

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.

GUIDED MEDITATION This 15-minute class will help you connect with your breath, release tension, focus your attention and be more present as your instructor leads you through a guided meditation practice.

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.

flexibility and circulation and renew the body's flow of energy along the meridians, promoting deep relaxation and recovery.

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

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.

BEGINNER TAI CHI Tai chi is 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 beginner class will focus on the fundamentals of Tai Chi with an emphasis on alignment, breathwork and relaxation.

INTERMEDIATE TAI CHI This intermediate class will build upon the basics studied in the beginner class and the primary focus will be reviewing the Tai Chi 28 forms.

CARDIO/STRENGTH

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

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.

H.I.I.T. (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. All levels.

HIT FIT* A dynamic, fast-paced workout that incorporates boxing, kickboxing, cardio and strength exercises. Get ready to 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 A cardio dance-based workout set to music that'll inspire you to move! 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) This class is for everyone wanting a good combination of cardio, strength, balance and flexibility without the impact on your joints. Designed to 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.

CYCLING 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!

CYCLING (RHYTHM RIDE) It's all about riding to the beat and the music! High energy, a little choreography and a lot of fun. While it's not your typical cycling class, you will climb hills, sprint, increase your endurance and definitely get your cardio on!

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 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.

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.

REBARRE* Where cardio meets barre. Get your heartrate going in this spin on our Barre and Rebound 45 classes. All levels are welcome to this 45-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.

OULA Oula Fitness is an easy-to-follow, one-hour high-cardio dance fitness format for all abilities. Oula encourages a healthy relationship with fitness in a judgment-free, inclusive environment.

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 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!

HALO®FIT This dynamic 60-minute group fitness offering is the ultimate core integrated strength training workout. The Halo Trainer and a Fitball are pivotal in ensuring proper body alignment while improving joint stability and proprioceptive awareness. Prepare to be uniquely challenged and invigorated!

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. This total body workout will tone and sculpt all major muscle groups while keeping a focus on mindful breathing and safe form.

JULY

LIVE AND LIVESTREAM

COMPLIMENTARY GROUP FITNESS SCHEDULE

*NOTE: Barre, HIT FIT, Rebound45, HALO®FIT and Rebarre classes: A \$10 fee will be charged for unenrolling less than two hours from class time and a \$20 fee will be charged

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!®

VIEW THE SCHEDULE ON YOUR PHONE
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LIVE AND LIVESTREAM COMPLIMENTARY
GROUP FITNESS SCHEDULE

STEPHANIE SIMPSON Director of Club Services
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JULY

