

## BALANCE/STABILITY/FLEXIBILITY

**ALIGNMENT VINYASA I/II** Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 will take your practice to the next level.

**BASIC VINYASA** An alignment based Vinyasa class with a slower pace than our Power Vinyasa classes focusing on alignment and posture. Great for anyone working with injuries, just beginning the practice or those pursuing the foundations of yoga.

**BUFF BONES®** combines Pilates, functional movement, strength training and therapeutic exercise to tone your arms, hips, back and abs. Adaptable for all levels.

**CANDLELIGHT VINYASA** Start your week with this candlelight Vinyasa class suitable for all levels.

**HATHA I/II** Designed for everyone, with the emphasis on posture, breath, strength and flexibility. Level II offers options to progress into more difficult postures and sequences.

**PILATES MAT** Lengthen, strengthen and realign through a series of functional movements for the entire body. Classes with props are indicated with a P next to the level.

**POWER VINYASA** A vigorous, fitness-based approach to Vinyasa style yoga. Tone and strengthen your body, clear your mind and gain a sense of accomplishment and empowerment. Some classes taught in heat. See schedule for specifics.

**RESTORATIVE YOGA** This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

**RISE AND SHINE** Stretch and strengthen with this 30 minute yoga class designed to wake up your entire body. The perfect start to your day!

**STRETCH & ALIGN I/II** A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture. Level 2 incorporates more challenging core and balance work.

**STRETCH & ROLL** The ideal way to complete any workout. Treat yourself to 15 minutes of stretching and foam rolling to improve recovery, increase flexibility and reduce muscle soreness.

**THERMAL YOGA®** All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room.

**THERMAL® POWER FUSION** A fusion of the traditional 26 pose format with Asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening.

**YIN/MEDITATION** Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

## CARDIO

**AQUA FIT** Total body strength conditioning and cardio class in the shallow water. May include hand buoys, noodles or steps.

**BODYCOMBAT™** Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

**CVI** Kick up your metabolism as an instructor guides you through interval formats. Bring a fully charged electronic device with the AudioFetch App and a headset. Loaner device available at the Welcome Desk.

**CYCLE 60** From intervals to long hill climbs, this 60-minute class is packed from start to finish. Motivating music to challenge your body and soul.

**DEEP WATER** A great cardio workout including intervals, circuits, balance challenges and strength training.

**ENDURANCE RIDE** Incorporates cycling skills and drills designed to maintain those hard-fought summer fitness gains and build a strong base for next year's peak. Great music and videos to keep you motivated.

**HIGH GEAR** Pedal in groups, roll over hills, chase the pack, climb mountains and sprint your way to burning calories. If your goal is cross-training, maintaining endurance, losing weight or increasing your overall health and fitness level, High Gear is for you.

**HIIT THE ROAD** In this class you will improve athletic capacity and fitness, glucose metabolism and fat burning as well as increase EPOC, resting metabolic rate and VO2 Max.

**INSANITY** Designed for all fitness levels to provide amazing results in a short period of time. This class is intense, but extremely fun and effective. All moves can be modified.

**RIDE & SHINE** Climb, sprint and push your way through rides and always come out feeling ready to tackle any obstacles that come your way the rest of the day.

**SHIFT UP/SPEED UP** Combines cadence building with resistance loading for a workout that will take your cycling to a new level. Physically, it will improve your ability to steadily increase workload. Mentally, it will make you a more confident, aggressive cyclist.

**ZUMBA®** Latin style rhythms featuring interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!

## STRENGTH

**BASIC STRENGTH & STABILITY** Whether you're looking for a first step into fitness, the next step after physical therapy, or simply a way to stay strong, this class is the perfect fit. Using a variety of equipment, engage from head to toe in this full-body workout as you improve your strength, coordination and stability.

**BODYPUMP™** The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

**CXWORX™** 30-minute revolutionary core training. This dynamic workout will challenge your abs, glutes, back, obliques and "slings" connecting the upper and lower body, toning core muscles and improving functional strength.

**POWER HOUR** A combination of the following elements of fitness: muscle strength, endurance, explosive power, flexibility, balance and coordination. LOTS OF VARIETY!

**STRONG 30** 30 minutes of full body strength training using a variety of equipment.

**YOGA SCULPT** This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.

## CARDIO/STRENGTH

**BODYSTEP™** Two formats with variety each week. The athletic format incorporates high intensity interval training using simple athletic moves with circuit inspired functional training. The classic format offers the same great cardio blocks of work and muscle conditioning but also incorporates greater variety in the moves and adds the component of speed and agility training.

**BREAKFAST CLUB** High energy cardio/weight training workout to challenge the mind and body.

**HIIT** (High Intensity Interval Training) The ultimate athletic cardiovascular challenge. Using simple athletic moves, this total body workout will take your fitness to the next level, leaving you sweaty and smiling. Great music and lots of variety!

