

Olathe Ridgeview Class Descriptions

GENESIS Rock Bottoms - Need a 30-minute workout that focuses 100% on your bottom? Then this class has your name written all over it. Every exercise concentrates entirely on your legs: hamstrings, quads, and glutes. Strengthen and lift your lower body while slipping in additional core work that tightens and tones your center. No matter what season we're in, you'll want to include this class in your weekly routine. We also added a unique power move that throws in a little cardio into the mix for an increase in calorie burn. ** Genesis Health Clubs Signature Format **

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 **

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!