

Rock Road 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.

Cycle 30 - Welcome to Cycle at Genesis Health Clubs. This 30-minute class was created to challenge anyone from the outdoor rider, the studio cycling enthusiast, the beginner, and everyone in between. The Cycle fitness approach uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. Expect to raise your heart rate, burn a lot of calories, tone and challenge the lower body, and build endurance. Our skilled and experienced cycling instructors will guide you through a calculated workout designed to deliver a great workout that is tons of fun. With full control of your speed and resistance, we have no doubt you will keep coming back as your comfort level builds and your fitness level improves. First-time cycling participants are encouraged to arrive 10 minutes early for bike fitting and familiarization. Cycle 30 class times, details, and locations are listed below. You can experience Cycle 30 and other Genesis fitness classes for free today with your membership or a free day trial pass. Perfect for experienced cyclists, new beginners, and everyone in between, visit your local Genesis Health Clubs location to try Cycle today!

Cycle 60 - Welcome to Cycle at Genesis Health Clubs. This 60-minute class was created to challenge anyone from the outdoor rider, the studio cycling enthusiast, the beginner, and everyone in between. The Cycle fitness approach uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. Expect to raise your heart rate, burn a lot of calories, tone and challenge the lower body, and build endurance. Our skilled and experienced cycling instructors will guide you through a calculated workout designed to deliver a great workout that is tons of fun. With full control of your speed and resistance, we have no doubt you will keep coming back as your comfort level builds and your fitness level improves. First-time cycling participants are encouraged to arrive 10 minutes early for bike fitting and familiarization. Cycle 60 class times, details, and locations are listed below. You can experience Cycle 60 and other Genesis fitness classes for free today with your membership or a free day trial pass. Perfect for experienced cyclists, new beginners, and everyone in between, visit your local Genesis Health Clubs location to try Cycle today!

GENESIS Core 4 - Core 4 is a 30-minute core centric focused workout that includes four segments of core work each approximately 6 minutes in length. The exercises in this format include standing exercises, prone and supine core exercises, as well as posterior chain work of the glutes and hamstrings. All Core 4 classes end with a 2-minute finisher and stretching.

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 Simply Stretch 30 - Flexibility is one of the key components of well-being. Participating in Simply Stretch will increase your range of motion, decrease muscle soreness, reduce joint pain, and contribute to more mobility. Regardless of where you are in your fitness journey, this class is recommended to everyone.

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 Fight® - Group Fight® is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT! Group Fight® and other group fitness classes are included in your Genesis membership. Getting Started

Group Ride® - Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON! Group Ride® and other group fitness classes are included in your Genesis membership. Getting Started

R30® - R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. **EVERYONE FINISHES FIRST!** R30® and other group fitness classes are included in your Genesis membership.

Getting Started