



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

**FALL SESSION 2025
GROUP FITNESS SCHEDULE
Morristown YMCA
September 2 - December 31, 2025**

MONDAY			
6:15-7:00 AM	Super Strength	B	Gale
7:00-7:45	NEW TIME!! Cycle	C	Sandy
8:00-8:45	NEW!! Ultimate HiIT	B	Sandy
8:30-9:30	NEW!! Enhance Fitness	D	Peggy
8:45-9:30	NEW!! Gentle Yoga	A	Ivette
9:00-9:50	NEW!! Power Hour	B	Darlene
9:35-10:45	Cardio Step	A	Rhonda
10:00-10:55	Cardio Fusion	B	Joanne
11:00-11:45	Body Weight Blitz	A	Rhonda
11:00-12:00 PM	Line Dancing	B	Joanne
4:30-5:30	Yoga	A	Lisa F.
5:30-6:15	NEW ROOM!! Cardio Strength	D	Melissa
5:45-6:45	Pilates	A	Lisa F.
6:00-6:50	NEW!! Power Hour	B	Darlene
6:00-6:45	NEW!! Cycling	C	Lauren
6:30-7:30	NEW!! Fitcore Reformer	R	Melissa
6:30-7:30	NEW ROOM!! Zumba	D	Laurie
7:15-8:15	NEW!! Gentle Yoga	A	Ivette
TUESDAY			
6:10-6:55 AM	Cycling	C	Mark
7:00-8:00	NEW!! Fitcore Reformer	R	Melissa
8:30-9:15	NEW!! Vital Sculpt	G	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	NEW!! Cardio Sculpt	D	Lisa V.
10:45-11:30	Chair Yoga	G	Joanne
10:45-11:45	Super Sculpt	B	Rhonda
10:45-11:45	NEW TIME!! Barre Fusion	A	Lisa V.
12:00-12:45 PM	Yoga	A	Ivette
12:00-1:00	NEW!! Line Dancing	B	Lisa V.
5:30-6:25	Pilates	A	Carol
5:30- 6:30	The Mind-Body Edit (starts 9/16)	R	Mary Ellen
6:00-6:50	NEW!! Power Hour	B	Darlene
6:00-6:45	Cycling	C	Pete
6:30-7:30	NEW!! Power Yoga	D	Stacy
6:30-7:30	NEW ROOM!! Zumba	A	Natalie
WEDNESDAY			
6:15-7:00 AM	Cardio Strength	B	Gale
7:00-7:45	Cycling	C	Sandy
7:30-8:30	NEW!! Fitcore Reformer	R	Darlene
8:15-9:15	Strength & More	B	Linda
8:30-9:30	NEW!! Enhance Fitness	D	Lisa
8:30-9:30	NEW!! Fitcore Reformer	R	Darlene
9:00-9:45	Yoga	A	Peggy
9:30-10:15	NEW!! Vital Sculpt	B	Mel
10:00-11:00	NEW!! Fitcore Reformer	R	Darlene
10:30-11:25	Barre Fusion	A	Mel
10:30-11:30	Strength & More	B	Joanne
10:45-11:30	Chair Yoga	G	Dana
11:30-12:00 PM	Balanced Body Express	A	Joanne
4:30-5:25	Pilates	A	Lisa V.
4:30-5:30	NEW!! Kick, Punch & Crunch	B	Rhonda
5:30-6:15	Cycle	C	Maria
5:30-6:30	NEW!! Open Level Yoga	A	Stacy
5:45-6:45	NEW ROOM!! Strength & More	D	Melissa
6:30-7:30	Zumba	B	Laurie

THURSDAY			
6:15-7:00 AM	Cycling	C	Pete
6:15-7:00	Pilates Fusion	A	Melissa C.
8:30-9:15	NEW!! Barre Fusion	A	Samantha
8:30-9:15	NEW!! Vital Sculpt	G	Emily
9:30-10:25	Lo Impact Cardio Core	A	Judy
9:30-10:30	Cardio Step & Core	B	Rhonda
10:30-11:25	NEW!! Cycle Fusion	*C&D	Dawn
10:30-11:15	Barre Fusion	A	Lisa V.
10:45-11:30	Chair Yoga	G	Joanne
10:45-11:30	Strength & More	B	Rhonda
11:45-12:45	NEW!! Fitcore Reformer	R	Lisa V.
5:00-6:00	Vinyasa Yoga	A	Julianne
5:30-6:30	Pilates	B	Carol
6:00-6:45	NEW!! Vital Sculpt	D	ROTATING
6:35-7:35	Zumba & Toning	B	Diana
FRIDAY			
6:15-7:00 AM	Ultimate HiIT	B	Melissa
7:00-7:30	Butts & Guts Express	B	Melissa
7:30-8:15	Cycling	C	Gale
8:15-9:15	NEW!! Strength & More	B	Linda
8:30-9:30	NEW!! Enhance Fitness	D	Judy Joanne
9:00-10:00	NEW!! Fitcore Reformer	R	Lisa V.
10:00-11:00	NEW TIME!! Yoga	A	Dana
9:30-10:45	Kick, Punch & Crunch	B	Rhonda
10:00-11:00	NEW ROOM!! Zumba	D	Lisa V.
11:15-12:15 PM	Barre Fusion	A	Lisa V.
4:30-5:30	Happy Hour Yoga	B	Lisa F.
SATURDAY YMCA OPENS AT 8:00 AM			
8:15-9:15 AM	Butts & Guts	A	Dawn
8:30-9:15	Cycling	C	Jean Donna
9:30-10:15	NEW!! Cycling	C	ROTATING
9:30-10:25	Bootcamp	B	Melissa
10:30-11:30	Zumba	B	Natalie
SUNDAY YMCA OPENS AT 9:00 AM			
9:15-10:15 AM	Strength & More	A	Linda
9:15-10:00	Cycling	C	Jean
9:15-10:15	Vinyasa Yoga	B	Julianne
9:30-10:15	NEW!! Bootcamp	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 8/21/2025

Registration Required | Fees May Apply

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.