

Tara Plaza Class Descriptions

Boot Camp 45 - Welcome to Boot Camp here at Genesis Health Clubs. This workout class offers a high-intensity circuit focusing primarily on functional movements and interval training. Curated by our Genesis experts and targeted to help you build muscle, burn calories, and lose weight, our Boot Camp will leave you feeling strong and accomplished. Get impressive results through a mix of exercises that ensure no two classes will be the same. No previous experience required, and all fitness levels are welcome...but get ready to sweat! Our experienced Boot Camp instructors will guide you through these exercises and help you find any modifications you may need to be successful. View details about our Boot Camp times and locations below, and visit your nearest Genesis Health Clubs location to partake in this workout revolution. If you are not yet a Genesis member, you can try Boot Camp and other Genesis fitness classes for free with a free day pass. We look forward to helping you enjoy your next Boot Camp class at Genesis.

Cycle 45 - Welcome to Cycle at Genesis Health Clubs. This 45-minute class was created to challenge anyone from the outdoor rider, the studio cycling enthusiast, the beginner, and everyone in between. The Cycle fitness approach uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. Expect to raise your heart rate, burn a lot of calories, tone and challenge the lower body, and build endurance. Our skilled and experienced cycling instructors will guide you through a calculated workout designed to deliver a great workout that is tons of fun. With full control of your speed and resistance, we have no doubt you will keep coming back as your comfort level builds and your fitness level improves. First-time cycling participants are encouraged to arrive 10 minutes early for bike fitting and familiarization. Cycle 45 class times, details, and locations are listed below. You can experience Cycle 45 and other Genesis fitness classes for free today with your membership or a free day trial pass. Perfect for experienced cyclists, new beginners, and everyone in between, visit your local Genesis Health Clubs location to try Cycle today!

GENESIS 6S Strength 30 - This format is designed to aid in your muscle building efforts. If you don't believe that serious resistance training will change you... think again. We'll teach you how to lift weights right so you can take what you learn into the weight room. There's no cardio in this class. There are no crunches... just heavy dumbbells (or kettlebells) and you. This is low reps hitting a mixture of muscle groups. Will your heart rate go up? Darn right it will. Take a risk. Dig deeper. Work harder. Get stronger. Create Success!

GENESIS Core 4 - Core 4 is a 30-minute core centric focused workout that includes four segments of core work each approximately 6 minutes in length. The exercises in this format include standing exercises, prone and supine core exercises, as well as posterior chain work of the glutes and hamstrings. All Core 4 classes end with a 2-minute finisher and stretching.

GENESIS Simply Stretch 30 - 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.