

Olathe Class Descriptions

Boot Camp 60 - Welcome to Boot Camp here at Genesis Health Clubs. This workout class offers a high-intensity circuit focusing primarily on functional movements and interval training. Curated by our Genesis experts and targeted to help you build muscle, burn calories, and lose weight, our Boot Camp will leave you feeling strong and accomplished. Get impressive results through a mix of exercises that ensure no two classes will be the same. No previous experience required, and all fitness levels are welcome...but get ready to sweat! Our experienced Boot Camp instructors will guide you through these exercises and help you find any modifications you may need to be successful. View details about our Boot Camp times and locations below, and visit your nearest Genesis Health Clubs location to partake in this workout revolution. If you are not yet a Genesis member, you can try Boot Camp and other Genesis fitness classes for free with a free day pass. We look forward to helping you enjoy your next Boot Camp class at Genesis.

Group Power® - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP! Group Power® and other group fitness classes are included in your Genesis membership. Getting Started