

# Broken Arrow Class Descriptions

**Aqua Athlete** - This full body water-based workout is designed to improve cardiovascular fitness, strength, range of motion and endurance. Strength and cardio exercises, using both equipment and water/body resistance, produce results in aerobic and anaerobic capacity, as well as head-to-toe strength.

**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 45** - 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 alot 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!

**Cycle 60** - Welcome to Cycle at Genesis Health Clubs. This 60-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 alot 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 60 class times, details, and locations are listed below. You can experience Cycle 60 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 Simply Stretch** - Flexibility is one of the key components of well-being. Participating in Simply Stretch will increase your range of motion, decrease muscle soreness, reduce joint pain, and contribute to more mobility. Regardless of where you are in your fitness journey, this class is recommended to everyone.

**Genesis Simply Stretch 45** - 45 min. format. Flexibility is one of the key components of well-being. Participating in Simply Stretch will increase your range of motion, decrease muscle soreness, reduce joint pain, and contribute to more mobility. Regardless of where you are in your fitness journey, this class is recommended to everyone.

**Group Active®** - Group Active® is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight, and The STEP®. **ACTIVATE YOUR LIFE!** Group Active® and other group fitness classes are included in your Genesis membership. **Getting Started**

**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 Fight®** - Group Fight® is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT! Group Fight® and other group fitness classes are included in your Genesis membership. Getting Started

**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

**HIGH Fitness** - HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense but easy to follow choreography. HIGH Fitness produces high caloric burn and full body toning through its carefully formulated programming that alternates between intense cardio peaks and toning tracks. Take it HIGH or take it low, but join us for a workout that is bigger, better, HIGHER!

**Pilates Fusion** - Combining traditional Pilates exercises with resistance training, barre, yoga or other formats provides a versatile workout that never gets old. Modifications are provided to increase or decrease the intensity of each exercise. A variety of equipment may be added to challenge you in new ways to improve your overall balance, strength and flexibility.

**RUSH30** - HIIT class on a Bike! RUSH 30 is a 30 minute High Intensity Interval Workout using an indoor bike, designed for the seasoned rider. RUSH 30 coaches use music as the motivator, and guides participants through a fast, effective, true HIIT style class on a bike. Busting Heart rate thresholds and increasing energy output are the primary focus of the workout.

**SHiNE Dance Fitness™** - SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

**SilverSneakers® Classic** - Welcome to SilverSneakers® Classic at Genesis Health Clubs! Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. These classes are made for older adults looking for an outlet to stay healthy and active. Guided by our trained and experienced fitness instructors, you will find our SilverSneakers® classes to be welcoming, inclusive, and modifiable to your ability and fitness level. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are available if you want to challenge yourself with this resistance. We also provide chairs for members to use for seated and/or standing support! You can find the SilverSneakers® class times for each Genesis Health Clubs location below. Genesis Health Club members have unlimited access to our group fitness classes, as well as our advanced equipment, outstanding gym amenities, and more. Try SilverSneakers® for free today at your local Genesis Health Club with our free day membership pass.

**Yoga Stretch and Restore** - Restore body and mind as we promote a sense of slow unwinding. Postures will be held for longer periods of time to target the connective tissues, providing a deeper stretch and greater range of motion in joints throughout life. The work primarily takes place on the floor and may include props to assist. Geared towards all levels; no yoga experience necessary.