## Lee's Summit West Class Descriptions

**Group Blast**<sup>®</sup> - Group Blast<sup>®</sup> is 60 minutes of cardio training that uses The STEP<sup>®</sup> 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<sup>®</sup> and other group fitness classes are included in your Genesis membership. Getting Started