

28 DAY SUMMER CHALLENGE

JULY 20 – AUGUST 16

CARDIO

WEEK	CLASS	DATE
1		
2		
3		
4		



STRENGTH

WEEK	CLASS	DATE
1		
2		
3		
4		

BALANCE/STABILITY/FLEXIBILITY

WEEK	CLASS	DATE
1		
2		
3		
4		

VIRTUAL

WEEK	CLASS	DATE
1		
2		
3		
4		

HOW Complete one thing from every category each week of the challenge.

WHO All Club Greenwood Members

WHY To bring some fun to your summer, provide structure for a well-rounded fitness plan and to be eligible to win some great prizes.

WHAT Those who complete the challenge will be entered to win private training in yoga, Pilates or personal training.

Please consult schedule for times.

MINDFULNESS

WEEK	CLASS	DATE
1		
2		
3		
4		

SPECIAL VIRTUAL EXPERIENCE CLASSES

BARRE

Emma 7/22 11:00am
Megan 8/6 11:00am
Jocelyn 8/12 11:00am

RPM

Barbara 7/23 10:30am
Barbara 8/4 10:30am

SH'BAM

Kathy 7/28 11:00am

BODYFLOW

Malissa 7/27 11:00am
Chris 8/7 11:00am
Emma 8/12 6:30am

MINDFULNESS

Connect with Nature:

Studies have shown the vast benefits of spending time outdoors connecting with nature. Being outside for just 30 minutes a day helps decrease stress, relieve anxiety and depression, and changes your overall attitude. Breathing fresh air helps improve creativity and productivity, while running, walking, hiking and biking are just a few ways to increase your heart rate and strengthen your lungs. Gardening, sitting quietly to journal or watching a sunset can also have calming effects on the mind. Becoming one with nature by experiencing, absorbing and appreciating all that it has to offer will lead to a happier, healthier existence.

Start a daily journal, diary or notebook:

Jotting down your thoughts, emotions and feelings has shown to drastically improve emotional well-being and mood. Additionally, writing out your thoughts regularly improves memory function, reduces stress and serves as a form of meditation, ultimately calming and clearing the mind. There are many ways to express yourself on paper, whether you unleash your creativity through written words or show your imagination through drawings and sketches, enjoy the process and reap its rewards.

Establish a self-care routine:

Self-care is critical to your wellness, longevity, overall positive attitude and happiness, so drop the bad habits and patterns from your life and consider a few of these tips to kick start your new routine. Schedule a massage, indulge in a relaxing bath, lace up your sneakers and take a walk at sunrise or sunset, drop into a nourishing child's pose to help soothe your body's nervous system, drink more water to stay hydrated, fresh and alert. These are all simple, easy acts of self-love and kindness that will help you deepen your relationship with self. Enjoy!

Create space for quiet time each day:

Within the space of your day, find time to be still with your thoughts. Forms of meditation, prayer, contemplation or reflection are all ways to get in touch with yourself. In these spaces, you will find clarity to redefine what matters most, you will discover the peace that comes with letting go of things that no longer serve you and you will discover passion, purpose and potential for a life well lived.

Develop a habit of gratitude:

Being able to always see the silver lining in the midst of chaos and confusion is one way to cultivate a sense of gratitude. It's been said that an attitude of gratitude occurs when you live from a space of abundance, appreciation and thankfulness rather than from a place of fear. "Gratitude unlocks the fullness of life. It turns what we have into enough. It turns denial into acceptance, chaos into order, and confusion into clarity," Melody Beattie, beloved author.

LIVE CLASS SCHEDULE »

ALIGNMENT VINYASA I
BASIC VINYASA
CANDLELIGHT VINYASA
HATHA
PILATES MAT
POWER VINYASA
RESTORATIVE YOGA
STRETCH & ALIGN
THERMAL YOGA®
THERMAL® POWER FUSION
YIN/MEDITATION
YIN/NIDRA
AQUA FIT
BODYCOMBAT™
CVI
CYCLE 60
DEEP WATER
ENDURANCE RIDE
HIGH GEAR
H.I.I.T. THE ROAD
RIDE & SHINE
SHIFT UP/SPEED UP
TOTAL BODY CARDIO
ZUMBA®
BARRE*
BODYPUMP™
CXWORX™
POWER HOUR
YOGA SCULPT
BODYSTEP™
BREAKFAST CLUB
H.I.I.T.
TOTAL BODY FIT

VIRTUAL CLASS SCHEDULE »

BODYFLOW
BODYCOMBAT™
GRIT CARDIO
RPM
SH'BAM
SPRINT
BARRE
BODYPUMP™
BODYPUMP™
CXWORX™
GRIT ATHLETIC
GRIT STRENGTH

Share your journey with the Greenwood family on our members-only Facebook Workout Group for updates, tips, encouragement and more.



SCAN FOR INFO