



barre

Offered Exclusively at
GENESIS HEALTH CLUBS

Pilates Group Reformer

These classes of four students are done on the reformer. The Pilates Reformer is a spring loaded machine which provides a whole body workout. These classes are set up by appointment. Fees range from \$240-\$300 for a package of 12 sessions. To join or schedule a class please contact our studio at 316.634.3120

Pilates Mix & Pilates Mat Classes

These Pilates group classes will challenge the whole body with an emphasis on the core region. Exercises are done on the mat and will use a variety of props such as, the circle, flex bands and foam roller. The mat series is an open level class and are included in your Genesis membership. No sign up required.

BARRE

The BARRE workout is a Pilates based, full body workout set to music. Our BARRE class is a high intensity workout that will increase strength throughout the whole body, especially the core and legs, and increases range of motion and flexibility. BARRE class is included in your Genesis membership. No sign up required.

PILATES SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR
Monday	5:30 a.m.	BARRE	Brittni
Monday	10:00 a.m.	Group Reformer	Beth
Monday	5:45 p.m.	BARRE	Aisha
Tuesday	10:00 a.m.	Group Reformer	OPEN
Tuesday	11:00 a.m.	Pilates Mix (Studio C)	Kelli
Wednesday	8:00 a.m.	Group Reformer	Kelli
Wednesday	10:00 a.m.	BARRE	Galina
Wednesday	5:45 p.m.	BARRE	Brittni
Thursday	8:00 a.m.	BARRE	Kelli
Thursday	10:00 a.m.	Group Reformer	OPEN
Thursday	11:00 a.m.	Pilates Mat (Studio C)	Kelli
Friday	10:00 a.m.	BARRE	Darcy
Saturday	9:00 a.m.	BARRE	Galina/Brittni
Saturday	10:15 a.m.	Group Reformer	OPEN

For questions, contact Kelli Harsh at Kharsh@genesishealthclubs.com or call 316-634-3120