

BALANCE/STABILITY/FLEXIBILITY

**ALIGN AND FLOW** An energizing style of Vinyasa yoga consisting of creative and intelligent sequences, postures are linked together by sun salutations with fast-paced transitions. A focus is on connecting the breath to movement, as well as safe alignment to maximize the benefits of each asana and reduce susceptibility to injury.

**CANDLELIGHT FLOW** This calming vinyasa class is intended to relax yet energize the body and mind in a cozy and comfortable space. There is a strong focus on the warm-up and cool down periods of class, tied together by an invigorating sequence of creative and intelligent sun salutations. The class focuses on mindful breath-based movement throughout the flow.

**HATHA** This classic form of yoga is a slower paced class with a focus on long holds in the asanas to cultivate mindfulness, increase flexibility and balance, and build both mental and physical stamina.

**POWER FLOW** A vigorous and dynamic style of Vinyasa yoga that includes challenging sequences with advanced transitions and asanas such as arm balances, twists, inversions and backbends. This class will build strength and endurance while increasing flexibility and mindfulness.

**RESTORATIVE YOGA** This nourishing class is intended to heal and reset the mind and body with a series of only a handful of passive, gentle poses. Students will use props including blocks, blankets, bolsters and straps to support the body in the asanas to provide a safe and supportive environment to allow for the mind and body to surrender.

**THERMAL YOGA®** This class is the traditional sequence of 26 asanas and pranayama, practiced in a heated room at the classic 105 degrees and 55% humidity. Heated classes are intended to promote flexibility, as well as cleanse, detox and refresh through intense sweat and focus.

**YOGA BASICS** A therapeutic approach to Hatha yoga, this class emphasizes joint mobility and stability movements to support whole body strength and proper alignment. Basic postures, breath work (pranayama) and meditation techniques will be introduced.

**PILATES MAT** Strengthen and realign through a series of functional movements for the entire body.

**PILATES ATHLETIC MAT** Designed for those seeking a more dynamic and challenging workout. This class combines the foundational principles of Pilates with high-energy, athletic movements to enhance strength, flexibility, and endurance.

**STRETCH AND ROLL** 20-minute guided myofascial release using foam rollers for the purpose of massaging away soreness in trigger points and preparing the body for deeper stretching.

**YIN/NIDRA** This 75-minute class begins with yin yoga, a series of passive, longer-held postures to nourish the connective tissues within the body and prepare the body and mind for the stillYIN/NIDRAYoga Nidra is a guided meditation practice often referred to as yogic sleep. Students enter a state between sleep and wakefulness, intended to offer deep rest.

**YIN** Focuses more on the connective tissues than the muscles. This 60-minute class consists of deep holds to increase flexibility and circulation and renew the body's flow of energy along the meridians, promoting deep relaxation and recovery.

**TAI CHI** A series of slow, gentle standing postures, or forms. Each form flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as moving meditation, as it promotes peace and calm through movement and breathwork, connecting the mind and body. This class will focus on the fundamentals of Tai Chi with an emphasis on alignment, breathwork and relaxation.

**MINDFUL MOVEMENT** This is a gentle somatic yoga class designed to help you decompress and reconnect with your body. Focuses on breath-based practices and meditative movements to promote relaxation and awareness. Release tension, enhance flexibility, and cultivate a sense of inner peace. Slow down, breathe deeply and embrace the present moment. All levels welcome.

**HOT PILATES** This invigorating 45-minute class combines dynamic movements and intense heat to strengthen your core, tone muscles, and improve flexibility. It's designed to boost endurance, burn calories, and enhance posture while giving you a full-body workout that leaves you feeling energized and revitalized.

**FUNCTIONAL MOVEMENT** This class is designed to enhance joint mobility, flexibility and overall body movement. Through a series of dynamic stretches and functional poses, we aim to improve range of motion, reduce stiffness and promote fluid, natural movement patterns. Ideal for all levels, it helps to build strength and stability while increasing mobility for everyday activities and athletic performance.

**CLASSICAL YOGA** Cultivate greater calm, clarity and balance through this introspective class that honors the traditional roots of yoga. Explore somatics, subtle energetics, reflective self-study, Ayurveda and philosophy through asana, pranayama, yoga Nidra and meditation.

**MINDFUL BREATHWORK** Experience the transformative power of conscious breathing in this guided 30-minute class.

CARDIO/STRENGTH

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

**TOTAL BODY FIT** This 45-minute class combines cardio, strength and balance work for the perfect total body workout. All levels.

