

Court Sports

PickleBall Clinic

Come learn the game of Pickleball from a certified coach, tennis pro, and educator. This class is for all levels - from complete beginners to advanced. We provide all of the equipment, although you may choose to bring your own. For the first half hour you will learn technique, safety, skills, and drills. Then, you will be guided in clinic play. Observers welcomed.

Senior Friendly

Enhance®Fitness

Each Enhance®Fitness class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. This class is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace. This class is taught in our elevator accessible gymnasium.

Rise & Shine

Start your week right! A full-body, fun routine includes warm up and stretching, classic calisthenics, aerobic activity and strength-building with weights. All exercises can be modified, and most can be done sitting or standing. An energetic and enjoyable class for all ages, with a focus on the needs of our seniors.

Senior Strength, Balance & Endurance

This class includes range of motion exercises, along with some more challenging strength and balance movements. You may use dance moves, get your blood pumping with classic calisthenics, play games for agility and mental quickness, or use hand weights and resistance bands. All of the exercises can be modified, and done standing or seated. This class is inclusive, adaptable, and taught in an elevator accessible room. Please bring water and a towel.

Senior Strength

This is a strength training class focused on the needs of our seniors. A strength and conditioning coach will lead you through a highly focused and no-impact workout with dumbbells. Learn proper form and work toward stronger lifts and perfect form with a motivating and knowledgeable instructor. This class can be done fully seated, or modified and adapted as your strength increases.

Mind Body

Chair Yoga

Our chair yoga class focuses on basic yoga postures, breathing techniques, meditation, and supported standing poses for balance and bone density. This class is welcoming and inclusive, with modifications offered throughout. Taught in our elevator accessible Senior Room. Please bring a towel and water.

Feldenkrais Method

The Feldenkrais Method is movement that is “somatic,” or focused on the internal experience of the participant. The movements are not physically difficult, and do not cause impact. Participants wear comfortable clothes and sit or lie down on the floor. Much like with a yoga or meditation class, the instructor gives verbal cues for the participants to follow. The Feldenkrais Method is easily modified for differences in ability. Held in the Fitness Studio, at the top of one flight of stairs. Dress comfortably and you may choose to bring a soft mat or blanket.

Flow & Restore Yoga

This restorative yoga class captures the gentle, flowing movements of vinyasa and the deep, relaxing stretches of yin yoga, emphasizing both movement and letting go. The opening sequence will emphasize flowing movement that the participants can approach at their own level. Then the class will shift into a deliberately slow and meditative series of poses held for long periods of time, in order to relax both body and mind.

Gentle Yoga

This gentle series is based on Hatha yoga. Students are guided slowly and deliberately into classical yoga poses that challenge strength and flexibility, while allowing special focus on relaxation and mindfulness. This gentle practice is especially adaptable, and students will be offered choices that accommodate a variety of abilities from beginner to intermediate. The instruction is friendly and inclusive, with slower transitions and one-on-one assistance. Please bring your own mat, water, and towel.

Hatha Fire Yoga

This class is rooted in the traditional 26 and 2 practice, incorporating classic postures and breathing exercises designed to systematically strengthen and stretch every part of your body. Hatha Fire emphasizes the mind-body connection through alignment-based asana, creating a grounded and disciplined experience. Each time you step onto your mat, you're invited into a fresh experience—because every day, your mind and body meet the practice in a new state. This class is perfect for both beginners and seasoned yogis seeking a steady, intentional approach to their practice. The studio is up one flight of stairs. Please bring your mat, water, and towel.

Iyengar Yoga

Come practice in the Iyengar style, and enjoy its emphasis on precise alignment, quality movements, and the unification of body and mind in poses that are both energizing and relaxing. An instructor will provide expert guidance and correction as you work to build strength, mobility, and muscular endurance. Appropriate for all levels, with modifications and assistance from props. Reaching the Fitness Studio requires one flight of stairs. Please bring water and a mat.

