Total Body Conditioning: a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.



THE GREATER MORRISTOWN YMCA SMALL GROUP TRAINING & HEALTHY LIVING DESCRIPTIONS

HEALTHY LIVING PROGRAMS- REQUIRE A FEE|REGISTRATION REQUIRED

Enhance Fitness®: Enhance Fitness is a 16-week proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. The program uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants.

Registration and a fee for non-members only is required

Rock Steady Boxing®: (RSB) is a non-contact boxing program specifically designed for individuals with Parkinson's disease, aimed at improving their quality of life through exercise and community support

Registration and a fee is required. Non- members welcomed

Mind-Body Edit Weight Management Program: Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small, modest changes to their behavior within the context of their own lives and in support of their weight loss goals. The tools provided during this program, along with the knowledge and support of the group, are used by participants to develop their own nutrition and exercise plans that work for them. This program will introduce participants to behaviors that have been shown to lead to sustained weight loss, and help participants develop those behaviors in ways that fit into their personal lifestyles.

Registration and a fee is required. Non- members welcomed

Walk With Ease Program: created by the Arthritis Foundation, is an evidence-based initiative designed to help individuals—especially those with arthritis—improve their physical activity levels, reduce pain, and enhance overall health through walking.

Registration and a fee is required. Non- members welcomed

SMALL GROUP TRAINING SPECIALTY CLASSES- REQUIRE A FEE|REGISTRATION REQUIRED

FitCore Small Group Reformers: Pilates reformers build deep core strength, stability, flexibility and mobility. Pilates workouts reinforce good posture; help improve balance and build muscle endurance.

Limited to 4 participants. Registration and a fee is required

Partner training: Partner training is a personalized fitness program for two people to train together with a personal trainer, combining expert guidance, motivation, and accountability to help both participants achieve their fitness goals. You'll learn proper techniques to work out more efficiently, and you select the schedule that works best for you! **Partner Training runs for 8 weeks with 1 session per week. 8 total sessions. Registration and a fee is required.**

Rise & Conquer Drop-in Training: High -intensity, results- driven training class designed to build unstoppable strength, elite conditioning, and total confidence. This program blends functional strength, endurance intervals, and competitive-style challenges into one powerful workout. Each session combines rowing, running, resistance training, and bodyweight movements—pushing you to conquer physical and mental limits. Whether you're looking to level up your fitness, train like an athlete, or dominate and get stronger, Rise & Conquer delivers a structured, scalable approach for all levels. Expect grit. Expect growth. Expect to rise stronger every time you show up.

Limited to 6 participants. Registration and a fee is required

StrongHER Sessions Training: An 8-week weight room strength training program designed specifically for women who want to build confidence, improve strength, and learn proper weightlifting techniques in a supportive and motivating environment. Whether you're new to strength training or looking to refine your skills, this program provides structured, small-group training to help you feel stronger, healthier, and more confident in the weight room.

Limited to 6 participants. Registration and a fee is required

TRX Suspension drop-in Training: A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Limited to 4 participants. Registration and a fee is required