



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

THE GREATER MORRISTOWN YMCA

REVISED AUGUST 2021

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.

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.

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.

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!

CARDIO MIXED FIT / 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 patterns to boost your heart rate and strengthen your muscles.

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.

JUMP AND PUMP

Bounce on a mini trampoline for cardio with intervals of strength and core training for maximum calorie burn.

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.

PURE STRENGTH / 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.

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.