Mat Pilates

Pilates ("pih-LAH-tees") is a functional exercise system that improves strength, flexibility, control, and endurance throughout the entire body. It was developed by personal trainer Joseph Pilates to improve health and strength with very little risk of injury. In this group exercise Pilates class, the instructor will guide students through a mat sequence that emphasizes movement quality, posture, and breathing. Suitable for all levels, with modifications offered. Please note that students must be able to lie down to perform some movements, and the studio is located at the top of one flight of stairs. Bring a mat, towel, and water.

Tai Chi

Come learn this progressive, internal Chinese martial art that involves a series of graceful movements performed in a slow and focused manner, accompanied by deep breathing. Our master instructor will show you how this ancient art form can build stamina, control, and a deep sense of peace. For beginner and intermediate exercisers, requires standing movements and some balance. Please bring water and your own towel.

Taste of Tai Chi

If you are interested in Tai Chi taught in an inclusive and adaptable format, this special Tai Chi format is perfect for you. This session is taught in an elevator accessible space and can be done completely seated.

Vinyasa Flow Yoga

Vinyasa or "flow" yoga is a guided yoga practice that links traditional postures together with fluid movements and breathing patterns designed to increase energy, improve focus, and build a deeper range of motion through repetition. Students can move at their own pace throughout, as they choose to progress or modify poses to their own level. Standing, some balance and single leg movements, and occasionally some prone/supine (lying down) may be required. Suitable for exercisers of all levels, but please note our Fitness Studio is located at the top of one flight of stairs. Please bring a mat and water.

Yoga

Our Yoga program is rooted in Hatha, a detailed and refined practice that emphasizes muscular and skeletal alignment. Yoga creates strength, flexibility, balance, patience, self-awareness, and so much more. Each of our instructors teaches with a unique style that reflects their own years of training and philosophy. If you have questions about the suitability of a particular class, just ask! In general, Yoga can be modified and is adaptable for all levels of exercisers who can use some balance and move through poses based on seated, standing, "all fours," and supine (lying) positions. The studio is up one flight of stairs. Please bring your own mat, water, and towel.

Dance

World Dance

This is a low impact, choreographed dance class taught by our master instructor. You will learn techniques, combinations, and sequenced movements from belly dance, traditional Asian dance, flamenco, Hula, Zumba, and dance aerobics. The music is a kaleidoscope of cultural influences that will move your body and put a smile on your face. This class is unique to the YMCA of Montclair, and perfect for all levels of dancers - even complete beginners!

Xtreme Hip Hop Step

Xtreme Hip Hop Step is a high-energy fitness class that combines traditional step aerobics with hip hop music and dance moves. Yes it's a cardio workout, but it's also a dance session. This class is great for every fitness level including complete beginners to dance.

Zumba

Zumba is a dance fitness class that provides a total body cardio workout. Specially trained instructors use unforgettable music and choreographed moves that borrow from cumbia, salsa,

mambo, hip hop, samba, tango, R&B, reggaeton, jazz, and more! Each of our instructors has their own unique style, so come try them all! Involves high energy music, coordination, and some impacts that can be modified, taught in an elevator accessible room. Please bring your water and towel.

Everything Else

Athletic Conditioning

In this high-energy class, you will use a variety of dynamic movements to develop functional strength and cardiovascular fitness. Have fun and become a better athlete in the sport of life! This class requires coordination and higher impact movements. Our instructors are certified personal trainers who can offer individualized coaching, modifications, and adaptations, but this class is for intermediate to advanced exercisers. Please bring water and your towel.

Athletic Conditioning Intensive

(A more highly focused version of Athletic Conditioning, held on Saturday)

Athletic Performance Training

This group exercise class is held in our Athletic Performance Lab, above the track level, and taught by a certified strength and conditioning coach. Members age 13+ can join a guided circuit workout with state of the art functional training equipment. For advanced exercisers, higher impact, please bring water.

