

## 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.

**THERMAL POWER FUSION** This class fuses the challenging asanas of the Thermal series with the asanas and flow style of a Vinyasa sequence.

**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 stillness. Yoga 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.

### **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.

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**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.

**REBOUND 60\*** All levels are welcome to this 60-minute, low-impact trampoline and strength party!

**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.

## JANUARY

### LIVE AND LIVESTREAM

# COMPLIMENTARY GROUP FITNESS SCHEDULE

**\*NOTE:** Barre, HIT FIT, Rebound 45, HALO®FIT and Rebound 60 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 – 8:00pm
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**

STEPHANIE SIMPSON Director of Club Services  
 StephanieS@ClubGreenwood.com 303.770.2582 x312

JANUARY

EFFECTIVE JANUARY 1, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6:00-6:55 <b>Pilates Mat 2-3</b> Lizzy 2	6:00-6:45 <b>Barre</b> Laura 2	6:00-7:00 <b>Ride</b> Linda Cyc.	6:00-6:45 <b>Barre</b> Sam 2	6:00-7:00 <b>Ride</b> Tim Cyc.	8:00-8:45 <b>RhythmRide</b> Kate Cyc.
	6:00-6:50 <b>Breakfast Club</b> Megan Gym	6:00-7:00 <b>Thermal Yoga® 60</b> Danielle <b>Jade</b>	6:00-7:00 <b>Align and Flow</b> Brianne <b>Jade</b>		6:00-7:00 <b>Align and Flow</b> Carol <b>Jade</b>	8:00-8:55 <b>Pilates Mat 1-3</b> Kerry 2
	6:00-7:00 <b>Ride</b> Neal Cyc.	6:00-7:00 <b>BODYPUMP™</b> Jim 1	6:00-6:50 <b>H.I.I.T.</b> Megan Gym	6:00-7:00 <b>Thermal Yoga® 60</b> Elena <b>Jade</b>	6:00-6:55 <b>Pilates Mat 2-3</b> Lizzy 2	8:00-9:00 <b>Power Flow</b> Tonya <b>Jade</b>
		7:00-7:45 <b>Rebound45</b> Emma 2		6:00-7:00 <b>BODYPUMP™</b> Andrea 1	6:00-6:50 <b>Breakfast Club</b> Linda Gym	8:00-8:45 <b>CVI</b> JillS ucvc
	8:00-8:45 <b>Total Body Fit</b> Emma 1		7:30-8:30 <b>Power Flow</b> Tonya <b>Jade</b>	8:15-9:15 <b>Ride ▶</b> Dennis Cyc.		8:00-8:45 <b>BODYCOMBAT™ ▶</b> Geraldine 1
8:00-8:55 <b>Barre ▶</b> Christy Opal	8:15-9:00 <b>Rhythm Ride</b> Whitney Cyc.		8:20-9:20 <b>BODYPUMP™</b> Payton 1		8:30-9:30 <b>Barre</b> Team Opal	
9:00-9:45 <b>Rebound 45</b> Emma 2	8:20-9:20 <b>BODYPUMP™</b> Payton 1	8:00-8:45 <b>Total Body Fit ▶</b> Emma 1	8:30-9:30 <b>Barre</b> Grace Opal	8:20-9:20 <b>H.I.I.T. ▶</b> Jim 1	8:50-9:20 <b>LM CORE™ ▶</b> Geraldine 1	