**TOTAL BODY FIT** This 60-minute class combines cardio, strength and balance work for the perfect total body workout.

MAY

COMPLIMENTARY

# GROUP FITNESS SCHEDULE

CLUB HOURS

Monday – Thursday	5am – 10pm
Friday	5am – 9pm
Saturday – Sunday	6am – 8pm



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!™

In order to make the most efficient use of our studios, Greenwood may discontinue classes if there are less than ten participants for four consecutive weeks, excluding holidays and special events. Thank you for understanding.

VIEW THE SCHEDULE ON YOUR PHONE  
**DOWNLOAD THE CLUB GREENWOOD APP**

COMPLIMENTARY GROUP FITNESS  
**MAY SCHEDULE**

EFFECTIVE MAY 1, 2019

**ANDREA MORRIS** Director of Group Fitness  
 AndreaM@ClubGreenwood.com 303.770.2582 x312

	MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY										
MORNING	5:30-6:00	Rise and Shine	Brian	Jade	5:30-6:00	H.I.I.T.	Jim	1	5:30-6:00	Rise and Shine	Lindsey	Jade	5:30-6:00	H.I.I.T.	Penny	1	5:30-6:00	Rise and Shine	Chris	Jade	8:00-9:00	Shift Up/Speed Up	Linda	Cyc.	
	5:45-6:30	CVI	Penny	ucv	5:45-6:45	Shift Up/Speed Up	Renae	Cyc.	5:45-6:30	CVI	Nicholas	ucv	5:30-7:00	Endurance Ride	Dennis	Cyc.	5:45-6:30	CVI	Tammy	ucv	8:00-9:00	Pilates Mat P1-3	Team	2	
	6:00-7:00	Shift Up/Speed Up	Dennis	Cyc.	6:00-7:00	BODYPUMP™	Jim	1	6:00-7:00	Ride & Shine	Gerry	Cyc.	6:00-7:00	BODYPUMP™	Penny	1	6:00-7:00	Shift Up/Speed Up	Tim	Cyc.	8:00-9:15	Power Vinyasa	Tonya	Jade	
	6:00-7:00	Alignment Vinyasa I	Brian	Jade	6:00-7:00	Thermal Yoga® 60	Lindsey	Jade	6:00-7:00	Alignment Vinyasa I	Lindsey	Jade	6:00-7:00	Thermal Yoga® 60	Elena	Jade	6:00-7:00	Alignment Vinyasa I	Chris	Jade	8:15-9:00	CVI	Jill S.	ucv	
	6:00-6:50	Breakfast Club	Renae	Gym					6:00-7:00	H.I.I.T.	Chrissy	Gym					6:00-7:00	Breakfast Club	Team	Gym	8:30-9:30	BODYCOMBAT™	Geraldine	1	
	6:00-7:00	Pilates Mat P2-3	Pam	2					6:30-7:00	CXWORX™	Nicholas	2					6:00-7:00	Pilates Mat P1-3	Pam	2	9:00-9:30	CXWORX™	Penny	2	
MID-MORNING									7:30-8:45	Power Vinyasa	Tonya	Jade									9:00-10:00	Deep Water	Karen	Pool	
	8:00-9:00	Total Body Fit	Jocelyn	2	8:00-9:00	Pilates Mat P2-3	Pam	2	8:00-9:00	Total Body Fit	Drew	2									9:30-10:30	BODYSTEP™	Andrea	1	
	8:30-9:30	H.I.I.T.	Nicholas	1	8:10-9:00	High Gear	Carol	Cyc.	8:30-9:30	H.I.I.T.	Sherri	1	8:10-9:00	High Gear	Dennis	Cyc.	8:30-9:30	BODYCOMBAT™	Ali	1	9:30-10:30	Thermal Power Fusion	Tonya	Jade	
	9:00-10:30	Thermal Yoga® 90	Elena	Jade	8:30-9:00	BODYPUMP™ 30	Andrea	1	9:00-10:30	Thermal Yoga® 90	Deb	Jade	8:30-9:00	BODYPUMP™ 30	Jim	1	9:00-10:30	Thermal Yoga® 90	Jen	Jade	9:45-10:45	Yoga Sculpt	Lindsey	2	
	9:00-9:30	CXWORX™	Andrea	2	9:00-9:30	CXWORX™	Andrea	1	9:00-9:30	Strong 30	Geraldine	2	9:00-9:30	CXWORX™	Jim	1	9:00-9:30	CXWORX™	Nicholas	2	10:30-11:30	BODYPUMP™	Andrea	1	
	9:15-10:15	Aqua Fit	Crystal	Pool	9:15-10:15	Deep Water	Jeanette	Pool	9:15-10:15	Aqua Fit	Marlene	Pool	9:15-10:15	Deep Water	Jeanette	Pool	9:15-10:15	Aqua Fit	Teresa	Pool	11:00-12:00	Yin/Meditation	Laurel	Jade	
