

# Sprague Class Descriptions

**Group Power®** - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. POWER UP! Group Power® and other group fitness classes are included in your Genesis membership. Getting Started

**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!