**LES MILLS GRIT™** 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need.

**SCULPTXV™** SculptXV combines the science of building strength with the excitement of beat-based movement. This workout is accessible to everyone! We utilize dumbbells and resistance bands in a safe, low-impact environment.

**H.I.I.T.** (High Intensity Interval Training) 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.

**HIT FIT\*** A fast-paced workout that incorporates boxing, kickboxing, cardio and strength exercises. Burn calories, build lean muscle, shred your abs and have fun! This class will change you and get you in the best shape of your life.

**CARDIO DANCE** Short and simple steps with repetition. Diverse music spanning the decades includes pop, Latin, hip hop beats and more, followed by a core strength section. All levels welcome.

**LIIT** (Low Intensity/Low Impact Training) Combination of cardio, strength, balance and flexibility without the impact on your joints. Work your whole body using light weights, resistance tubing and body weight exercises.

CARDIO

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

**RIDE** Roll over hills, chase the pack, climb mountains and sprint your way to cardiovascular fitness. If your goal is cross-training, maintaining endurance, losing weight or increasing your overall health and fitness level, our indoor cycling classes are for you!

**RHYTHM RIDE** In this 45-minute workout, ride to the rhythm of motivating music, syncing with the beats to boost your endurance, strength, and cardio fitness. From climbs and sprint intervals to our upper body weight section, each segment is designed to challenge your body while keeping you motivated with the power of the music.

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

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

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

**SHALLOW WATER** Total body strength conditioning and cardio class in the shallow water. Includes hand buoys, noodles or steps.

**TOTAL BODY CARDIO** 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.

**REBOUND 45\*** This 45-minute class provides an intense yet low-impact cardiovascular workout on a mini trampoline. Strength training equipment, such as dumbbells and resistance bands, are also incorporated to add variety. All fitness levels are welcome.

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

STRENGTH

**BARRE\*** This class blends cardio, strength training, flexibility, balance and core conditioning for a total body workout that targets the hips, glutes, abs and arms.

**LES MILLS STRENGTH DEVELOPMENT** Learn how to lift heavier weights and get stronger. Over the course of 12 progressive workouts, you'll build strength step by step, learn proper technique, gain confidence and push your strength to the next level—so you can lift heavier in the gym and feel stronger every time you train.

**LES MILLS 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.

**LES MILLS CORE™** 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!

**YOGA SCULPT** A fitness-based approach to yoga, this vinyasa style class includes hand weights and other props to add an extra element of strength training to your practice. Tone and sculpt all major muscle groups while keeping a focus on mindful breathing and safe form.

AUGUST

LIVE AND LIVESTREAM

COMPLIMENTARY GROUP FITNESS SCHEDULE

**\*NOTE:** Barre, HIT FIT, and Rebound 45 classes: A \$10 fee will be charged for unenrolling less than two hours from class time and a \$20 fee will be charged for no-shows.

CLUB HOURS

Monday – Thursday	5:00am – 9:00pm
Friday	5:00am – 9:00pm
Saturday – Sunday	6:00am – 8:00pm



CLUB GREENWOOD  
THE BEST PART OF YOUR DAY!®

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LIVE AND LIVESTREAM COMPLIMENTARY  
GROUP FITNESS SCHEDULE

AUGUST

EMMA LONG Group Fitness and Yoga Manager  
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EFFECTIVE AUGUST 1, 2025

