

Overland Park Class Descriptions

Zumba® 30 - 30 Min. Format. 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

Barre 45 - If you need your barre class and are short on time, Barre 45 is for you. 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.

Genesis Simply Stretch 45 - 45 min. format. Flexibility is one of the key components of well-being. Participating in Simply Stretch will increase your range of motion, decrease muscle soreness, reduce joint pain, and contribute to more mobility. Regardless of where you are in your fitness journey, this class is recommended to everyone.

Kids On The Move - A Genesis class for the precious lil humans in your life ages 3-6 years. In this 45-minute format, we'll practice movement for improved motor skills, balance, coordination, and support skill development. While you're in your class, bring your child to theirs. They'll love the social interaction too!

Pilates Fusion - Combining traditional Pilates exercises with resistance training, barre, yoga or other formats provides a versatile workout that never gets old. Modifications are provided to increase or decrease the intensity of each exercise. A variety of equipment may be added to challenge you in new ways to improve your overall balance, strength and flexibility.

Pilates Mat 45 - In 45-minutes, beginners to athletes will benefit from this multi-level floor based Pilates class. Non-impact core strengthening will improve posture, balance and coordination. Equipment such as Pilates rings and weightless balls may be used to intensify exercises. Whole body movements that incorporate several muscle groups at the same time help facilitate better movement throughout life.

POUND® 30 - 30 min. Format. Channel your inner rockstar with this full body cardio-jam session. Using lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Rock your workout!