

Topeka Southwest Class Descriptions

Aqua Athlete - This full body water-based workout is designed to improve cardiovascular fitness, strength, range of motion and endurance. Strength and cardio exercises, using both equipment and water/body resistance, produce results in aerobic and anaerobic capacity, as well as head-to-toe strength.

Aqua Surge - This cardio-focused, all-levels aquatics class is geared toward improving your heart health and overall fitness. This workout uses your own body and water resistance to increase heart rate and build stamina. As your heart rate surges, you improve your health.

Aqua Zumba® - The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body toning, and most of all, exhilarating beyond belief!

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.

Cycle 30 - Welcome to Cycle at Genesis Health Clubs. This 30-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 30 class times, details, and locations are listed below. You can experience Cycle 30 and other Genesis fitness classes for free today with your membership or a free day trial pass. Perfect for experienced cyclers, new beginners, and everyone in between, visit your local Genesis Health Clubs location to try Cycle today!

R30® - R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. EVERYONE FINISHES FIRST! R30® and other group fitness classes are included in your Genesis membership. Getting Started

Yoga Gentle - Welcome to Gentle Yoga here at Genesis Health Clubs. If you have been curious about yoga but don't know where to begin, this class can provide a seamless yoga introduction. This class is also perfect for individuals recovering from an injury or just looking for a light and relaxing class. A more moderate approach than traditional yoga, Gentle Yoga focuses on postures designed to release tension. Gentle, static poses stretch and open the body while relaxing the mind. Yoga props, such as blocks and straps, may be used to assist in your balance & deepening of your stretches. If you still face challenges during your yoga practice, our experts will help you find a safe and comfortable moderation. The welcoming Genesis Health Clubs fitness community and patient, experienced, and knowledgeable yoga instructors will support you along your yoga journey. Gentle Yoga and all other group fitness classes are included in your Genesis Health Clubs membership. If you are not yet a member, you can try Gentle Yoga for free with our free day trial pass. Visit a Gentle Yoga class at your local Genesis Health Clubs location to unwind and recover today!