YOUTH FITNESS classes & programs

COMPLIMENTARY CLASSES

REGISTRATION REQUIRED | November 2026

YOUTH SPECIALTY CLASSES	MON	TUE	WED	THUR	SAT
9:00AM - 9:45AM					FOUNDATIONS *YAC* *Ages 6-9*
4:00PM - 5:00PM	ELITE *Weight Room* *Ages 14-18*	ELITE *Weight Room* *Ages 14-18*		ELITE *Weight Room* *Ages 14-18*	
5:00PM - 6:00PM				PREMIER *Weight Room* *Ages 10-13*	
6:00PM - 6:30PM		FOUNDATIONS *YAC* *Ages 6-9*			
6:30PM - 7:00PM				FOUNDATIONS/SPIN *YAC* *Ages 6-9*	

CLASS DESCRIPTIONS

Foundations *(Ages 6–9)*: A fun, movement-based class with games, obstacle courses, and exercises that build coordination, balance, and confidence. Daily app registration required.

Premier *(Ages 10-13): A youth athletic development class focused on speed, agility, strength, balance, coordination, & movement fundamentals in a fun, supportive environment.*

Elite (Ages 14-18)***: A high-performance conditioning class for high school athletes focused on speed, power, agility, strength, and injury prevention.***

Members Must Register for Elevate, Home School PE and Foundations

CLASS REGISTRATION (GENESIS MEMBER PORTAL)

To register for classes, please use the Genesis Member Portal:

- Visit the Genesis Member Portal
- Log in using your email and password

(If you need login assistance, please contact the front desk)

- Navigate to “Classes”
- Select your desired day and class
- Click “Sign Up”
- Select the participant’s name
- Click “Next” and then “Confirm” to complete your registration

Please be courteous to other members by canceling your reservation if you are unable to attend.

TO UNREGISTER:

1. Find your class.
2. Select "Edit Registration"
3. Deselect the participants name "x".
4. Select "unregister" to confirm

Youth Fitness Drop-Off & Pick-Up Procedure

- **Drop-Off:** Parents must walk their child to the designated class location and check in with the instructor.
- **Supervision:** A parent or guardian must remain on the premises during the entire class.
- **Pick-Up:** Children must be picked up promptly at the end of class.
- **Late Pick-Ups:** Any child not picked up within 10 minutes after class ends will be escorted to the Youth Activity Center *(YAC)* for continued supervision.

All classes open for registration 1 week in advance

GENESIS HEALTH CLUBS

JUNIOR FITNESS & YOUTH ACCESS POLICY

CLUB ACCESS

- Members ages 14 and older may use the club without adult supervision.
- Children ages 13 and younger must remain under the direct supervision of a parent or legal guardian (18 or older)
- Children ages 13 and younger must be escorted to the designated studio and picked up from the studio immediately after class.

CARDIO EQUIPMENT

- Members must be 14 or older to use treadmills without adult supervision.
- Children ages 11–13 may use approved cardio equipment, excluding treadmills, with direct adult supervision.
- Direct supervision means the supervising adult must remain nearby and actively watch the child.
- Adults have priority on all cardio equipment. Youth may be asked to vacate equipment when the cardio area is full and an adult is waiting.

JUNIOR FITNESS CERTIFICATION

Genesis offers a fee-based Junior Fitness Certification for members ages 10–13.

Once certified, participants may use designated strength and core-training equipment with direct adult supervision.

Junior Fitness Certification does not include access to all fitness equipment or areas.

FREE WEIGHT ROOM

Members must be 16 or older to use the Free Weight Room.

YOUTH FITNESS PROGRAMS

TRI-KIDS	HOMESCHOOL PE	FOUNDATIONS	PREMIER	ELITE
Ages 8–13	Ages 6–14	Ages 6–10	Ages 10–13	Ages 14+

QUESTIONS?

For more information, contact our Fitness Manager
Taylor Vairin at taylor.vairin@genesishealthclubs.com.

GENESIS HEALTH CLUBS