

GX Class Descriptions 2025 (Buffalo, Monticello)

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.
- **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!
- **Core and Core Fusion:** Hard CORE movements fused with aspects of Yoga, Strength, and maybe even Cardio! Equipment may be used.
- **HIIT:** A high-intensity workout that combines burst of cardio, strength and athletic drills to challenge your whole body.
- **Metabolic Reset:** Build muscle with heavy weights, low reps and ample breaks while filling in the gaps with cardio bursts that challenge each individual.
- **MIXX:** The best of 2 worlds! 2 formats in one class...cardio, strength, core...something different every class to keep you on your toes!
- **POWER Flex:** Strength training at its most enjoyable! Guaranteed to leave your feeling strong and accomplished.
- **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.
- **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.
- **Fusion:** Inspired by Strength and Yoga, this class will guide you through strength and flexibility phases and finish with relaxation.
- **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.
- **Mindful Yoga:** Gentle yoga class that begins seated, works to standing poses/flows and back down to the floor. Stretching, strength and relaxation.
- **Mobility/Core:** This class is specifically geared towards training your range of motion around your joints while also strengthening your core in order 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.
- **Soul Fusion:** Yoga inspired flows, short cardio bursts, balance sequences, all using body weight & weights & set to crazy fun music!
- **Yoga Flow & Vinyasa Flow:** Moderate pace and intensity with fluid transitions linking body, breath, and movement.

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 cycling! Hills, valleys, smooth roads you name it...you ride it!

Active Older Adult

- **Barre/BARRE Fusion:** Low-impact, total body workout inspired by ballet. Focus on strengthening your core, improve flexibility and build 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 Barre:** Next level in Aqua aerobics! Combining formats of aqua exercise with barre movements to strengthen and tone your body.
- **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.
- **Aqua Zumba:** Taking Zumba to the water! The water offers a whole new level of resistance training.

Boxing Studio Monti ... The ARENA

- **10 Round Boxing:** Intervals of various boxing bag work techniques. Work on timing, speed, power, footwork, finish off with CORE!
- **HIIT Boxing:** A wonderful combination of weights & body weight exercises! Move through circuits with little time to rest in between.
- **Cardio Boxing:** Full body strength/cardio. Using a variety of equipment - body weight, tire flips, ropes, boxing, weights & more!
- **STRIKE:** MMA inspired workout that incorporates striking techniques & MMA movement drills! Full coverage gloves & hand wraps are needed.