	9:30-10:30	BODYCOMBAT™	Melissa S.	1	9:15-10:15	Hatha I	Malissa	Jade	9:30-10:30	INSANITY	Jim	1	9:15-10:15	Hatha II	Drew	Jade	9:30-10:30	H.I.I.T.	Jim	1					
	9:30-10:30	H.I.I.T the Road	Barbara	Cyc.	9:35-10:35	BODYSTEP™	Andrea	2	9:30-10:30	H.I.I.T the Road	Melissa	Cyc.	9:35-10:35	BODYSTEP™	Andrea	2	9:30-10:30	High Gear	Barbara	Cyc.					
	9:45-10:30	CVI	Jocelyn	ucv	9:35-10:35	Power Hour	Tammy	1	9:30-10:00	CXWORX™	Geraldine	2	9:35-10:35	Power Hour	Tracy	1	9:45-10:30	CVI	Tracy	ucv					
					10:00-10:45	CVI	Lara	ucv	10:00-10:55	Pilates Mat 2-3	Molly	2	10:00-10:45	CVI	Nicholas	ucv	10:00-10:55	Pilates Mat 2-3	Dawn	2					
	10:35-10:50	Stretch & Roll	Jocelyn	1	10:30-11:30	Power Vinyasa	Tonya	Jade	10:00-10:45	CVI	Sally	ucv	10:30-11:30	Power Vinyasa	Malissa	Jade	10:35-10:50	Stretch & Roll	Tracy	1					
	10:45-11:45	Stretch & Align I	Peggy	Jade					10:45-11:45	Stretch & Align II	Drew	Jade	10:45-11:45	ZUMBA®	Kathy	1	10:45-11:45	Stretch & Align I	Peggy	Jade					
AFTERNOON					11:00-12:00	Buff Bones	Alexis	2					11:00-12:00	Basic Strength & Stability	Tracy	2					SUNDAY				
	12:00-1:00	Cycle 60	Sara	Cyc.	12:00-1:00	H.I.I.T. the Road	Gerry	Cyc.	12:00-1:00	Cycle 60	Sara	Cyc.	12:00-1:00	H.I.I.T. the Road	Carol	Cyc.	12:00-1:00	High Gear	Neal	Cyc.	8:15-9:15	Alignment Vinyasa I	Drew	Jade	
	12:00-1:00	Alignment Vinyasa II	Soozie	Jade	12:00-1:00	Power Vinyasa	Tonya	Jade	12:00-1:00	Basic Vinyasa	Malissa	Jade	12:00-1:00	Power Vinyasa	Sara Lyn	Jade	12:00-1:00	Alignment Vinyasa II	Deb	Jade	9:00-10:00	H.I.I.T.	Chrissy	1	
	12:15-1:15	BODYSTEP™	Jim	1	12:15-1:15	BODYPUMP™	Melissa S.	1	12:00-1:00	H.I.I.T.	Rob	1	12:15-1:15	BODYPUMP™	Nicholas	1	12:15-1:15	BODYSTEP™	Chalyce	1	9:00-10:00	Ride & Shine	Linda	Cyc.	
	12:15-1:00	CVI	Joe	ucv																	9:30-10:45	Thermal Yoga® 75	Sara Lyn	Jade	
	1:00-2:00	Pilates Mat 2-3	Charlotte	2																	10:15-11:15	BODYPUMP™	Chrissy	1	
	3:45-4:15	Kids' Yoga (3-5)	Gina	2																	11:30-12:30	Restorative Yoga	Alana	Jade	
	4:15-5:00	Kids' Yoga (6-10)	Gina	2					4:00-5:00	Teen Yoga (11-15)	Brian	2									11:30-12:30	ZUMBA®	Kathy	1	
	5:30-6:00	CXWORX™	Chalyce	1	4:30-5:30	Yoga Sculpt	Brittany	2	5:30-6:00	CXWORX™	Geraldine	1	4:30-5:30	Yoga Sculpt	Lara	2	4:30-5:30	Yin/Meditation	Brianne	Jade	4:00-5:00	Candlelight Vinyasa	Brianne	Jade	
	5:30-6:30	Power Vinyasa	Tambra	Jade	5:00-6:00	ZUMBA®	Tonya L.	1	5:30-6:30	Power Vinyasa	Alana	Jade	5:00-6:00	ZUMBA®	Tonya L.	1	5:30-6:30	BODYPUMP™	Andrea	1					
EVENING	5:30-6:30	High Gear	Carol	Cyc.	5:30-6:15	Pilates Mat P1-3	Rife	2	5:30-6:30	High Gear	Hayley	Cyc.	5:30-6:45	Thermal Yoga® 75	Jen R.	Jade									
	6:00-6:30	BODYCOMBAT™ 30	Chalyce	1	6:00-7:00	H.I.I.T.	Rob	1	6:00-6:30	BODYCOMBAT™ 30	Geraldine	1	6:00-7:00	H.I.I.T.	Rob	1									
	6:00-7:00	ZUMBA®	Mandy	2	6:00-7:00	Basic Vinyasa	Chris	Jade	6:00-7:00	ZUMBA®	Jeru	2	6:00-7:00	Basic Vinyasa	Lara	2									
	6:30-7:30	BODYPUMP™	Chalyce	1	7:00-8:00	Yin/Meditation	Malissa	Jade	6:30-7:30	BODYPUMP™	Nicholas	1	7:00-8:00	Yin/Meditation	Laurel	Jade									
																						NEW CLASS OR CHANGE			
																						HEATED CLASS			