



GROUP EXERCISE



GENESIS-BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADRENALINE 6:00-6:45am Susan A	ADRENALINE 6:00-6:45am Erin A	ADRENALINE 6:00-6:45am Ivana A	ADRENALINE 6:00-6:45am Erin A	CONNECT CYCLING 6:00-7:00am Steve	CONNECT CYCLING 7:15-8:15am Steve	YOGA FOR ATHLETES 10:00-10:45am Susan A
CONNECT CYCLING 6:00-7:00am Steve	ULTIMATE CONDITIONING 8:30-9:15am Leslie A	CONNECT CYCLING 6:00-7:00am Steve A	ULTIMATE CONDITIONING 8:30-9:15am Amanda A	FUNCTIONAL STRENGTH 7:15-7:45am Pat A	CONNECT CYCLING 8:30-9:30am Steve	
AQUA AEROBICS 8:00-9:00am Pat	BARRE 45 10:30-11:15am Brittany C	FUNCTIONAL STRENGTH 7:15-7:45am Pat	BARRE-FIGHT 10:30-11:15am Brittany A	AQUA AEROBICS 8:00-9:00am Pat	BASIC TRAINING 8:45-9:30am Susan A	
ULTIMATE CONDITIONING 8:30-9:15am Amanda A	PM	AQUA AEROBICS 8:00-9:00am Pat	PM	BODY BLAST 8:30-9:15am Rebecca A	YOGA FLOW 9:30-10:30am Shannon C	
20-20-20 9:30-10:30am Rebecca A	CYCLE 30 12-12:30pm Chelsea	20-20-20 9:30-10:30am Rebecca C	CYCLE 30 12-12:30pm Chelsea		TRX 9:45-10:30am Steve A	
YOGA 60 10:30-11:30am Rebecca C	HIIT IT & QUIT IT 5:45-6:30pm Diane A	YOGA 60 10:30-11:30am Rebecca	CARDIO STRENGTH INTERVALS 45 5:45-6:30pm Laura A	REFIT 6:35-7:30pm Christin A		
PM		PM				
CARDIO STRENGTH INTERVALS 45 5:45-6:30pm Laura A		CARDIO STRENGTH INTERVALS 30 6:00-6:30pm Susan A				
		YOGA FOR ATHLETES 6:30-7:15pm Susan				

GENESIS-LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 60 9:00-10:00am Deb	STRENGTH 45 8:15-9:00am Rebecca	CYCLE 60 9:00-10:00am Deb	STRENGTH 45 8:15-9:00am Rebecca	CYCLE 60 9:00-10:00am Deb	STRENGTH 45 9:00-9:45am Rebecca	
FUNCTIONAL STRENGTH 10:00-10:30am Deb	YOGA 60 9:00-10:00am Rebecca	GENESIS CORE 4 10:00-10:30am Susan	YOGA 60 9:00-10:00am Rebecca	FUNCTIONAL STRENGTH 10:00-10:30am Deb	YOGA 45 10:00-10:45am Rebecca	
			YOGA FLOW 6:30-7:15pm Lindsay			

CLASS DESCRIPTIONS

20-20-20 BW

Cover all the bases with this hour-long all-around workout class consisting of 20 minutes strength + 20 minutes cycling + 20 minutes of stretch & yoga. ALL FITNESS LEVELS.

ADRENALINE BW

This high powered interval class alternates various work to rest rations for variety and intensity for the most effective muscle-building, calorie-burning workout. ALL FITNESS LEVELS.

AQUA AEROBICS BW

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

BARRE 45 BW

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. ALL FITNESS LEVELS.

BARRE FIGHT BW

This class seamlessly blends the elegance of Barre workouts with the vigor of kickboxing. Elevate your heart rate, sculpt your muscles, and embrace the burn as you move through a fusion of ballet-inspired exercises and energizing kickboxing movements. ALL FITNESS LEVELS.

BASIC TRAINING BW

45-minute bootcamp-type format that can include cardio, weights, bodyweight exercises, sports-specific training, and plyometrics. Class is different every time to keep you challenged and focused. Work hard, build muscles, & burn calories.

BODY BLAST BW

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

CARDIO STRENGTH INTERVALS 30/CARDIO STRENGTH INTERVALS 45 BW

This mix of cardio and strength with periods of rest/lower intensity will keep your body guessing so training plateaus are unlikely. This fitness challenge tests both the heart and the muscles and is attainable for every body.

CYCLE 60/CYCLE 30 LTC BW

This 60-minute class 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. Designed to deliver a great workout that is tons of fun. ALL FITNESS LEVELS.

HIIT IT & QUIT IT BW

Get your heart rate up with this calorie-burning workout that includes weights, strength, and core. HIIT It & Quit It is a very effective and powerful workout in a short amount of time. ALL FITNESS LEVELS.

FUNCTIONAL STRENGTH BW LTC

A low impact workout that incorporates whole body movement to improve strength, balance, and confidence! Added benefits include increased range of motion, improved bone density, joint strength, better posture and more energy. Everyone is welcome!

GENESIS CORE 4 LTC

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.

REFIT® BW

powerful moves set to positive music and is structured around cardio-dance and toning movements to give you a total-body workout. Using fun and uplifting music, REFIT® is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

STRENGTH 45 LTC

Train your body from head to toe and work every major muscle group using various equipment such as loaded bars, dumbbells, resistance bands, and your own body weight. Added benefits include improved bone density, ligament and joint strength, better posture, and more energy.

TRX BW

Non-stop class using gravity and body weight to develop strength, flexibility, and core stability. ALL FITNESS LEVELS.

ULTIMATE CONDITIONING BW

Cardio + strength training for a full body workout that delivers a unique and challenging experience from week to week. Variations and modifications for all exercises so all fitness levels are welcome.

YOGA 45/YOGA 60 BW LTC

A system of flowing, breath-synchronized movements to improve overall physical and mental wellness. ALL FITNESS LEVELS.

YOGA FLOW BW

Bring a new rhythm and challenge to your practice through sun salutations that emphasize strength and flexibility. You will go through a series of poses that connect and flow. This class works the body to the core while stretching your muscles and opening your joints. Focus on alignment, widen your muscle usage, and incorporate breath with movement to improve your range of motion. ALL FITNESS LEVELS.

YOGA FOR ATHLETES BW

Yoga that combines core work and mobility and is designed to meet essential needs for an athlete's body. ALL FITNESS LEVELS.

NEED TO CANCEL? Classes are free for Genesis Full Members, but if you need to cancel your spot, you must cancel 24 hrs in advance of class or you will be charged a no-show fee.