

YMCA GX Class Descriptions

Core Cycle: Get a serious calorie burn on the bike and mix it up with core work off the bike.

Basic Step: Cardio work on the step with fun combos & drills mixed with light toning.

TRX Suspension Training: Make your body you machine! Improve your strength, muscular endurance, balance, flexibility and burn some serious calories with this FUN new fitness craze. Modifications for all fitness levels.

Pilates: Adapted work of Joseph H. Pilates, this mind & body discipline follows exercises to deliver optimal strength, flexibility & endurance. Toning your core to the extreme!

Floor Core & More: A core blasting mix of Pilates, traditional ab work and innovative core strengtheners. Train your powerhouse!

Power Step: High intensity step that is guaranteed to make you sweat!

Cardio Combat: So you wanna be a contender? This is kickboxing like you're never seen before! No 8 counts or step touches...just hard core combat! Come take out your aggression..get your game face on!

Aqua Attack: Attack your body fat while your in the pool! Serious cardio without impact on the joints.

All About Arms: Tighten & tone your upper body in creative ways.

Zumba: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to want to work out & to love working out!

Yoga: Using standing, seated and reclined yoga postures with an emphasis on correct body alignment, this class will combine flexibility training & strength training. This class is a wonderful stress reliever that enhances strength, balance and flexibility by uniting your body and breath.

Spin & Pump: Get cardio out of interval training on the bike and total body toning out of resistance training off the bike all in one action-packed hour!

20/20/20: Breakdown of 20 mins cardio, 20 mins toning upper & lower body, 20 mins toning abs.

eXtreme Burn: Build muscular endurance with repetitions & stabilizers targeting the entire body – Come feel the BURN!

Yogilates: A fusion of yoga and pilates. Build muscular endurance, flexibility and core strength. Perfect for everyone.

Ignition: A high energy cardio class with a SPARK! Utilizing a variety of equipment & always something new!

Warrior Workout: Gain power, agility, speed & strength...everything a warrior needs in this 30 min test of willpower!

Absolutely: Work your way to a more shapely middle & a terrific trunk with this half abs – half glutes class.

StepKrazi: Regular step—gone CRAZY! Tons of fun wrapped up in a high energy cardio class with innovative step combos.

CRUNK: Cycling class gone crazy! This is not your usual spin class. Burn extra calories and get your sweat on while you get CRUNK!

Senior Fitness: Geared toward our senior adults, this class consists of low impact aerobic exercises using fitness balls, dumbbells and exercise bands.

Bootcamp: Do we really have to spell it out for ya? W-O-R-K! (See schedule as to whether it is inside or out.)

SweatShop: Anything and everything you could imagine to get your heart pumpin' and your endorphins flowing! A melting pot of all of our best classes! Guaranteed to have you wiping sweat off your brow!

TRX Body Blast TRX suspension training meets total body circuit training. Work every muscle, head to toe, including your heart... we will have you panting in this ever-changing workout.

Southern Sizzle: Get your groove back! This dance fitness class incorporates jazz, funk, hip-hop and contemporary dance with heart pumping exercise that is too much fun!