



## THE GREATER MORRISTOWN YMCA FITNESS CLASS DESCRIPTIONS

### CARDIO

**Bodyweight Blitz:** This class is designed to give an all over full body toning without using equipment. The class is a mix of body conditioning, strength, toning and core. All fitness levels.

**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.

**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.

**Cardio Step & Core:** 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. Finish with a six-pack of exercises that builds and strengthens your abs. All fitness levels

**Cardio Strength & Core:** Total body workout that that uses a combination of cardio and core exercises.

**Cycling:** Emphasis on proper cycling technique while you control the intensity of this world-class workout. Arrive 30 minutes before class to pick up your reservation ticket and get your bike. All fitness levels

**Easy Rider Cycle:** Cycle class designed to focus on different resistance levels, gradual intensity changes to build your cycling endurance and strength.

**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.

**Kick, Punch and Crunch:** Get sweaty and create a strong, lean core with our Remixed Kickboxing class with an additional emphasis on core-based movements. Improve your balance, build muscular endurance, and tighten up those abs with a series of full body movements. Take that boost of endorphins and leave class with confidence and strength!

**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.

**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.

### SPECIALTY CLASSES- REQUIRE A FEE|REGISTRATION REQUIRED

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

**Registration and a fee is required**

**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 2 participants. Registration and a fee is required**

**B-Board:** Small group fitness program inspired by paddle boarding, mixing different types of techniques such as HiiT, Pilates, and Yoga

**Limited to 10 participants. Registration and a fee is required**

### SPIRIT-MIND-BODY

**Balanced Body Express:** Creating a practice of breath, body postures, movement sequences, and stretches that allow the body's physical systems to coordinate and work together. All fitness levels

**Barre-lates:** Low-impact workout that combines ballet, Pilates, and Yoga to improve balance, strength, and flexibility. All fitness levels.

**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

**Happy Hour Yoga:** Yoga is a mind and body practice that can build strength and flexibility. It may also help manage pain and reduce stress. All fitness levels.

**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

### DANCE

**Cardio Dance®:** cardio routine incorporating basic, easy to follow dance fitness moves followed by a toning segment that focuses on sculpting long, lean muscles. All fitness levels

**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

**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.

### 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 & Butts & Guts Express:** 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

**Cardio Sculpt:** 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

ore to tone and chisel your arms, shoulders, chest, back and core.

**Floor Core, and More:** mat class that focusses on strengthening the core and the small muscle groups. Balls, blocks, and light weights are incorporated along with flow movements to improve joint mobility and total body fitness. Finish with fifteen minutes of focused stretching for increased flexibility. All fitness levels.

**Functional Strength:** a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling

**Pilates:** A series of core exercises that emphasize the muscles of the abdomen and back. Posture will improve while you lengthen and strengthen all of the muscles in your body. All fitness levels

**Pilates Fusion:** is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, 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

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

**Super Strength|Super Sculpt:** 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