

# KC Racquet Club 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.

**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!

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

**Yoga Foundations** - As an extension to the newly developed Genesis signature formats, Yoga Foundations is a series of Yoga postures designed around a Hatha Yoga style arc. This set sequence uses a variety of traditional seated, standing, and floor postures, with an emphasis on breath and alignment. In this class, you will build strength and stamina, increase flexibility, and challenge your balance. This is a great format for both beginner and seasoned participants as, per its design, it will have you feeling refreshed, restored, and renewed.