GymFit is Fitness Fun

We are pleased to announce a new and improved class within BCG’s gymnastics programs!

GymFit is a fun, fitness-based program that incorporates aerobic activities, strength, flexibility, games, and challenges. These classes will follow a fun and fit curriculum designed to increase physical strength, coordination, endurance, and overall well-being. GymFit students will focus on enjoying the physical benefits of gymnastics and the fun of being active and healthy! GymFit classes will use all the gymnastics equipment as well as the Tumble Track, trampoline, and pit.

We are excited to be able to meet our students’ varied goals by offering GymFit classes. If you have any questions on which class is best for your child, feel free to contact the office at info@bullcitygymnastics.com or (919) 383-3600 or speak with their coach after classes begin.