

### Boot Camp

Boot Camp provides challenging Boot Camp type cardio exercises that are simple and intense, this class will leave you sweating!

### Cardio Challenge

A fun-filled class that integrates a variety of cardio and conditioning exercises for a balanced and invigorating workout.

### Core Power 30

This 30 minute class will strengthen and tone all of the muscles in your body's "core" including the lower back and abs. Keep your body healthy by maintaining a strong "Powerhouse"!

### G-Cycle

Designed to challenge the outdoor as well as the studio cycling enthusiast. Uses both rhythmic and athletic drills of various duration and intensity for an excellent workout.

### Group Power/Group Power Express

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. **The Express class** offers a shorter version for those time pressed individuals. Discover results, discover Group Power!

### Kardio Kickboxing

Come de-stress with this class as we lead you through a high-intensity aerobic workout. This class involves challenging kickboxing combinations of punches, kicks and even the use of jump ropes!

### Pilates Matwork

This multi level class will strengthen, tone and improve posture as well as increase flexibility, balance and coordination. Challenge your core strength and flatten your abdomen with whole body movement that will change the way you feel and move!

### Pilates Express

Got just a few minutes? Pilates Express has invigorating music and non-stop sequencing to get the job done in 30 minutes! Use of props (Bands, circles, hand weights, etc) and your own body resistance keeps the moves fresh for the body and mind.

### Power Yoga

Designed for the serious student and those who enjoy a more challenging vinyasa flow class with strong core work. Inversions including headstand and shoulderstand, arm balances and more advanced poses are integrated into each class, followed by deep relaxation.

### Restorative Yoga

Classes are designed to restore the nervous system and assist in the release of deeply held tensions from the body and mind. Yoga props - blocks, straps, and mats are used for a safe, gentle practice to assist your balance and abilities in all of the poses.

### Yoga I

Designed for beginners, using the principles of alignment, while stretching and strengthening the body. This class is slow paced and includes standing, seated and supine poses.

### Yoga Flow

A multi level strength based practice beginning with an easy warm up, sun salutations, and a series of poses designed to work the body to the core, helping to loosen the joints, and get the blood flowing. Poses used focus on core stability, balance, strength, coordination & endurance through active movement. There will always be modifications, so you can work at the level best suited for you!

### Step & Iron

Step and resistance training combined for a total body workout.

### Zumba

This class is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Join the Party!



# GROUP FITNESS

Lawrence Location

Spring 2012 Training Schedule  
April 2nd - July 1st



LAWRENCE  
2339 Iowa S  
Lawrence, KS 66046  
(785) 749-6762

[www.genesishealthclubs.com](http://www.genesishealthclubs.com)



A NEW BEGINNING



# GROUP FITNESS SCHEDULE

## LAWRENCE

### Spring 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Group Power Express (A)		Step & Iron (A)		Group Power Express (A)		
6:00am		G-Cycle (B)		G-Cycle (B)			
7:00am	Yoga Flow (A)		Yoga Flow (A)		Yoga Flow (A)		
8:00am						G-Cycle (B)	
9:00am	Kardio Kickboxing (A) G-Cycle (B)	Group Power (A) G-Cycle (B)	Boot Camp (A) G-Cycle (B)	Group Power (A) G-Cycle (B)	Cardio Challenge (A) G-Cycle (B)	Boot Camp (A)	
9:15am						G-Cycle (B)	
10:00am	Pilates Express (A)		Yoga Flow (A)		Pilates Express (A)		
2:00pm							G-Cycle (B) 3:00pm Power Core (A)
4:30pm	Yoga I (A)		Yoga I (A)				
5:00pm					5:15pm Power Yoga (A)		Restorative Yoga (A)
5:30pm	Group Power Express (A) G-Cycle (B)	Zumba (A) G-Cycle (B)	Group Power (A) G-Cycle (B)	Boot Camp (A) G-Cycle (B)			
6:30pm	Zumba (A) 6:15pm	Kardio Kickboxing (A)	Pilates Matwork (A)	Zumba (A) 6:15pm			
7:30pm		Yoga Flow (A)					

(A) - Classes held in studio A, Aerobics Room (B) - Classes held in studio B, Cycling Room

All classes are 55 minutes unless otherwise noted. Experience how group fitness training can benefit you. For more classes at our other locations, please refer to other Group Fitness Schedules, available in print or on our website, [www.genesishealthclubs.com](http://www.genesishealthclubs.com).

For more information, contact Cristal Barnes at (785) 749-6762.