

West Central Class Descriptions

Aqua Surge - This cardio-focused, all-levels aquatics class is geared toward improving your heart health and overall fitness. This workout uses your own body and water resistance to increase heart rate and build stamina. As your heart rate surges, you improve your health.

Barre 45 - If you need your barre class and are short on time, Barre 45 is for you. This Pilates-based, full-body workout is inspired by the traditional ballet barre training. Our BARRE class provides a high-intensity workout that will increase your strength, especially in the core and legs. Over time, you will also find that this class helps you increase your range of motion and improve your flexibility. Genesis BARRE classes are led by knowledgeable, experienced, motivating, and welcoming fitness instructors.

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.

Yoga 60 - Welcome to yoga here at Genesis Health Clubs. Our yoga classes offer a comprehensive and relaxing mind, body, and spirit experience. Improve your flexibility, build strength, increase endurance, and work toward your fitness goals with this deeply rewarding group fitness class. Our knowledgeable and experienced instructors welcome yogis of all levels. Whether you are a seasoned yogi or trying yoga class for the first time, our experts will help you modify movements to your comfort level. Genesis yoga classes incorporate elements of strength, breathing, and meditative relaxation—all skills that will benefit you both inside and outside of the gym. Whether you are looking for an outlet to deepen your yoga practice or help your muscles recover between high-intensity workouts, this class is for you. You can experience our yoga classes for free with a Genesis Health Clubs free day membership trial. View our yoga class times by location below, and visit your local Genesis Health Club to get started today!