

 **CLASS DESCRIPTIONS**

THE GREATER MORRISTOWN YMCA
REVISED MARCH 22, 2022



The Greater Morristown YMCA is happy to offer a range of indoor and outdoor fitness classes for our members. You must have an **ACTIVE** Greater Morristown YMCA Membership in order to participate.

**LOW IMPACT CLASSES**

**CHAIR YOGA**A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Seated and standing postures are designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**EXPRESS BALLETONE**

This 30 minute class takes influences from Pilates through centering and flowing transitions

that are gentle and slow and fuses the best of fitness through movement with a focus on

strength, aerobic endurance, and flexibility.

**LOW IMPACT CARDIO/CORE**

Basic cardio/core/strength 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.

**PILATES**

A system of exercises designed to improve strength, flexibility, posture, and enhance

mental awareness. Classes help create a leaner, stronger look.

**PIYO**

Combines the practice of Pilates and Yoga to help you build strength, lose weight, and

increase flexibility.

**POWER YOGA**

Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa

style Yoga with its emphasis on strength and flexibility.

**TAI CHI**

An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a serious of movements performed in a slow, focused manner, and accompanied by deep breathing.

**YOGA**

Spiritual and ascetic discipline, including breath control, simple meditation, and the

adoption of specific bodily postures, is widely practiced for health and relaxation.

**VINYASA YOGA**

Vinyasa is an approach to yoga in which you move from one pose directly into the next. There's

a flow to a Vinyasa yoga session, though the specific poses and the pace of the flow vary

**MID TO HIGH IMPACT CLASSES**

**BARRE TONING**

Ballet barre inspired hybrid class combining dance, pilates, yoga & strength training.

**BOOTCAMP**

Get in line with this high intensity bootcamp class that will have you saying, “Yes, Sir! / Yes, Madam!” to a vigorous and powerful workout. You’ll be sweating during the warm-up! Camo attire optional!

**BOXING & BOOTCAMP**

Increase your speed, agility, and strength and prepare to sweat in this bootcamp style interval training and boxing class.

**CARDIO INTERVAL CORE / CARDIO STRENGTH & CORE**
Total body workout. Uses a combination of cardio strength and core exercises.

**CARDIO STEP INTERVAL & CORE/STEP & ABS**

High intensity step aerobics. Step up, down, and around the platform in different patters to boost your heart rate and strengthen your muscles.

**EXPRESS BUTTS AND GUTS (new for Spring 2022)**

This 30-minute class is a workout for your butt and gut! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted workout.

**HIIT**

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

**KICKBOXING**

Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as you challenge your muscles and mind.

**STRENGTH TRAINING / SUPER STRENGTH**

Sculpt muscle and burn body fat with this blend of strength training class utilizing a variety of equipment.

**SPIN**Put the pedal to the metal in this fast-paced workout taught on a stationary bike. You’ll climb, sprint, and train to incredible music.

**SUPER SCULPT / STRENGTH & SCULPT**

Whole body muscle conditioning class that uses external weight or resistance or your own body weight to strengthen and tone the muscles.

**ZUMBA**

Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance workout designed to tone your body from head to toe.

**ZUMBA FIT (new for Spring 2022)**

Zumba fit combines the fun dance moves of Zumba with the addition of light weight toning for a well-rounded cardio toning workout