Manhattan Class Descriptions

Aqua Athlete - This full body water-based workout is designed to improve cardiovascular fitness, strength, range of motion and endurance. Strength and cardio exercises, using both equipment and water/body resistance, produce results in aerobic and anaerobic capacity, as well as head-to-toe strength.

MixxedFit® - MixxedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.

Yoga 60 - Welcome to yoga here at Genesis Health Clubs. Our yoga classes offer a comprehensive and relaxing mind, body, and spirit experience. Improve your flexibility, build strength, increase endurance, and work toward your fitness goals with this deeply rewarding group fitness class. Our knowledgeable and experienced instructors welcome yogis of all levels. Whether you are a seasoned yogi or trying yoga class for the first time, our experts will help you modify movements to your comfort level. Genesis yoga classes incorporate elements of strength, breathing, and meditative relaxation—all skills that will benefit you both inside and outside of the gym. Whether you are looking for an outlet to deepen your yoga practice or help your muscles recover between high-intensity workouts, this class is for you. You can experience our yoga classes for free with a Genesis Health Clubs free day membership trial. View our yoga class times by location below, and visit your local Genesis Health Club to get started today!

Yoga Stretch and Restore - Restore body and mind as we promote a sense of slow unwinding. Postures will be held for longer periods of time to target the connective tissues, providing a deeper stretch and greater range of motion in joints throughout life. The work primarily takes place on the floor and may include props to assist. Geared towards all levels; no yoga experience necessary.