



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

THE GREATER MORRISTOWN YMCA

REVISED MAY 2021

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.

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

BARRELESS BARRE

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

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 MIXED FIT / CARDIO STRENGTH / CORE

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

STEP

High intensity, low impact step aerobics class.

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.

SUPER SCULPT / STRENGTH & SCULPT

Whole body muscle conditioning class.