



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7/11

PILOXING

What is it?

This 45 or 60-minute class uniquely mixes Pilates and boxing moves into a calorie-blasting, muscle-toning, core-centric interval workout. This class includes a warm-up, interval training, core work and ends with a cool-down.

Who is it for?

This class is for all fitness levels. The class has a high concentration of core work, so it is a class for anyone who is looking for a great cardiovascular workout with an opportunity to strengthen the body's foundation – the Core.

What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely – shorts, T-shirt, sweatpants, etc.

Where should I go on the first day of class?

Come to the front desk and tell them you are here for Piloxing, and they will direct you to the Aerobic Studio or Gym, depending on YMCA location.

How do I register?

This is a free program for members only. See our current Group Exercise Schedule for class days, times and locations or call 436-9622.

Other information?

Contact:	Broadview Center	436-9541
	Downtown Center	436-9552
	West Side Center	436-9533
	East Side Center	436-1230

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622 or visit our website: www.greenbayymca.org.