

# Salina Class Descriptions

**Boot Camp 45** - 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.

**Cardio Dance** - This dance class combines fitness and fun! A cardio and sculpting fusion that offers great moves and rhythms for all skill levels and all ages. This is a dance party with a cardio boost!

**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

**Strength 60** - Strength 60 will train your body from head to toe. Work every major muscle group using various equipment such as loaded bars, dumbbells, resistance bands, and your own body weight. Strength training helps burn calories post workout and the on-going benefits include improved bone density, ligament and joint strength, better posture, and more energy. Move better and get stronger with Strength 60.