

Fort Collins Club 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!

Basic Training - Basic Training refers to a 60-minute bootcamp-type format that can include cardio, weights, bodyweight exercises, sports specific training, and plyometrics. This class is different every time you join, to keep you challenged and focused. Work hard, build muscle, burn calories, and you'll be hiving all your new friends after this one!

Cardio/Strength Intervals 60 - 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.

LES MILLS CORE™ 30 - Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Step - The Step workout remains a group fitness favorite, and this cardio class will leave you sweating and strong, thanks to classic Step work. Options are given, and participants of all levels of fitness will find success.

Vinyasa Flow Yoga - Explore the fundamentals of Vinyasa Flow Yoga and build upon them by learning new transitions and beginner to intermediate level postures. We link breath to movement, providing a rhythmic, upbeat, and athletic moderately pace to class. Build strength, endurance, and flexibility through powerful flows. This class is designed for all levels of yoga experience.