

Boardwalk Class Descriptions

Barre 60 - Welcome to BARRE class at Genesis Health Clubs! 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. This class will help you meet your fitness goals as you burn calories while toning, stretching, strengthening, and elongating your muscles. Best of all, unlimited BARRE and other group fitness classes are included with your Genesis Health Clubs membership. Class times and locations are detailed below. You can also try BARRE for free today with our free day membership pass. Get in touch with your local Genesis location to get started today!

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 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 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 - 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 Power® - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP! Group Power® and other group fitness classes are included in your Genesis membership. Getting Started

HIGH Fitness - HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense but easy to follow choreography. HIGH Fitness produces high caloric burn and full body toning through its carefully formulated programming that alternates between intense cardio peaks and toning tracks. Take it HIGH or take it low, but join us for a workout that is bigger, better, HIGHER!

HIIT Chaos - HIIT Chaos contains multiple work to rest ratios and a variety of cardio, strength, and core movements for a fantastically innovative new HIIT program. Chaos burns contains intense calorie-burning exercises based on the latest evidence-based research for maximizing results. HIIT Chaos will transform your body and mind in new ways and lets you, the participant, to train exactly like you want to. It truly is the only workout created to meet you where you are. All fitness levels welcome.

MixedFit® - MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.

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.

U-Jam Fitness - Combining the energy and grittiness of urban dance with fitness, U-Jam is a cardio dance experience that feels more like a 90's House Party than a workout. U-Jam brings funky, adrenaline-based beats from around the world with easy-to-follow choreography, so everyone, everywhere can get their Jam on.

WERQ® - WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. Our dance space is built on good vibes, a great sweat, and a supportive community. Routines are programmed by Certified Fitness Professionals, to be safe and effective. The signature WERQ® warmup previews the dance steps used in class and the signature WERQ® cooldown includes balance and yoga inspired poses. Are you ready to WERQ®?

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!

Zumba® - Welcome to Zumba® at Genesis Health Clubs. Are you looking for a fun and exciting way to get fit? Zumba® is the class for you. This workout features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy-to-follow dance steps. Our experienced instructors will guide you through these steps and keep you motivated throughout the class. Between the uplifting music and energizing movements, you will forget the "work" in workout. Genesis Health Clubs members can access unlimited Zumba® as well as our other group fitness classes. You can even try our Zumba® classes for free with our free day trial membership. Call or visit your nearest Genesis Health Club location today to get started!