NEW LIGHTS USED				EFFECTIVE AUGUST 1, 2025																					
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY					
MORNING	6:00-6:55	Pilates Mat 2-3	Lizzy	2	6:00-6:45	Barre	Laura	2	6:00-7:00	Ride	Linda	Cyc.	6:00-6:45	Barre	Megan	2	6:00-7:00	Ride	Tim	Cyc.	8:00-8:45	Rhythm Ride	Brittany	Cyc.	
	6:00-6:50	Breakfast Club	Megan	Gym	6:00-7:00	Thermal Yoga® 60	Danielle	Jade	6:00-7:00	Align and Flow	Brianne	Jade					6:00-7:00	Align and Flow	Carol	Jade	8:00-8:55	Pilates Mat 1-3	Kerry	2	
	6:00-7:00	Ride	Neal	Cyc.	6:00-7:00	BODYPUMP™	Jim	1	6:00-6:50	H.I.I.T.	Megan	Gym	6:00-7:00	Thermal Yoga® 60	Elena	Jade	6:00-6:55	Pilates Mat 2-3	Lizzy	2	8:00-9:00	Power Flow	Tonya	Jade	
	7:00-7:45	LM STRENGTH™	Katie R	1	7:00-7:45	Rebound45	Emma	2	6:50-7:50	SculptXV™	Hayley	2	6:00-7:00	BODYPUMP™	Andrea	1	6:00-6:50	Breakfast Club	Tammy	Gym	8:00-8:45	CVI	Jill S	ucv	
	8:00-8:45	Total Body Fit	Emma	1									7:00-8:00	Total Body Cardio	Felix	2									
	8:00-8:55	Barre ▶	Christy	Opal					7:30-8:30	Power Flow	Tonya	Jade	8:15-9:15	Ride	Dennis	Cyc.	7:05-8:05	SculptVX™	Emma	2	8:00-9:00	H.I.I.T.	Penny	1	
	8:00-9:00	Yoga by the Pool	Team	Pool	8:15-8:45	Mindful Breathwork	Ariella	Jade					8:20-9:20	BODYPUMP™	Payton	1					8:30-9:30	Barre	Team	Opal	
	9:00-9:45	Rebound 45	Emma	2	8:20-9:20	BODYPUMP™	Payton	1	8:00-8:45	Total Body Fit	Emma	1	8:30-9:30	Barre	Grace	Opal	8:20-9:20	H.I.I.T.	Jim	1	9:00-9:30	LM CORE™ ▶	Geraldine	1	
	9:00-10:00	H.I.I.T.	Payton	1	8:30-9:30	Barre	Tyra	2	8:00-8:55	Barre ▶	Christy	2	9:00-9:55	H.I.I.T.	Geraldine	2	8:30-9:30	Barre	Emma	2	9:25-9:55	GRIT™ ▶	Geraldine	1	
MID-MORNING	9:00-10:00	Shallow Water	Team	Pool	9:00-10:00	Hatha	Malissa	Jade	9:00-9:45	Rebound 45	Kass	2	9:00-10:00	Hatha	Venus	Jade	9:00-10:15	Thermal Yoga® 75	Ania	Jade	9:30-10:30	Yoga Sculpt	Brooke	2	
	9:00-9:55	Barre	Christy	Opal	9:00-10:00	Deep Water	Crystal	Pool	9:00-9:55	Barre	Christy	Opal	9:00-10:00	Deep Water	Crystal	Pool	9:00-10:00	Deep Water	Team	Pool	9:30-10:30	Align and Flow	Tonya	Jade	
									9:00-10:15	Thermal Yoga® 75	Tonya	Jade	9:30-10:30	Power Hour ▶	Tracy	1	9:00-10:00	Tai Chi	Marek	Opal	10:00-11:00	Barre	Team	Opal	
	9:00-10:15	Thermal Yoga® 75	John	Jade	9:30-10:30	Power Hour	Emma	1	9:00-10:00	Shallow Water	Marlene	Pool					9:30-10:30	Cycling	Barbara	Cyc.	10:00-10:45	BODYSTEP™	Andrea	1	
	9:30-10:30	Ride ▶	Barbara	Cyc.	9:30-10:30	Ride	Stu	Cyc.	9:30-10:15	Rhythm Ride	Whitney	Cyc.	10:00-10:55	Barre	Megan	Opal	9:30-10:30	Total Body Cardio ▶	Kim	1	10:45-11:45	BODYPUMP™	Andrea	1	
					10:00-10:55	Barre	Megan	2	9:30-10:30	Total Body Cardio	Monica M	1	10:00-10:55	Pilates Mat 2-3	Tyra	2	9:45-10:30	CVI	Tracy	ucv	10:45-11:30	Rebound45	Kass	2	
					10:00-11:00	HIT FIT	Geraldine	SGPT									10:00-11:00	HIT FIT	Rob	SGPT	11:05-12:05	Yin	Julia	Jade	
	9:45-10:30	CVI	Tracy	ucv	10:30-11:30	Tai Chi	Marek	Jade	10:00-10:55	Barre	Ruby	Opal	10:00-11:00	HIT FIT	Valerie	SGPT	10:00-11:00	Barre	Stephanie	2	11:30-12:30	Barre	Team	Opal	
