

# McPherson Class Descriptions

**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