



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**WINTER SESSION 2026
GROUP FITNESS SCHEDULE
Morristown YMCA
January 2 - April 30, 2026**

MONDAY			
6:15-7:00 AM	Super Strength	B	Gale
7:00-7:45	Cycle	C	Sandy
8:00-8:45	NEW!! Super Strength	B	Sandy
9:00-9:45	NEW!! Barre Fusion	B	Darlene
9:00-10:00	NEW TIME!! Enhance Fitness	D	Peggy
9:30-10:45	Cardio Step	A	Rhonda
10:00-10:55	Cardio Fusion	B	Joanne
10:15-11:15	NEW TIME AND ROOM!! Gentle Yoga	D	Dana
11:00-11:45	Body Weight Blitz	A	Rhonda
11:00-12:00 PM	Line Dancing	B	Joanne
4:45-5:30	NEW!! Total Mobility	A	Darlene
5:30-6:15	Cardio Strength	D	Melissa
5:45-6:30	NEW TIME!! Power Hour	B	Darlene
6:30-7:30	Fitcore Reformer	R	Melissa
7:15-8:15	Gentle Restorative Yoga	A	Ivette
TUESDAY			
6:10-6:55 AM	Cycling	C	Mark
8:30-9:15	Vital Sculpt	D	Emily
8:30-9:15	Barre Fusion	A	Samantha
9:30-10:30	Lo Impact Cardio Core	A	Judy
9:30-10:30	Kickboxing	B	Rhonda
9:30-10:30	Cardio Sculpt	D	Lisa V.
10:45-11:30	NEW!! Flexed & Balanced	G	Joanne
10:45-11:45	Super Strength	B	Rhonda
10:45-11:45	Barre Fusion	A	Lisa V.
10:45-11:45	NEW!! Rock Steady Boxing Parkinson's	D	ROTATING
12:00-1:00 PM	Yoga	A	Ivette
12:00-1:00	Line Dancing	B	Lisa V.
4:30-5:25	Fitcore Reformer	R	Darlene
5:30-6:25	Pilates	A	Carol
5:30-6:30	The Wellness Plate (starts 2/3/26)	R	Mary Ellen
6:00-6:50	Power Hour	B	Darlene
6:00-6:45	Cycling	C	Pete
6:30-7:30	Power Yoga	D	Stacy
6:30-7:30	Zumba	A	Natalie
WEDNESDAY			
6:15-7:00 AM	Cardio Strength	B	Gale
7:00-7:45	Cycling	C	Sandy
7:30-8:25	Fitcore Reformer	R	Darlene
9:00-10:00	NEW TIME!! Enhance Fitness	D	Lisa
8:30-9:30	Fitcore Reformer	R	Darlene
9:00-10:00	Yoga	A	Peggy
9:30-10:15	Vital Sculpt	B	Mel
10:00-11:00	Fitcore Reformer	R	Darlene
10:30-11:30	Barre Fusion	A	Mel
10:30-11:30	Strength & More	B	Joanne
10:45-11:30	Chair Yoga	D	Dana
4:30-5:25	Pilates	A	Lisa V.
5:30-6:25	NEW!! Cycle Fusion	*C&B	Maria
5:30-6:30	Open Level Yoga	A	Stacy
5:30-6:30	NEW!! Turn up Dance Fitness	D	Deanna
6:30-7:15	NEW TIME!! Strength & More	B	Laurie

THURSDAY			
6:15-7:00 AM	Cycling	C	Pete
6:15-7:00	Pilates Fusion	A	Melissa C.
7:00-8:00	Fitcore Reformer	R	Melissa
8:30-9:15	Barre Fusion	A	Samantha
8:30-9:15	Vital Sculpt	D	Emily
9:30-10:25	Lo Impact Cardio Core	A	Judy
9:30-10:30	Cardio Step & Core	B	Rhonda
10:30-11:25	Cycle Fusion	*C&D	Dawn
10:30-11:30	Barre Fusion	A	Lisa V.
10:45-11:30	NEW!! Flexed & Balanced	G	Joanne
10:45-11:30	Strength & More	B	Rhonda
10:45-11:45	NEW!! Rock Steady Boxing Parkinson's	D	ROTATING
11:45-12:45	Fitcore Reformer	R	Lisa V.
5:00-6:00	Vinyasa Yoga	A	Julianne
5:30-6:30	Pilates	D	Carol
5:45 -6:30	NEW!! Cycling	C	Maria
6:00-6:45	Vital Sculpt	B	ROTATING
6:30-7:30	Zumba & Toning	A	Diana Lisa
FRIDAY			
6:15-7:00 AM	Ultimate HiIT	B	Melissa
7:30-8:15	Cycling	C	Gale
9:00-10:00	NEW TIME!! Enhance Fitness	D	Sharon
9:00-10:00	Fitcore Reformer	R	Lisa V.
9:30-10:45	Kick, Punch & Crunch	B	Rhonda
10:00-11:00	Yoga	A	Dana
10:05-11:05	NEW TIME!! Zumba	D	Lisa V.
11:15-12:15 PM	Barre Fusion	A	Lisa V.
SATURDAY YMCA OPENS AT 8:00 AM			
8:15-9:15 AM	Butts & Guts	A	Dawn
8:30-9:15	Cycling	C	ROTATING
9:30-10:25	Bootcamp	B	Melissa
9:30-10:30	NEW!! Yoga	D	Dana
10:30-11:30	Zumba	B	Natalie
SUNDAY YMCA OPENS AT 9:00 AM			
9:15-10:00	Cycling	C	ROTATING
9:15-10:15	Vinyasa Yoga	B	Julianne
9:15-10:15	NEW!! Total Body Conditioning	D	ROTATING
10:30-11:30	Zumba & Toning	B	Diana

