

Miramont North 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!

BODYPUMP™ 60 - BODYPUMP™ is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Cardio Kickboxing - The combination of martial arts with fast-paced cardio provides a fun & challenging opportunity to practice your kickboxing techniques. The high-energy workout challenges beginner and athlete alike as we increase cardio conditioning, full-body strength, and overall fitness.

LES MILLS TONE™ 45 - LES MILLS TONE™ is the optimal mix of strength, cardio and core training this is it. Step into class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE™ has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

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.