

Ward Parkway Class Descriptions

Barre 60 - Welcome to BARRE class at Genesis Health Clubs! 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. This class will help you meet your fitness goals as you burn calories while toning, stretching, strengthening, and elongating your muscles. Best of all, unlimited BARRE and other group fitness classes are included with your Genesis Health Clubs membership. Class times and locations are detailed below. You can also try BARRE for free today with our free day membership pass. Get in touch with your local Genesis location to get started today!

Barre Above® 45 - Our Barre Above® certified instructors blend the latest exercise science with the principles of the Lotte Berk method (the genesis of the Barre movement) delivering a fusion of ballet, Pilates, yoga, and strength training to the workouts. This program is designed for a wide range of fitness levels, ages, and bodies. Instructors provide progressions for seasoned barre enthusiasts and modifications for those new to this format so all feel challenged and successful.