

# Cass Class Descriptions

**All-American for Seniors (Monthly Fee \$)** - \*\*\*First Class Free\*\*\*High intensity training that burns tons of calories, fast. For All American Training, we combine strength, endurance and power training while pushing your heart through zones of performance. You'll experience intervals rotated between treadmills, row machines, strap, floor and dumbbell movements in this hour-long class. Genesis All American Training provides you the opportunity to burn calories like never before! This version of All-American Training is specifically designed for seniors. AAT Membership Add On required for class reservations.