

# Lawrence North Class Descriptions

**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!

**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!