

# St. Joseph 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.

**Cardio/Strength Intervals 45** - All Interval training can boost stamina and improve athletic performance but combining intense cardio and strength exercises with periods of rest or lower intensity movements keeps your body guessing so those workout plateaus are highly unlikely. The mix of cardio and strength tests both the heart and the muscles. Although this format is designed as a fitness challenge, it is absolutely attainable for every body. Equipment usage varies by location.

**Hatha Yoga** - Welcome to Hatha Yoga here at Genesis Health Clubs. This class is designed to create a more intentional and focused practice. Hatha Yoga involves a set of physical postures and breathing techniques that are practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga yoga. Holding poses longer allows for focus on alignment, strengthening the muscles, and gaining deeper flexibility through longer-held stretches. The Genesis yoga instructors will walk you through your Hatha Yoga flow and encourage you to maintain the tranquil and empowered mindset needed to challenge your practice. Hatha Yoga and other group fitness classes are included in your Genesis membership or free day trial. You can find full details about Hatha Yoga class times, locations, and schedules below. We also offer this class in 75-minute and 90-minute variants. Get ready to deepen your practice today with Hatha Yoga.