Leavenworth Class Descriptions

GENESIS 6S Strength 30 - This format is designed to aid in your muscle building efforts. If you don't believe that serious resistance training will change you… think again. We'll teach you how to lift weights right so you can take what you learn into the weight room. There's no cardio in this class. There are no crunches… just heavy dumbbells (or kettlebells) and you. This is low reps hitting a mixture of muscle groups. Will your heart rate go up? Darn right it will. Take a risk. Dig deeper. Work harder. Get stronger. Create Success!

Step & Strength - Step and resistance training combined for a total body workout.