Back to Abs

This workout focuses on optimal posture & alignment, with an emphasis on all the supporting muscles of the core. You will be guided through a series of progressive exercises to build strength and muscle memory in your abdominal and back muscles, with expert coaching from a personal trainer. This class is for all levels, with modifications offered. Students should be able to lie supine and prone. Please bring your mat, towel, and water. The Fitness Studio is at the top of one flight of stairs.

Bands and Gliders

A highly focused class using specialized strength training equipment to build strength, stamina, and athletic performance. Pliable bands and gliders require stability and balance, which work your deep core, postural support muscles, and build a lean and athletic body. Come challenge yourself with new movements and reach another level! Taught in the gymnasium, modifiable for impact and level.

Boot Camp

Is your fitness routine in a rut? Boot camp may be what you need! This is a classic combination of cardiovascular work and strength conditioning. You will be challenged with calisthenics, plyometrics (jumping and dynamic moves), and core work. Our instructors are certified personal trainers who will coach and guide you along to fabulous music. This class is suitable for all levels, but requires faster paced movements with impacts that can be modified. Please bring water and your own mat and towel.

Boxing Conditioning

Master basic boxing principles with a total body workout for all skill levels. You will do strength work, cardio conditioning, and learn boxing techniques in a structured group workout that is energetic, fast-paced, and designed to be scaled or modified. Wear athletic shoes, and you may choose to wear optional boxing gloves or wraps if you have them. Intensity and impact can be moderate or modified as needed.

Butts & Guts

Butts & Guts focuses on muscular strength, endurance, and improved appearance for the whole core and lower body. You will work your abdominals, obliques, low back, and all the supporting muscles of your trunk. This will improve your posture and the alignment of your spine, and reduce your lower back pain. The lower body focus will work your hips, glutes, and legs so you become stable and strong. This class is adaptable, but it uses some intense and fast movement. Please bring water and a towel.

Core & More

This class is aimed at improving the strength and appearance of your core and lower body. You will be guided through progressive exercises that target the back, abdominals, glutes, and legs. Our instructor is a certified personal trainer who can offer coaching and guidance, along with modifications, so this class is great for exercisers of all levels. Taught in our elevator accessible gymnasium. Please bring water and your own mat and towel.

HIIT

In a HIIT (High Intensity Interval Training) workout, you will perform timed intervals of exercise followed by rest. It sounds simple, but by performing short intervals of exercise at your hardest effort level, and then recovering only enough to repeat the work, you train your body to become fitter, faster! HIIT workouts are fun and exciting and one of the best ways to see huge improvements in cardio fitness, athleticism, and strength. This class is for intermediate to advanced exercisers, and classes held in the Fitness Studio require one flight of stairs. Please bring water and a towel.

Kettle to the Core

Get ready to build a strong, stable core with dynamic kettlebell conditioning! This high-energy workout uses kettlebells to engage your core with targeted moves that improve strength, stability, and balance. Perfect for all levels, this class combines full-body exercises with a focus on core engagement to help you build a solid foundation for all types of fitness. Taught in the Fitness Studio, at the top of one flight of stairs.

Kettlebells

Experience the ultimate total-body workout using kettlebells! This session targets all major muscle groups with a mix of traditional and functional exercises designed to build strength, endurance, and coordination. From swings and squats to presses and lunges, you'll engage every part of your body for a powerful, efficient workout. Perfect for all fitness levels, this class is a great way to boost metabolism, enhance stability, and improve overall fitness. Taught in the Fitness Studio at the top of one flight of stairs.

Pump it Up

This energetic class combines intervals of cardio movements with weight training for the whole body. You may use steps, body barbells, plates, and resistance bands - all set to a motivating playlist! For beginners through advanced exercisers, with modifications offered, and taught by a

certified personal trainer. This class is adaptable and inclusive, and you may have a chair at your side for support. Full body movements, coordination, exertion, and momentary single leg balance required. Taught in our spacious, elevator accessible gymnasium.

