



CLASS DESCRIPTIONS

The Greater Morristown YMCA

Revised June 8, 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 BALLESTONE

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.

PILATES/BARRE FUSION

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 series 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

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 periods 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.

TRX® (Total Resistance Exercises) – Fee Based Class

A form of suspension training that use body weight exercises to develop balance, core stability, flexibility and strength. The TRX® Suspension trainer is used as a tool throughout the training session to challenge your core to stabilize your movements against the force of gravity.

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/STRENGTH

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