



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | November 7 – December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:05 a.m. Tifanie		Strength Train Together Sarah 5:05-5:55 p.m.		Boot Camp 5:15-6:05 a.m. Tifanie	
	Pilates 7-7:45 a.m. Linette		Pumped Up 7-7:45 a.m. Ro		Yoga Rotation 7-7:45 a.m. Rotating
Senior Fitness 7:30-8:15 a.m. Pam	Gentle Yoga 8-8:50 a.m. Linette	Senior Fitness 7:45-8:30 a.m. Pam	Gentle Yoga 8-8:50 a.m. Sue	Vinyasa Yoga 8:00-8:50 a.m. Donna	Saturday Sampler 8-8:50 a.m. Rotating
Senior Fitness 8:30-9:15 a.m. Pam		Senior Fitness 9:00-9:45 a.m. Pam		Y Fab 50 Walkers 9:00-10:00 a.m. Jordan <b>See description for more info</b>	
Barre 9:30-10:20 a.m. Stacey	Strength Train Together Crystal 9:05-9:55 a.m.	Pound 10:00-10:50 a.m. Crystal	Strong Nation 9:05-9:55 a.m. Jessika	Cardio Interval 9:05-9:55 a.m. Tifanie	
	Senior Fitness 10:15-11:00 a.m. Lisa		Senior Fitness 10:15-11:00 a.m. Lisa	Senior Chair Yoga 10:15-11:00 a.m. Kerri	
	Senior Fitness 3:00-3:45 p.m. Jane		Senior Fitness 3:00-3:45 p.m. Jane		
Pumped Up 4:15-5:00 p.m. Becca	Hip Hop Fit 4:30-5:20 p.m. Jes	Pumped Up 4:15-5:00 p.m. Becca	Hip Hop Fit 4:30-5:20 p.m. Jes	Cardio Interval 4:15-5:00 p.m. Becca	
	Fitness Yoga 5:35-6:25 p.m. Linette	Cardio Interval 5:15-6:05 p.m. Tifanie	Strength Train Together 5:35-6:25 p.m. Katie		
		Youth Fitness & Conditioning (10-13 years old) 6:30-7:15 p.m. Lexi			

## KEY

Facility Member

Senior Fitness  
open to community

## KIDS CORNER HOURS:

Monday-Friday  
9:00-11:00am

Monday-Thursday  
4:00-6:30pm

### Saturday Yoga 7:00am:

11/12	Vinyasa Yoga	Pam
11/19	Hatha Flow Yoga	Andrea
11/26	Vinyasa Yoga	Pam
12/3	Hatha Yoga	Sheri
12/10	Hatha Flow Yoga	Andrea
12/17	Hatha Flow Yoga	Sue
12/24	Christmas Eve	None
12/31	Hatha Yoga	Sheri

### Saturday Sampler 8:00am:

11/12	Strength Train Together	Katie
11/19	Barre	Stacey
11/26	Boot Camp	Tifanie
12/3	Strength Train Together	Crystal
12/10	Strength Train Together	Katie
12/17	Pound	Crystal
12/24	Christmas Eve	None
12/31	Strength Train Together	Katie

## FREE FITNESS CLASS DESCRIPTIONS

**Boot Camp:** For those looking for a great full body workout. You can expect plyometrics, cardio and strength drills, obstacle courses etc. All fitness levels welcome!

**Barre:** Come experience a fun and invigorating class that focuses on conditioning and toning the entire body! This workout blends classical ballet exercises, Pilates and traditional conditioning movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength.

**Cardio Interval:** You'll alternate between cardio intervals and strength moves to achieve the maximum results, increased cardiovascular fitness and calorie burning.

**Fitness Yoga:** An effective and exciting "Mind" and "Body" workout. It combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance, and balance.

**Gentle Yoga:** A yoga style with a gentle approach and pace. Suitable for beginners as well as experienced who enjoy a gentler class.

**Hatha Yoga:** Hatha Yoga is defined as movement that develops strength, flexibility, bodily relaxation, and mental concentration. Class will provide a balanced combination of sustained poses with attention to basic alignment and therapeutic principles. Mindfulness, and the observing of breath and body are integral parts of all hatha yoga.

**Hatha Flow Yoga:** Hatha Flow Yoga links the postures practiced in a regular Hatha class into a sequence of postures and movements that flow with the breath. A Hatha flow class will utilize longer-timed standing, balancing, and seated poses with a focused breathing pattern, all helping to build strength, endurance, and focus.

**Hip Hop Fit:** Hip Hop Fit is a dance fitness class designed to get you moving to the hottest music and moves. Be prepared to sweat and get fit the fun way! Anyone can do it!!

**Pilates:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance.

**Pound Fitness:** Channel your inner rockstar with Pound Fitness, a full-body cardio jam session of a workout inspired by drumming. Using Ripstix®-weighted drumsticks engineered for exercise—you'll burn calories and tone while rocking out to your favorite music!

**Pumped Up:** This general strength training class uses dumbbells, BOSU, bands, and more to help you improve strength, balance, and core stability.

**Senior Chair Yoga:** A service of Morris Hospital & Healthcare Centers. Senior Chair Yoga is a gentle class adapting yoga poses with a chair for participants 55 and older.

**Senior Fitness:** A service of Morris Hospital & Healthcare Centers. Senior fitness classes are designed to provide low impact aerobic training for participants 55 and older, incorporates strength training for an overall workout.

**Strength Train Together:** This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**Strong Nation:** You will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Tabata:** Tabata workouts are HIIT workouts alternating periods of high intensity with shorter recovery periods designed to boost post exercise calorie burn.

**Y Walkers:** Get outside and enjoy the warm weather and the company of your fellow members as part of the Morris Community YMCA Fab 50 Walking Club. Walk lengths will progress in time each week, as we work up to a one-hour walk. Please bring a water bottle and comfortable walking shoes and plan to arrive 5-10 minutes early to allow for stretching. In cases of inclement weather, please contact the Y. Cost is \$5 for community members and free for facility members. Registration is required.