

Group Fitness



FREE* ONLINE GROUP FITNESS

Workout Anytime, Anywhere, on Any Device!

Ascension Genesys Health Club would like to introduce **ONLINE Group Fitness classes!** We are excited to be offering these Online Group Fitness classes to accommodate our members' busy schedules and allow you unlimited access to Ascension Genesys Health Club!

Visit www.AscensionGenesysHealthClub.com and click on the **Online Group Fitness** banner. This new platform will host an array of new group fitness videos, WOW (Workout of the Week) videos, instructor bios, and MORE! What better way to stay connected to the certified and trained instructors you have grown to love!? With Ascension Genesys Health Club's Online Group Fitness platform you will have access to our most popular Group Fitness classes anytime, anywhere by simply streaming them to your phone, tablet, computer, or TV!

If you have any questions, please contact Group Fitness Manager Amanda Moran at (810) 606-7542 or via email at Amanda.Moran@ascension.org.

**Ascension Genesys Health Club is offering Online Group Fitness free to its members until 12/31/20.*

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

 **Ascension
Genesys**
HEALTH CLUB