

New Milford Fitness FAQs

How do I take a group fitness class at Greater Bergen County YMCA - New Milford Center?

You can take a drop-in class or purchase a class package that will allow you to register for a set number of classes depending on the package you choose. We offer packages for both individuals and families.

Individual options:

- 5 Classes for \$55 - Must use within 3 months
- Unlimited Monthly Pass for \$60
- Drop-in class - \$14/class

Family Options:

- 10 Classes for \$100 - Must use within 6 months
- Drop-in class - \$14/class

How do I register for a package?

You can sign up for a package through our ActiveNet online portal [here](#). You must have an ActiveNet account in order to purchase your package. **If you're new to our YMCA or the Metropolitan YMCA of the Oranges, you will need to create an account.** To set up your account online, click [here](#). You can also call our Remote Welcome Center at 973-758-9039 and a staff member can assist you.

If you're a current YMCA member, or have participated in our programs in the past, you already have an ActiveNet account and do not need to create a new one. If you don't remember your password or have not yet activated your online account, please visit our registration site at apm.activecommunities.com/metroymcas, click the 'Sign In' button and then the 'Forgot your password?' link. If you need assistance, please call us at 973-758-9039 or email onlinesupport@metroymcas.org.

How do I sign up for a class?

Registration is required for all fitness classes. If you're purchasing a pack of classes, you must do that first before reserving your spot in a class. You can view a schedule of upcoming classes and register using the [Calendars tool](#) or Browse our [program listings](#). Select Greater Bergen Y as your branch. You can also call our Remote Welcome Center at 973-758-9039.

Do you need a membership to participate in fitness?

No, we do not offer Memberships at New Milford.

Do you offer discounts for classes?

Yes, seniors save 20% on class and package rates and families with a Family Membership at a Metro YMCA of the Oranges branch save 10%. These discounts are applied during the online check-out process. We also offer Financial Assistance. To apply visit metroymcas.org/fa.

How do I buy another package if I want to take more classes?

You will need to use all the classes in your initial package first before upgrading or purchasing a new pack of classes.

When do classes start?

Classes begin the first week of April with Family Zumba, SMILE for seniors, Gentle Yoga, Kickboxing, Chair Exercise, and Thai Chi.

Who can take classes?

All classes are open to adults. We have classes for teens and children as well. All fitness levels are welcome.

Exercise Fitness Levels

Introductory:

An introductory class will cover the basics of group exercise to include: choreography, basic movements, stretching, and instructor-led steps. By the end of a class you can expect to have a good understanding of how a fitness class operates.

This type of class is designed for beginners or individuals who are starting again. This will help you identify a type of physical activity that interests you and allows you to begin safely.

Gentle:

A gentle fitness class is considered a low impact or gentle class. The instructor will show fitness modifications for members if needed. These classes are appropriate for members who are limited from specific types of physical activity due to injury or illness, or for anyone just getting started in exercise.

Intermediate:

Intermediate classes and programs are suitable for someone with a foundational knowledge of exercise. Intermediate classes work at a moderate pace and will offer modifications to enable individuals to improve their fitness level at a pace that is safe and comfortable for them.

Advanced:

Advanced level classes and programs are recommended for individuals who are familiar with regular exercise and with their own fitness ability. You

should have an understanding of proper form and technique when performing exercise.

In addition to prior experience, it is encouraged for anyone transitioning from intermediate to advanced exercise program to allow your body and mind ample time to progress. Understanding the level at which you are comfortable exercising is important for increasing your strength and endurance safely and effectively.

Sampling of Classes

Chair Exercise

Chair exercise modified for those who find getting on and off the floor difficult. A chair is used for assistance and support. During this class you will perform a combination of yoga poses, strength and meditation. Finish feeling relaxed and rejuvenated.

Family Zumba®

Zumba for you and your family to enjoy. The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away. Tone and sculpt your body while burning fat.

Gentle Yoga

Yoga modified for those looking for basic slow moving yoga class. During this class you will perform a combination of yoga poses and meditation. Finish feeling relaxed and rejuvenated.

Kickboxing

This class will incorporate everyday movements as well as strength, stretching and endurance building exercises through kickboxing drills and exercises. All fitness levels welcome.

SMILE (Senior Light Movement and Exercise)

This class will incorporate everyday movements as well as strength, stretching and endurance building exercises. It will all be done in a slow, controlled way. This class is for all fitness levels

Tai Chi

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

[Group Exercise Calendar View](#)

[Group Exercise List View](#)