



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIFESTYLES START HERE

Group Fitness Schedule | July 7 – August 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 5:15-6:05 a.m. Tifanie	Group Cycle 5:15-6:05 a.m. Beth	Strength Train Together 5:05-5:55 a.m. Sarah		Boot Camp 5:15-6:05 a.m. Tifanie	
	Pilates 7:00-7:45 a.m. Linette		Pilates 7:00-7:45 a.m. Linette		Yoga Rotation 7:15-8:00 a.m. Rotating
Senior Fitness 7:30-8:15 a.m. Pam	Gentle Yoga 8:00-8:50 a.m. Linette	Senior Fitness 7:45-8:30 a.m. Pam	Gentle Yoga 8:00-8:50 a.m. Sue	Vinyasa Yoga 8:00-8:50 a.m. Donna	Saturday Sampler 8:15-9:05 a.m. Rotating
Senior Fitness 8:30-9:15 a.m. Pam	Y Fab 50 Walkers 9:00-10:00 a.m. Christy	Senior Fitness 9:00-9:45 a.m. Pam			
Barre 9:30-10:20 a.m. Stacey	Strength Train Together Crystal 9:05-10:00 a.m.	STRONG Nation® 10:00-10:50 a.m. Jessica	Pound® 9:05-10:00 a.m. Crystal	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	
Group Cycle 5:30-6:15 p.m. Sheila	Fitness Yoga 5:35-6:25 p.m. Linette	Cardio Interval 5:15-6:00 p.m. Katie	Strength Train Together 5:35-6:25 p.m. Katie		
Butts & Guts 5:30-6:15 p.m. Ro		Hatha Yoga 6:15-7:05 p.m. Sheila			

KEY

Facility Member

Senior Fitness
open to community

KIDS CORNER HOURS:

Monday-Friday
9:00-11:00am
Monday-Thursday
4:00-6:30pm
Saturday
8:00-10:00am

Saturday Yoga 7:15am:

7/13	Hatha Flow Yoga	Sue
7/20	Vinyasa Yoga	Pam
7/27	Hatha Yoga	Sheri
8/3	Hatha Flow Yoga	Andrea
8/10	Yoga	Linette
8/17	Hatha Yoga	Sheri
8/24	Hatha Flow Yoga	Andrea

Saturday Sampler 8:15am:

7/13	Boot Camp	Tifanie
7/20	SHiNE Dance Fitness	Dina
7/27	Step & Sculpt	Shanon
8/3	SHiNE Dance Fitness	Dina
8/10	Pilates	Linette
8/17	Cardio Interval	Katie
8/24	STRONG Nation®	Jessica

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.

Butts and Guts: A class that focuses specifically on developing strong powerful lower body and core muscle groups by using various types of resistance training techniques, including free weights, resistance bands, and body weight exercises. Workout will focus on the glutes, legs, abs, and lower back.

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

Cardio Kickboxing: This class is a combination of cardio, boxing, and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, coordination and balance.

Cycle and Sculpt: This class will combine the cycle workout with total body sculpting, using weights & resistance bands to target each muscle group effectively for a complete full body workout.

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.

Group Cycle: A challenging 45-minute ride that will combine strength and endurance components associated with cycling. All levels welcome!

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.

SHiNE Dance Fitness: SHiNE is a dance fitness workout combining current hit music and choreography to help you feel confident and strong. This exercise class combines jazz, ballet, Latin, and hip hop moves. It empowers participants at all fitness levels to feel successful.

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.

Step & Sculpt: This class starts with an easy to follow dance step routine, followed by strength and core exercises.

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.

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.

Youth Fitness & Conditioning: Kids, ages 10-13, will work up a sweat in a positive, high-energy environment with a supervised training program designed to improve strength, power, flexibility, and build muscle.

Y Fab 50 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.