



Your Group Exercise questions answered

WHAT IS NEW IN GROUP EXERCISE AT GENESIS?

Genesis believes in bringing our members the very best in Group Exercise classes. In February, we will be upgrading many of our current classes!

WHY THE CHANGE?

We spent the last six months researching the best group exercise programs in the world to determine which partners would get the most people moving in our communities. Our analysis concluded that our new classes received higher ratings from members and instructors, were better attended and offered better results and more variety. This will bring our group exercise program to the next level, and we could not be more excited to share these new classes with our members.

WHAT IS BEING ADDED?

In February, we will be upgrading and expanding our classes with new workouts and new music. Later in the year, we look to expand our offerings with additional new programs at all 41 locations, including Group Core, and Group Active. This change does not impact our freestyle formats like RIPPED, Yoga, Zumba, G-Cycle or PiYo.

Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

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 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!

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!

Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

HOW ARE THESE NEW CLASSES DEVELOPED?

For many of our new classes, we are partnering with MOSSA, a leading provider of group exercise programs to clubs in many countries. The MOSSA Program Development team works 300+ hours on each and every workout. This includes a methodical testing phase of 150 test classes where they program music and exercise to ensure the workout is motivational, safe and effective. Workouts are tested, internally and externally, with over 2,000 participants before being finalized. The development team partners with SAIFAM, their exclusive music supplier, to create diverse music, which is custom engineered around the workout, designed to get people moving!

WHAT IS MOSSA?

MOSSA has been inspiring people to be healthy since the 70s. Formerly known as **Body Training Systems**, they have always been at the core of the health club movement. In the early 90s, they invented The Original STEP, which remains a staple in health clubs around the world. In 1997 they brought Les Mills programs to the United States and Canada. Until 2005, they trained Les Mills instructors and distributed the programs in North America. It was at that time, MOSSA began developing their own Group Exercise programs here, in the United States. Today they offer professionally developed programs to fitness facilities. In addition, they were chosen by Microsoft as the content provider for Xbox fitness. Every MOSSA program is designed to inspire people of all fitness levels, from rookies to veterans.

WHEN CAN I TRY THE NEW CLASSES?

New classes begin rolling out in February. In the meantime, we will be bringing special sneak previews for you to try out the new classes ahead of time. We are sure you will love the new formats and we cannot wait for you to try them. Your instructors have received extensive training in preparation for the fun and excitement. These new and upgraded classes will bring our Group X program to the next level. Whatever you do, keep moving!