

Woodland Hills Class Descriptions

Aquatic Mobility - Aquatic Mobility is a low impact, warm water workout, that combines mobility, movement, core, balance and much more. This workout is tailor made for all fitness levels, utilizing different exercises and the warmth of the Therapy pool to help you feel better, move better and live healthier.

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 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.

SHiNE Dance Fitness™ - SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

SilverSneakers® Circuit - Welcome to SilverSneakers® Circuit here at Genesis Health Clubs. This class is designed to combine fun with fitness for older adults. Increase your cardio and muscular endurance with this modifiable standing circuit workout. SilverSneakers® Circuit classes alternate non-impact aerobic choreography for cardio strengthening with upper body exercises using hand-held weights, elastic tubing with handles, and SilverSneakers® balls. A chair is available for support, stretching, and relaxation exercises. The experienced, motivating, and welcoming Genesis Health Clubs fitness professionals will guide you through the SilverSneakers® Circuit workout and help you find any modifications you may need to achieve a safe, healthy, and comfortable session. Silver Sneakers® workouts are accessible to older adults of all fitness levels and experience. To get you moving and help you stay active, Genesis offers a wide variety of SilverSneakers® classes for our members to enjoy. If you are not yet a Genesis Health Clubs member, you can experience SilverSneakers Circuit, other group fitness classes, and our outstanding gym amenities with a Genesis Free Trial. Full SilverSneakers® Circuit class times, locations, and details are listed below. Visit your nearest Genesis Health Clubs location to experience SilverSneakers® Circuit today!

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!