																		10:35-10:55	Stretch and Roll ▶	Tracy	1	12:00-1:00	LM STRENGTH™	Geraldine	1
																						12:30-1:30	SculptXV™	Hayley	2
	10:00-11:00	Barre	Monica Z	Opal	11:00-11:55	Athletic Pilates Mat	Roya	2	10:00-11:00	HIT FIT	Megan	SGPT	10:30-11:30	Align and Flow	Ariella	Jade	10:45-11:45	Yoga Basics	Carrie	Jade	SUNDAY				
	10:00-11:00	SculptXV™	Valerie	2	11:00-11:55	Barre	Megan	Opal	10:30-11:25	Pilates Mat 1-3	Ondi	2									8:00-9:00	Align and Flow	Malissa	Jade	
									10:45-11:45	Yoga Basics	Reema	Jade	11:00-11:55	Barre	Courtney	Opal	11:05-11:50	Rebound 45	Katie	2	8:30-9:30	Barre	Team	2	
	10:35-10:55	Stretch and Roll ▶	Geraldine	1					11:30-12:30	Barre ▶	Tyra	Opal	11:00-12:00	SculptXV™	Valerie	2	11:30-12:30	Barre	Roya	Opal	9:00-10:00	H.I.I.T.	Jim	1	
	10:45-11:45	Functional Movement	John	Jade					12:00-12:45	LIIT	Judy	2					12:00-12:45	LIIT	Libby	2	9:00-10:00	Ride	Jen	Cyc.	
	AFTERNOON	11:30-12:30	Barre	Roya	Opal	12:00-1:00	Power Flow	Tonya	Jade	12:00-12:50	Ride	Kim	Cyc.	12:00-1:00	Power Flow	Julia	Jade	12:00-1:00	Align and Flow	Caitlin	Jade	9:00-10:00	Hatha	Lena	Opal
		12:00-12:45	LIIT	Lena	2	12:00-1:00	SculptXV™	Megan	2	12:00-1:00	Align and Flow	Christy	Jade					12:15-1:15	BODYSTEP™	Chalyce	1	9:30-10:45	Thermal Yoga® 75	John	Jade
12:15-1:15		BODYSTEP™	Jim	1	12:15-1:15	BODYPUMP™	Geraldine	1	12:15-1:15	H.I.I.T.	Payton	1	12:15-1:15	BODYPUMP™	Geraldine	1					10:00-11:00	Barre	Team	2	
12:30-1:30		Classical Yoga	Breanne	Jade	1:30-2:25	Hot Pilates	Kim	Jade													10:00-11:00	HIT FIT	Team	SGPT	
1:00-1:55		Pilates Mat 1-3	Julie R	2																	10:15-11:15	BODYPUMP™	Jim	1	
													5:00-6:00	ZUMBA®	Tonya L	1	4:30-5:45	Yin/Nidra	Brianne	Jade	11:30-12:30	Power Flow	Tammy	Jade	
5:15-6:15		BODYCOMBAT™	Chalyce	1	5:00-6:00	ZUMBA® ▶	Tonya L	1	5:30-6:30	BODYPUMP™	Blythe	1					5:30-6:30	Cardio Dance	Anthony	1	11:30-12:30	Cardio Dance	Kathy	1	
																					12:30-1:30	Barre	Team	2	
5:30-6:45		Thermal Yoga® 75	Tambra	Jade	5:30-6:30	Ride	Gerry	Cyc.	5:30-6:30	Power Flow	Caitlin	Jade	5:30-6:15	Rebound 45	Team	2					1:00-2:00	Restorative Yoga	Taylor R	Jade	
5:30-6:15		Rhythm Ride	Cameron	Cyc.	5:30-6:30	Align and Flow	Julia	Jade	6:00-6:30	LM CORE™	Blythe	1	5:30-6:45	Thermal Yoga® 75	Jen R	Jade					4:30-5:30	Candlelight Flow	Team	Jade	
EVENING	6:00-7:00	Barre	Team	2	6:00-7:00	Yoga Sculpt	Anne	Opal	6:00-7:00	Barre	Christina	Opal	5:30-6:30	Ride	Carol	Cyc.					SUITABLE FOR BEGINNERS				
	6:30-7:30	BODYPUMP™	Chalyce	1	6:15-7:00	LM STRENGTH™	Jen	1	6:00-7:00	SculptXV™	Sydney	2	6:00-7:00	HIT FIT	Michelle	SGPT					NEW CLASS OR CHANGE				
	7:15-8:15	Yin	Gregory	Jade					6:35-7:30	Cardio Dance	Samantha	1	6:30-7:30	H.I.I.T.	Rob	1					▶ LIVESTREAM / REPLAYS				
									7:00-8:00	Mindful Movement	Priya	Jade									HEATED CLASS				