East Central Class Descriptions

GENESIS Core 4 - Core 4 is a 30-minute core centric focused workout that includes four segments of core work each approximately 6 minutes in length. The exercises in this format include standing exercises, prone and supine core exercises, as well as posterior chain work of the glutes and hamstrings. All Core 4 classes end with a 2-minute finisher and stretching.

Group Centergy® - 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 Centergy® and other group fitness classes are included in your Genesis membership. Getting Started

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

Strictly Strength - The challenge, rhythm, and motivation never stop in this 'reps-sets-load' strength training workout, using music to drive your movement. Target, isolate and fatigue, every major muscle group the the body - head to toe - using barbells, dumbbells and bodyweight. Increase strength and physical confidence, while improving bone density, body composition, and appearance.

Yoga Gentle - Welcome to Gentle Yoga here at Genesis Health Clubs. If you have been curious about yoga but don't know where to begin, this class can provide a seamless yoga introduction. This class is also perfect for individuals recovering from an injury or just looking for a light and relaxing class. A more moderate approach than traditional yoga, Gentle Yoga focuses on postures designed to release tension. Gentle, static poses stretch and open the body while relaxing the mind. Yoga props, such as blocks and straps, may be used to assist in your balance & deepening of your stretches. If you still face challenges during your yoga practice, our experts will help you find a safe and comfortable moderation. The welcoming Genesis Health Clubs fitness community and patient, experienced, and knowledgeable yoga instructors will support you along your yoga journey. Gentle Yoga and all other group fitness classes are included in your Genesis Health Clubs membership. If you are not yet a member, you can try Gentle Yoga for free with our free day trial pass. Visit a Gentle Yoga class at your local Genesis Health Clubs location to unwind and recover today!