GX Class Descriptions 2026/2027 - BUFFALO

If you are new to fitness, let the instructor know so they can help set you up to get the most out of the class.
***EXP on the class schedule, indicates a shortened version of a class. Typically, 30 to 40 minutes. Check app for actual class times and length.**

Cardio/Strength

- **Amp'd Up Arms & Abs:** A high energy class focusing on strengthening and toning your upper body and abdominals while getting perfectly timed cardio bursts that "Amp UP" your workout.
- **Body Pump®:** Signature Les Mills strength training program using bars, plates, and the bench.
- **Body Pump® HEAVY:** Maximize muscle gain with this Les Mills strength workout by lifting heavier weights. Moves are slower, fewer, strength-focused reps, and longer rest periods. All to great music and using bars, plates, and the bench.
- **Bums & Bands: Great** lower body workout utilizing bodyweight and a variety of resistance equipment.
- **Butz & Gutz:** Strengthen and tone your lower body and core! This class is ever changing and ever challenging!
- **Soul Strength®**: Fusion style class of mobility training, weighted strength, core backed by great music, but you move at your own pace.
- **Step/Step Aerobics:** Choreographed class using platform step and risers.
- **Step & Strength:** A high energy class with great music and uses a step and risers for a great cardio workout. We will be mixing in the use of weights and body weight to make this an overall strength and conditioning workout.
- **TBC:** Total Body Conditioning. Free Style class focuses on cardio and strength for your entire body with various equipment used.

Mind & Body/Pilates/Yoga

- **Barre/BARRE Fusion:** Low-impact, total body workout inspired by ballet. Offers all the benefits of rhythmic movement, high repetition strength work.
- **Hatha/Gentle Yoga:** Slow and steady yoga movements, ranging in gentle to moderate physical activity. Ends with relaxation.
- **Mat Pilates:** Strengthen your core, improve flexibility, and build balance from the ground up. This low-impact class focuses on controlled movements, breathwork and proper alignment to develop long, lean muscles while getting stronger.
- **Mobility/Core:** This class is specifically geared towards training your range of motion around your joints while also strengthening your core to better support your joints.
- **PiYo Live 45®:** Powerful fusion of Pilates and Yoga inspired moves that never stop! A complete PiYo experience will leave you fulfilled!
- **Qigong-** "chee-gong" Gentle flowing movements, coordinating breath work and meditation, enhancing flexibility, balance, and overall vitality.
- **Yoga Flow & Vinyasa Flow:** Moderate pace and intensity with fluid transitions linking body, breath, and movement.
- **Yin & Stretch:** Slow down, release tension, and reconnect with your body in this calming, restorative class. **Yin & Stretch** combines gentle stretching with longer held, supported poses designed to improve flexibility, mobility, and relaxation.
- **Power Yoga: Build** strength, improve flexibility, and challenge your body and mind with an energizing flow. Power Yoga combines dynamic yoga sequences, strength-building poses, balance work, and intentional breathing to create a full-body workout.
- **Yoga Fusion:** Inspired by Strength and Yoga, this class will guide you through strength and flexibility phases and finish with relaxation.
- **Yoga Your Way:** Yoga Your Way: Based on the day and instructor, we will offer a variety styles. Yoga Flow/Vinyasa; Yoga Fusion/Power; Hatha/Gentle Yoga & Yin **Schedule is in the app***

Dance/Music Focus

- **Cardio Drumming: Cardio** drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great.
- **Cardio Dance/Dance Jam: A** dance party like no other! High energy, with heart pounding moves and music!

Indoor Cycling

- **Spynergy:** 45 minutes to an hour of energy filled with cycling! Hills, valleys, smooth roads you name it...you ride it!

Active Older Adult

- **Barre/BARRE Balance:** Low-impact, total body workout inspired by ballet. Focus on strengthening your core, improving flexibility and building balance.
- **Golden Yoga:** Gentle yoga for active older adults. Class can be executed from a mat or a chair based on preference and ability.
- **SS Circuit®:** Cardio, upper & lower body strength training. Standing workout with optional chair.
- **SS Classic®:** Designed to increase muscular strength, flexibility, and activity for daily living skills. w/Chairs.
- **Silver Soul/SS Intervals:** A mix of strength and cardio. You are allowed to move at your own pace...slow it down or step it up to get what you need!

Aquatic

- **Aqua Circuit:** High energy, low impact cardio and strength using a variety of pool resistance equipment as well as the resistance of the water.
- **Aqua Tabata:** Tempo training in the water!! 8 rounds of multiple exercises with short periods of rest.

OTHER

- **Saturday Unscripted:** Every week will be something different. A great chance to try something new and change-up your routine. Formats may include Strength, Yoga/Meditation, Step, Dance, Drumming, Barre and MORE. **Schedule is in the app***
- **Strong & Steady** This class is for all ages and abilities! In this class we will focus on total body strength, mobility and balance. Each session may include light weights, Yoga and Pilates moves. We may incorporate yoga blocks, resistance bands and even Pilates balls. Class can be done using a chair and/or a yoga mat. There will be options for all fitness levels and abilities

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