**Darlene Kievit
Health
&
Wellness Director**
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Class locations
Studio (A)
Studio (B)
Studio (C) Cycle
Studio (D)
Gymnasium (G)
Reformer Room (R)

Greater Morristown YMCA Revised 12/08/2025

Registration Required| Fees May Apply

"A sub is an opportunity for your body to do something unexpected"

REFORMER CLASSES AVAILABLE - SEE HEALTH & WELLNESS DIRECTOR FOR MORE DETAILS

*Class starts in Cycle room

For safety reasons and in consideration of other participants, please be on time.

For safety reasons, no one is allowed in the fitness rooms without an instructor present.

Classes are opened to ages 12 and older unless noted otherwise.

Class Schedule|Instructors subject to change. Proper attire and footwear are required.



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: 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 Sculpt: Total body workout 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. All fitness levels

Cycle Fusion: Cycle Fusion is a combination of cycle & weights. You will start a cardio workout on the bike with a continuation with intervals of weights, bands and core. All fitness levels.

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.

Vital Sculpt: a high-energy that combines cardio, strength training with weights, and functional movement training. Think of it as the ultimate way to build strength, boost endurance, and improve how you move-both in and out of the class.

DANCE

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

Turn Up Dance Fitness®: Turn Up Dance Fitness is an energetic, hip-hop-based dance workout designed to help you move, sweat, and build confidence. Classes combine easy-to-follow choreography with intervals of toning and conditioning to create a full-body, high-intensity experience. Built on the pillars of **work, shake, flex, and slay**, Turn Up encourages you to express yourself, push your limits, and unleash your inner power—no dance experience required. Come for the workout, stay for the vibe!

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.

SPIRIT-MIND-BODY

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

Gentle Yoga: A slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. Restorative movements may be incorporated. All fitness levels

Open Level Yoga: Open yoga presents classical yoga teachings designed to bring together a mix of practitioners with varied skill levels, from beginners to more advanced. This gives you the option to modify if you need to or increase the intensity if that's what your body needs. All fitness levels

Power Yoga: Power Yoga is a dynamic, fitness-focused form of yoga that combines a fast paced, cardio-intensive style, emphasizing building strength, flexibility, and endurance through flowing sequences.

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

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: 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.

Flexed & Balanced: Blending the latest science on aging and hormones with strength, cardio, flexibility, mobility, and balance, this longevity-focused format delivers dynamic workouts that support lasting vitality. All fitness levels

Power Hour: a total body muscle endurance workout utilizing an adjustable barbell & various weighted dumb bells. This workout promotes good posture, improve muscle tone, strengthens your core and promotes functional fitness

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

Total Body Conditioning: a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.

All fitness levels

Super Strength: Whole body muscle conditioning class that uses weights or resistance of your own body weight to strengthen and tone the whole-body including core. All fitness levels

SPECIALTY CLASSES- REQUIRE A FEE|REGISTRATION REQUIRED

The Wellness Plate: 13-week program designed to help adults seeking healthy weight goals by creating behavior changes and healthy habits. Each week participants will be introduced to a new topic such as nutrition, personal macros, positive psychology, goal setting, and sustainability.

Limited to 15 participants. Registration and a fee is required

Enhance Fitness®: Enhance Fitness is a 16-week proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. The program uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants.

Rock Steady Boxing®: (RSB) is a non-contact boxing program specifically designed for individuals with Parkinson's disease, aimed at improving their quality of life through exercise and community support

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

Limited to 4 participants Registration and a fee is required

FitCore 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 4 participants. Registration and a fee is required