9:00-9:45 <b>H.I.I.T.</b> Geraldine 1	8:30-9:30 <b>Barre ▶</b> Tyra 2	8:00-8:55 <b>Barre</b> Christy 2	9:00-9:55 <b>H.I.I.T.</b> Geraldine 2	8:30-9:30 <b>Barre ▶</b> Emma 2	9:25-9:55 <b>GRIT™ ▶</b> Geraldine 1	
9:00-10:00 <b>Shallow Water</b> Team Pool	9:00-10:00 <b>Hatha ▶</b> Malissa Jade	9:00-9:45 <b>Rebound 45</b> Kass 2	9:00-10:00 <b>Hatha</b> Venus Jade	9:00-10:15 <b>Thermal Yoga® 75</b> Ania <b>Jade</b>	9:30-10:30 <b>Yoga Sculpt</b> Brooke 2	
9:00-9:55 <b>Barre</b> Christy Opal	9:00-10:00 <b>Deep Water</b> Jeanette Pool	9:00-9:55 <b>Barre</b> Christy Opal	9:00-10:00 <b>Deep Water</b> Crystal Pool	9:00-10:00 <b>Deep Water</b> Team Pool	9:30-10:30 <b>Thermal Power Fusion</b> Tonya <b>Jade</b>	
		9:00-10:15 <b>Thermal Yoga® 75</b> Tonya <b>Jade</b>	9:30-10:30 <b>Power Hour ▶</b> Tracy 1	9:30-10:30 <b>Cycling</b> Barbara Cyc.	10:00-11:00 <b>Barre</b> Team Opal	
9:00-10:15 <b>Thermal Yoga® 75</b> John <b>Jade</b>	9:30-10:30 <b>Power Hour</b> Emma 1	9:00-10:00 <b>Shallow Water</b> Marlene Pool		9:30-10:30 <b>Total Body Cardio ▶</b> Kim 1	10:00-10:45 <b>BODYSTEP™</b> Andrea 1	
9:30-10:30 <b>Ride ▶</b> Barbara Cyc.		9:00-9:45 <b>Rhythm Ride</b> Stephanie Cyc.	10:00-10:55 <b>Barre</b> Megan Opal	9:45-10:30 <b>CVI</b> Tracy ucvc	10:45-11:45 <b>BODYPUMP™</b> Andrea 1	
9:45-10:30 <b>BODYCOMBAT™</b> Geraldine 1	10:00-10:55 <b>Barre</b> Megan 2	9:30-10:30 <b>Total Body Cardio ▶</b> Monica M 1	10:00-10:55 <b>Pilates Mat 2-3 ▶</b> Tyra 2	10:00-11:00 <b>HIT FIT</b> Emma SGPT	10:45-11:30 <b>Rebound45</b> Kass 2	
	10:00-11:00 <b>HIT FIT</b> Geraldine SGPT					
9:45-10:30 <b>CVI</b> Tracy ucvc	10:30-11:30 <b>Tai Chi</b> Marek Jade	10:00-10:55 <b>Barre</b> Ruby Opal	10:00-11:00 <b>HIT FIT</b> Geraldine SGPT	10:00-11:00 <b>Barre</b> Stephanie 2	11:05-12:05 <b>Yin</b> Julia Jade	
				10:35-10:55 <b>Stretch and Roll</b> Tracy 1	11:30-12:30 <b>Barre</b> Team Opal	
10:00-11:00 <b>Barre</b> Monica Z 2	11:00-11:55 <b>Athletic Pilates Mat</b> Roya 2	10:00-11:00 <b>HIT FIT</b> Megan SGPT	10:30-11:30 <b>Align and Flow ▶</b> Ariella Jade	10:45-11:45 <b>Yoga Basics ▶</b> Carrie Jade	<b>SUNDAY</b>	
10:00-11:00 <b>HIT FIT</b> Valerie SGPT	11:00-11:55 <b>Barre</b> Megan Opal	10:30-11:25 <b>Pilates Mat 1-3</b> Ondi 2			8:00-9:00 <b>Align and Flow</b> Malissa <b>Jade</b>	
		10:45-11:45 <b>Yoga Basics</b> Julie H Jade	11:00-11:55 <b>Barre</b> Courtney Opal	11:05-11:50 <b>Rebound 45</b> Katie 2	8:30-9:30 <b>Barre</b> Team 2	
