

Miramont South Class Descriptions

Basic Training - Basic Training refers to a 60-minute bootcamp-type format that can include cardio, weights, bodyweight exercises, sports specific training, and plyometrics. This class is different every time you join, to keep you challenged and focused. Work hard, build muscle, burn calories, and you'll be hiving all your new friends after this one!

BODYATTACK™ 45 - A 45-minute version of BODYATTACK™, a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A trained instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way and leaving you with a sense of achievement.

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.

GENESIS Ultimate Upper Body - Who doesn't want a strong and lean upper body? Shape and define your arms, back, chest, and core with 30-minutes of intense exercises that will have you feeling and looking your best. A similar format to our Genesis signature format, Rock Bottoms, we dropped a cardio power move into each block to give you variety and raise the heart rate. You're welcome. ** Genesis Health Clubs Signature Format **

Hatha Yoga - Welcome to Hatha Yoga here at Genesis Health Clubs. This class is designed to create a more intentional and focused practice. Hatha Yoga involves a set of physical postures and breathing techniques that are practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga yoga. Holding poses longer allows for focus on alignment, strengthening the muscles, and gaining deeper flexibility through longer-held stretches. The Genesis yoga instructors will walk you through your Hatha Yoga flow and encourage you to maintain the tranquil and empowered mindset needed to challenge your practice. Hatha Yoga and other group fitness classes are included in your Genesis membership or free day trial. You can find full details about Hatha Yoga class times, locations, and schedules below. We also offer this class in 75-minute and 90-minute variants. Get ready to deepen your practice today with Hatha Yoga.

LES MILLS CORE™ 30 - Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

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.

SPINNING® - Welcome to SPINNING® here at Genesis Health Clubs! Spinning provides a low-impact workout that boosts your heart rate and tones your lower body. Participants will experience a challenging, exhilarating, and fun workout with a Genesis Health Clubs Spinning® certified instructor. This class is designed to help you improve all aspects of your fitness. This includes mental and physical endurance, strength, and overall performance, all while exploring different workout intensities. You can adjust your individual bike's speed and resistance in Spinning® to accommodate your preferences and experience level. All levels welcome are welcome to this indoor cycling class. We recommend that first-time participants come early to learn our bikes and that all participants consider bringing their water bottles and heart rate monitors. Spinning® and other Genesis classes are included in your membership. If you are not a Genesis Health Club member, you can try Spinning® for free with our free day trial. View the full Spinning® class times, details, and locations below. Visit your nearest Genesis gym to experience the benefits of indoor cycling today!