



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUTSIDE CLASS DESCRIPTIONS THE GREATER MORRISTOWN YMCA REVISED OCTOBER 2020

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

### LOW IMPACT CLASSES

#### 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.

#### VINYASA YOGA

Yoga with a series of poses that will move you through the power of inhaling and exhaling.

#### 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.

### MID TO HIGH IMPACT CLASSES

#### 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.

#### 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.

#### 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 SCULPT

Total body workout. Uses a combination of cardio strength and core exercises.

#### STEPLESS STEP

High intensity, low impact. Like your typical step aerobics class without the step platform.

#### 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.