

# Aksarben Class Descriptions

**Barre 60** - Welcome to BARRE class at Genesis Health Clubs! This Pilates-based, full-body workout is inspired by the traditional ballet barre training. Our BARRE class provides a high-intensity workout that will increase your strength, especially in the core and legs. Over time, you will also find that this class helps you increase your range of motion and improve your flexibility. Genesis BARRE classes are led by knowledgeable, experienced, motivating, and welcoming fitness instructors. This class will help you meet your fitness goals as you burn calories while toning, stretching, strengthening, and elongating your muscles. Best of all, unlimited BARRE and other group fitness classes are included with your Genesis Health Clubs membership. Class times and locations are detailed below. You can also try BARRE for free today with our free day membership pass. Get in touch with your local Genesis location to get started today!

**Cardio/Strength Intervals 60** - All Interval training can boost stamina and improve athletic performance but combining intense cardio and strength exercises with periods of rest or lower intensity movements keeps your body guessing so those workout plateaus are highly unlikely. The mix of cardio and strength tests both the heart and the muscles. Although this format is designed as a fitness challenge, it is absolutely attainable for every body. Equipment usage varies by location.

**Cycle 45** - Welcome to Cycle at Genesis Health Clubs. This 45-minute class was created to challenge anyone from the outdoor rider, the studio cycling enthusiast, the beginner, and everyone in between. The Cycle fitness approach uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. Expect to raise your heart rate, burn a lot of calories, tone and challenge the lower body, and build endurance. Our skilled and experienced cycling instructors will guide you through a calculated workout designed to deliver a great workout that is tons of fun. With full control of your speed and resistance, we have no doubt you will keep coming back as your comfort level builds and your fitness level improves. First-time cycling participants are encouraged to arrive 10 minutes early for bike fitting and familiarization. Cycle 45 class times, details, and locations are listed below. You can experience Cycle 45 and other Genesis fitness classes for free today with your membership or a free day trial pass. Perfect for experienced cyclers, new beginners, and everyone in between, visit your local Genesis Health Clubs location to try Cycle today!

**GENESIS Rock Bottoms** - Need a 30-minute workout that focuses 100% on your bottom? Then this class has your name written all over it. Every exercise concentrates entirely on your legs: hamstrings, quads, and glutes. Strengthen and lift your lower body while slipping in additional core work that tightens and tones your center. No matter what season we're in, you'll want to include this class in your weekly routine. We also added a unique power move that throws in a little cardio into the mix for an increase in calorie burn. \*\* Genesis Health Clubs Signature Format \*\*

**GENESIS Ultimate Upper Body** - Who doesn't want a strong and lean upper body? Shape and define your arms, back, chest, and core with 30-minutes of intense exercises that will have you feeling and looking your best. A similar format to our Genesis signature format, Rock Bottoms, we dropped a cardio power move into each block to give you variety and raise the heart rate. You're welcome. \*\* Genesis Health Clubs Signature Format \*\*

**Group Blast®** - Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST! Group Blast® and other group fitness classes are included in your Genesis membership. Getting Started

**Group Core®** - Group Core® gives you three-dimensional strength training in 30 action-packed minutes! A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Expert coaching and motivating music will push you through integrated exercises that use your body weight and weight plates. HARD CORE! Group Core® and other group fitness classes are included in your Genesis membership.

**Group Power®** - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP! Group Power® and other group fitness classes are included in your Genesis membership. Getting Started

**Group Ride®** - Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON! Group Ride® and other group fitness classes are included in your Genesis membership. Getting Started

**Strength 60** - Strength 60 will train your body from head to toe. Work every major muscle group using various equipment such as loaded bars, dumbbells, resistance bands, and your own body weight. Strength training helps burn calories post workout and the on-going benefits include improved bone density, ligament and joint strength, better posture, and more energy. Move better and get stronger with Strength 60.

**Yoga 60** - Welcome to yoga here at Genesis Health Clubs. Our yoga classes offer a comprehensive and relaxing mind, body, and spirit experience. Improve your flexibility, build strength, increase endurance, and work toward your fitness goals with this deeply rewarding group fitness class. Our knowledgeable and experienced instructors welcome yogis of all levels. Whether you are a seasoned yogi or trying yoga class for the first time, our experts will help you modify movements to your comfort level. Genesis yoga classes incorporate elements of strength, breathing, and meditative relaxation—all skills that will benefit you both inside and outside of the gym. Whether you are looking for an outlet to deepen your yoga practice or help your muscles recover between high-intensity workouts, this class is for you. You can experience our yoga classes for free with a Genesis Health Clubs free day membership trial. View our yoga class times by location below, and visit your local Genesis Health Club to get started today!

**Zumba®** - Welcome to Zumba® at Genesis Health Clubs. Are you looking for a fun and exciting way to get fit? Zumba® is the class for you. This workout features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It 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. Our experienced instructors will guide you through these steps and keep you motivated throughout the class. Between the uplifting music and energizing movements, you will forget the "work" in workout. Genesis Health Clubs members can access unlimited Zumba® as well as our other group fitness classes. You can even try our Zumba® classes for free with our free day trial membership. Call or visit your nearest Genesis Health Club location today to get started!