

# Emporia Class Descriptions

**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 Centergy®** - Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF. Group Centergy® and other group fitness classes are included in your Genesis membership. Getting Started