EFFECTIVE JULY 1, 2024

	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 Cycling ▶ Gerry Cyc.	6:00-6:45 Barre Lindsey 2	6:00-7:00 Cycling Tim Cyc.	8:00-9:00 Cycling (Rhythm Ride) Roya Cyc.
	6:00-6:45 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 Anne Jade	8:00-8:55 Pilates Mat 1-3 Kerry 2
	6:00-7:00 Cycling ▶ Neal Cyc.	6:00-7:00 BODYPUMP™ Jim 1	6:00-6:45 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
	7:00-8:00 Yoga by the Pool Team Pool	7:00-7:45 Rebound45 Emma 2		6:00-7:00 BODYPUMP™ Andrea 1	6:00-6:45 Breakfast Club Rob Gym	8:00-8:45 CVI Jill S ucv
	8:00-8:45 Total Body Fit Emma 2		7:30-8:30 Power Flow Tonya Jade	8:15-9:15 Cycling ▶ Dennis Cyc.		8:00-8:45 BODYCOMBAT™ ▶ Geraldine 1
	8:00-8:55 Barre ▶ Christy Opal	8:15-9:15 Cycling Carol Cyc.		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	8:50-9:20 LM CORE™ ▶ Geraldine 1
	9:00-9:45 LM CORE™ Geraldine 1	8:30-9:30 Barre ▶ Tyra 2	8:00-8:55 Barre Christy 2	9:00-9:45 H.I.I.T. Geraldine 2	8:30-9:30 Barre ▶ Emma 2	9:25-9:55 GRIT™ ▶ Geraldine 1
		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 Jeanette 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 Thermal Power Fusion Tonya Jade
MID-MORNING	9:00-10:00 Shallow Water Crystal Pool	9:30-10:30 HIT FIT Geraldine SGPT	9:00-10:15 Thermal Yoga® 75 Tonya Jade	9:30-10:30 Power Hour ▶ Tracy 1	9:30-10:30 Cycling Barbara Cyc.	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	9:50-10:20 LM CORE™ Geraldine SGPT	9:30-10:30 Total Body Cardio ▶ Kim 1	10:00-10:45 BODYSTEP™ Andrea 1
	9:30-10:30 Cycling ▶ Barbara Cyc.	10:05-10:25 Guided Meditation Team Jade	9:30-10:30 Cycling Linda Cyc.	10:00-10:55 Barre Megan Opal	9:45-10:30 CVI Tracy ucv	10:45-11:45 BODYPUMP™ Andrea 1
	9:45-10:30 BODYCOMBAT™ Geraldine 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	10:00-11:00 HIT FIT Brandon SGPT	10:45-11:30 Rebound45 Kass 2
	9:45-10:30 CVI Tracy ucv	10:30-11:30 Beginner Tai Chi Marek Jade	10:00-10:55 Barre Ruby Opal	10:30-11:30 HIT FIT Geraldine SGPT	10:00-11:00 Barre Emma 2	11:05-12:05 Yin Julia Jade
					10:35-10:55 Stretch and Roll Tracy 1	
	10:00-11:00 Barre Emma 2	11:00-11:55 Pilates Mat 2-3 Roya 2	10:00-11:00 HIT FIT Brandon SGPT	10:30-11:30 Align and Flow ▶ Ariella Jade	10:45-11:45 Yoga Basics ▶ Carrie Jade	SUNDAY
	10:00-11:00 HIT FIT Brandon SGPT	11:00-11:55 Barre Megan Opal	10:30-11:25 Pilates Mat 1-3 Ondi 2		11:00-12:00 HIT FIT Brandon SGPT	8:00-9:00 Align and Flow Malissa Jade
			10:45-11:45 Yoga Basics Julie H Jade	11:00-11:55 Barre Megan Opal	11:30-12:30 Barre Roya Opal	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 Yoga Sculpt Valerie 2	12:00-12:45 LIIT Libby 2	9:00-10:00 H.I.I.T. Team 1
AFTERNOON	10:45-11:45 Yoga Basics ▶ John Jade		12:00-12:45 LIIT Danielle 2			9:00-10:00 Cycling Jen Cyc.
	11:30-12:30 Barre Roya Opal	12:00-1:00 Power Flow Tonya Jade	12:00-12:50 Cycling Kim Cyc.	12:00-1:00 Power Flow Tammy Jade	12:00-1:00 Align and Flow Caitlin Jade	9:00-10:00 Hatha Lena Opal
		12:05-1:05 Cardio Dance Monica M 2	12:00-1:00 Align and Flow Christy Jade	12:15-1:15 BODYPUMP™ ▶ Geraldine 1	12:15-1:15 BODYSTEP™ ▶ Chalyce 1	9:30-10:45 Thermal Yoga® 75 John Jade
	12:00-12:45 LIIT Lena 2	12:15-1:15 BODYPUMP™ Geraldine 1	12:15-1:15 H.I.I.T. Payton 1		1:15-2:15 Intermediate Tai Marek 2	10:00-11:00 Barre Team 2
	12:15-1:15 BODYSTEP™ Jim 1		3:45-4:15 Kids Yoga Ages 3-5 Julia 2			10:00-11:00 HIT FIT Rob SGPT
	1:00-1:55 Pilates Mat 1-3 Julie R 2	4:30-5:30 Yoga Basics ▶ Julia Jade	4:30-5:15 Kids Yoga Ages 6-10 Julia 2			10:15-11:15 BODYPUMP™ Jim 1
			5:00-6:00 Cardio Dance Team 1	5:00-6:00 ZUMBA® Tonya L 1	4:30-5:45 Yin/Nidra Brianne Jade	11:30-12:30 Thermal Yoga® 60 Elena Jade
	5:15-6:15 BODYCOMBAT™ Chalyce 1	5:00-6:00 ZUMBA® ▶ Tonya L 1				11:15-12:30 ZUMBA™ ▶ Kathy 1
	5:30-6:45 Thermal Yoga® 75 Tamera Jade	5:45-6:45 Align and Flow Julia Jade	5:30-6:30 Cycling (Rhythm Ride) Melody Cyc.	5:00-6:00 Rebarre Emma 2		1:00-2:00 Restorative Yoga Team Jade
	5:30-6:30 Cycling Carol Cyc.	6:00-7:00 H.I.I.T. Rob 1	5:30-6:30 Power Flow Caitlin Jade	5:30-6:45 Thermal Yoga® 75 Jen R Jade		4:30-5:30 Candlelight Flow Team Jade
EVENING	6:00-7:00 Barre Margaret 2		6:00-7:00 Barre ▶ Christina Opal	6:00-7:00 HIT FIT Rob SGPT		
	6:30-7:30 BODYPUMP™ Chalyce 1		6:30-7:30 BODYPUMP™ Blythe 1			

SUITABLE FOR BEGINNERS
NEW CLASS OR CHANGE
 ▶ **LIVESTREAM / REPLAYS**
HEATED CLASS