Step & Sculpt

This is a classic step aerobics class that will teach you basic combinations at an intermediate level, for a safe and effective cardiovascular workout. The "Sculpt" part of the workout is strength and resistance training at an intermediate and advanced level. Taught with modifications so you can find that "just right" workout for your body. Please bring a fitness mat and your water.

Strength, Core & More

Have you ever wanted a workout that gets it all done at once? Maybe you are looking for expert coaching to get you started with strength training. Or perhaps you'd like to learn some new exercises for your routine. This class does it all! Our trainer will guide you through a total body strength workout for everyone. You will keep your heart rate high for extra "burn" and focus some extra attention on your core. Suitable for beginners through advanced, with modifications offered. Taught in the elevator accessible gym. Please bring water and a fitness mat.

Strong Warrior

This class challenges the body and the mind with 25 different exercises done in three timed rounds. Build stamina and strength, and engage muscle groups that are not worked on a daily basis. This is an ideal opportunity to let the inner warrior surface! Train strength, stamina, focus, motivation, and mindset by pushing yourself to achieve great things. This class is 90 minutes, higher impact, and for the intermediate to advanced exerciser.

Super Fit

This energetic class combines intervals of cardio movements with calisthenics, Kick-boxing moves and weight training. You may use steps, body barbells and plates, all set to a motivating play list. For beginners through advanced exercisers, with modifications offered. Taught in our spacious, elevator accessible gymnasium by your favorite water aerobics instructor Janet! This class is adaptable and inclusive, a super workout for all ages.

Sweat & Stretch

This class combines 35 minutes of heart-pumping cardio with 15 minutes of rejuvenating stretches. Led by an expert personal trainer, you'll push your limits with high-energy movements, then wind down with deep, targeted stretches to enhance flexibility and recovery. With an incredible playlist to keep you motivated, Sweat & Stretch is the perfect blend of intensity and restoration, delivering a highly effective workout that leaves you feeling strong, balanced, and unstoppable. Held in the Fitness Studio, at the top of one flight of stairs. Please bring water and your fitness mat.

Cycling

Strive Cycle

Strive Cycle is a performance-focused ride designed for those who want to train like athletes. This class emphasizes form, power, and endurance with intentional intervals, cadence control, and heart-pumping climbs. Riders are encouraged to track their progress and push past personal limits in a focused, goal-oriented environment. Whether you're training for a race or just want to ride stronger, Strive Cycle delivers a technical, fitness-driven challenge.

Groove Cycle

Groove Cycle is where rhythm meets ride. This music-driven class transforms your workout into a celebration, with beat-based cadence, full-body movement, and playlists that inspire joy and connection. Expect high energy, positive vibes, and a strong sense of community as you ride together to the rhythm. Groove Cycle is less about numbers and more about feeling good, moving with intention, and letting the music take you there.

Ignite Cycle

Ignite Cycle is a fiery, full-body cardio experience powered by group energy and next-level intensity. Set to an electrifying playlist and led by a motivating instructor, this ride blends high-energy work and powerful rhythm riding to light you up from the inside out. Perfect for those who thrive on connection, motivation, and sweat, Ignite Cycle fuels your workout with passion, purpose, and collective power.

Ease into Cycling

Ease into Cycling is the perfect starting point for anyone new to indoor cycling or looking for a gentler introduction to group fitness. This welcoming, no-pressure class focuses on comfort, confidence, and learning the basics at your own pace. The instructor will guide you through proper bike setup, simple movements, and foundational riding techniques—no special shoes or equipment required. With low volume music, a calm atmosphere, and zero intimidation, this class is all about helping you feel supported, steady, and ready to ride.

Teen Cycling

Teen Cycling is a fun, upbeat ride designed just for teens to build confidence, strength, and a positive connection with movement. With energizing music and an

encouraging, age-appropriate atmosphere, this class promotes healthy habits, self-respect, and a balanced approach to fitness. Instructors guide riders through simple, safe routines that focus on body awareness and enjoying the ride. Open to participants ages 11 to 17 and at least 5 feet tall.