

Hickman Road Class Descriptions

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.

GENESIS 6S Strength 30 - This format is designed to aid in your muscle building efforts. If you don't believe that serious resistance training will change you... think again. We'll teach you how to lift weights right so you can take what you learn into the weight room. There's no cardio in this class. There are no crunches... just heavy dumbbells (or kettlebells) and you. This is low reps hitting a mixture of muscle groups. Will your heart rate go up? Darn right it will. Take a risk. Dig deeper. Work harder. Get stronger. Create Success!