10:35-10:55 <b>Stretch and Roll ▶</b> Geraldine 1		11:30-12:30 <b>Barre</b> Tyra Opal	11:00-12:00 <b>Yoga Sculpt</b> Valerie 2	11:30-12:30 <b>Barre</b> Roya Opal	9:00-10:00 <b>H.I.I.T.</b> Jim 1	
10:45-11:45 <b>Yoga Basics ▶</b> John Jade	12:00-12:50 <b>Ride</b> Stacey Cyc.	12:00-12:45 <b>LIIT</b> Judy 2		12:00-12:45 <b>LIIT</b> Libby 2	9:00-10:00 <b>Ride</b> Jen Cyc.	
11:30-12:30 <b>Barre</b> Roya Opal	12:00-1:00 <b>Power Flow</b> Tonya <b>Jade</b>	12:00-12:50 <b>Ride</b> Kim Cyc.	12:00-1:00 <b>Power Flow</b> Tammy <b>Jade</b>	12:00-1:00 <b>Align and Flow</b> Caitlin Jade	9:00-10:00 <b>Hatha</b> Lena Opal	
	12:05-1:05 <b>Cardio Dance</b> Monica M 2	12:00-1:00 <b>Align and Flow</b> Christy Jade	12:00-12:45 <b>Rhythm Ride</b> Meg Cyc.	12:15-1:15 <b>BODYSTEP™ ▶</b> Chalyce 1	9:30-10:45 <b>Thermal Yoga® 75</b> John <b>Jade</b>	
12:00-12:45 <b>LIIT</b> Lena 2	12:15-1:15 <b>BODYPUMP™</b> Geraldine 1	12:15-12:45 <b>LM GRIT™</b> Payton 1	12:15-1:15 <b>BODYPUMP™ ▶</b> Geraldine 1	1:15-2:15 <b>Tai Chi</b> Marek Jade	10:00-11:00 <b>Barre</b> Team 2	
12:15-1:15 <b>BODYSTEP™</b> Jim 1		12:45-1:15 <b>LM CORE™</b> Payton 1			10:00-11:00 <b>HIT FIT</b> Lizzy SGPT	
1:00-1:55 <b>Pilates Mat 1-3</b> Julie R 2					10:15-11:15 <b>BODYPUMP™</b> Jim 1	
		3:45-4:15 <b>Kids Yoga Ages 3-5</b> Julia 2	5:00-6:00 <b>ZUMBA® ▶</b> Tonya L 1	4:30-5:45 <b>Yin/Nidra</b> Brianne Jade	11:30-12:30 <b>Thermal Yoga® 60</b> Elena <b>Jade</b>	
5:15-6:15 <b>BODYCOMBAT™</b> Chalyce 1	5:00-6:00 <b>ZUMBA® ▶</b> Tonya L 1	4:30-5:15 <b>Kids Yoga Ages 6-10</b> Julia 2		5:30-6:30 <b>Cardio Dance</b> Anthony 1	11:30-12:30 <b>ZUMBA™ ▶</b> Kathy 1	
5:30-6:45 <b>Thermal Yoga® 75</b> Tandra <b>Jade</b>	5:30-6:30 <b>Ride</b> Gerry Cyc.	5:30-6:15 <b>Rhythm Ride</b> Whitney Cyc.	5:00-6:00 <b>Rebound 60</b> Emma 2		1:00-2:00 <b>Restorative Yoga</b> Team Jade	
5:30-6:15 <b>Rhythm Ride</b> Kate Cyc.	5:30-6:30 <b>Align and Flow</b> Julia Jade	5:30-6:30 <b>Power Flow</b> Caitlin <b>Jade</b>	5:30-6:45 <b>Thermal Yoga® 75</b> Jen R <b>Jade</b>		4:30-5:30 <b>Candlelight Flow</b> Team Jade	
6:00-7:00 <b>Barre</b> Team 2	6:00-7:00 <b>Yoga Sculpt</b> Anne 2	6:00-7:00 <b>Barre ▶</b> Christina Opal	6:00-7:00 <b>HIT FIT</b> Michelle SGPT			
6:30-7:30 <b>BODYPUMP™</b> Chalyce 1	6:15-7:00 <b>LM STRENGTH™</b> Katie 1	6:30-7:30 <b>BODYPUMP™</b> Blythe 1	6:15-7:00 <b>LM STRENGTH™</b> Katie 1			
		7:00-8:00 <b>Mindful Movement</b> Priya Jade				
					<b>SUITABLE FOR BEGINNERS</b>	
					<b>NEW CLASS OR CHANGE</b>	
					<b>▶ LIVESTREAM / REPLAYS</b>	
					<b>HEATED CLASS</b>	