

## 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.

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

**PILATES ATHLETIC MAT** Elevate your Pilates practice with our Athletic Pilates Mat class, 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** Yin Yoga 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** 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.

### **MINDFUL MOVEMENT**

This is a gentle somatic yoga class designed to help you decompress and reconnect with your body. Class focuses on breath-based practices and meditative movements to promote relaxation and awareness. Through mindful exploration of postures and flowing sequences, you'll 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.

**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.

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

## NOVEMBER

### 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 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

**NOVEMBER**

EFFECTIVE NOVEMBER 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>Cycling</b> ▶ Linda Cyc.	6:00-6:45 <b>Barre</b> Lindsey 2	6:00-7:00 <b>Cycling</b> Tim Cyc.	8:00-9:00 <b>Cycling (Rhythm Ride)</b> Roya 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> Anne <b>Jade</b>	8:00-8:55 <b>Pilates Mat 1-3</b> Kerry 2
	6:00-7:00 <b>Cycling</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>
	6:00-7:00 <b>Align and Flow</b> Ariella Jade	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> Jill S ucw
	8:00-8:45 <b>Total Body Fit</b> Emma 2		7:30-8:30 <b>Power Flow</b> Tonya <b>Jade</b>	8:15-9:15 <b>Cycling</b> ▶ Dennis Cyc.		8:00-8:45 <b>BODYCOMBAT™</b> ▶ Geraldine 1
	8:00-8:55 <b>Barre</b> ▶ Christy Opal	8:15-9:15 <b>Cycling</b> Carol 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>HIIT</b> Geraldine 1	8:30-9:30 <b>Barre</b> ▶ Tyra 2	8:00-8:55 <b>Barre</b> Christy 2	9:00-9:45 <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 PowerFusion</b> Tonya <b>Jade</b>
MID-MORNING	9:00-10:15 <b>Thermal Yoga® 75</b> John <b>Jade</b>	9:30-10:30 <b>Power Hour</b> Emma 1	9:00-10:15 <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
	9:30-10:30 <b>Cycling</b> ▶ Barbara Cyc.	10:05-10:25 <b>Guided Meditation</b> Team Jade	9:30-10:30 <b>Cycling</b> Jen S Cyc.	9:50-10:20 <b>LM CORE™</b> Geraldine SGPT	9:30-10:30 <b>Total Body Cardio</b> ▶ Kim 1	10:00-10:45 <b>BODYSTEP™</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>Barre</b> Megan Opal	9:30-10:30 <b>Cycling</b> Barbara Cyc.	10:00-10:45 <b>BODYSTEP™</b> Andrea 1
		10:00-11:00 <b>HIT FIT</b> Geraldine SGPT		10:00-10:55 <b>Pilates Mat 2-3</b> ▶ Tyra 2	9:45-10:30 <b>CVI</b> Tracy ucw	10:45-11:45 <b>BODYPUMP™</b> Andrea 1
	9:45-10:30 <b>CVI</b> Tracy ucw	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> Emma SGPT	10:45-11:30 <b>Rebound45</b> Kass 2
				10:30-11:30 <b>HIT FIT</b> Geraldine SGPT		
	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		10:35-10:55 <b>Stretch and Roll</b> Tracy 1	
	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	10:30-11:30 <b>Align and Flow</b> ▶ Ariella Jade	10:45-11:45 <b>Yoga Basics</b> ▶ Carrie Jade	<b>SUNDAY</b>
			10:45-11:45 <b>Yoga Basics</b> Julie H Jade			8:00-9:00 <b>Align and Flow</b> Malissa <b>Jade</b>
	10:35-10:55 <b>Stretch and Roll</b> ▶ Geraldine 1		11:30-12:30 <b>Barre</b> Tyra Opal	11:00-11:55 <b>Barre</b> Megan Opal		8:30-9:30 <b>Barre</b> Team 2
10:45-11:45 <b>Yoga Basics</b> ▶ John Jade		12:00-12:45 <b>LIIT</b> Judy 2	11:30-12:00 <b>Yoga Sculpt</b> Valerie 2		9:00-10:00 <b>H.I.I.T.</b> Team 1	
AFTERNOON	11:30-12:30 <b>Barre</b> Roya Opal	12:00-1:00 <b>Power Flow</b> Tonya <b>Jade</b>	12:00-1:00 <b>Cycling</b> Kim Cyc.	12:00-1:00 <b>Power Flow</b> Tammy <b>Jade</b>	12:00-12:45 <b>LIIT</b> Libby 2	9:00-10:00 <b>Cycling</b> Jen Cyc.
		12:05-1:05 <b>Cardio Dance</b> Monica M 2	12:00-1:00 <b>Align and Flow</b> Christy Jade	12:15-1:15 <b>BODYPUMP™</b> ▶ Geraldine 1	12:00-1:00 <b>Align and Flow</b> Caitlin Jade	9:00-10:00 <b>Hatha</b> Lena Opal
	12:00-12:45 <b>LIIT</b> Lena 2	12:15-1:15 <b>BODYPUMP™</b> Geraldine 1	12:15-1:15 <b>H.I.I.T.</b> Payton 1		12:15-1:15 <b>BODYSTEP™</b> ▶ Chalyce 1	9:30-10:45 <b>Thermal Yoga® 75</b> John <b>Jade</b>
	12:15-1:15 <b>BODYSTEP™</b> Jim 1		3:45-4:15 <b>Kids Yoga Ages 3-5</b> Julia 2		1:15-2:15 <b>Tai Chi</b> Marek 2	10:00-11:00 <b>Barre</b> Team 2
	1:00-1:55 <b>Pilates Mat 1-3</b> Julie R 2	4:30-5:30 <b>Yoga Basics</b> ▶ Julia Jade	4:30-5:15 <b>Kids Yoga Ages 6-10</b> Julia 2			10:00-11:00 <b>HIT FIT</b> Lizzy SGPT
						10:15-11:15 <b>BODYPUMP™</b> Jim 1
			5:15-6:15 <b>Cardio Dance</b> Anthony 1	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				11:30-12:30 <b>ZUMBA™</b> ▶ Kathy 1
	5:30-6:45 <b>Thermal Yoga® 75</b> Tambra <b>Jade</b>	5:45-6:45 <b>Align and Flow</b> Julia Jade	5:30-6:30 <b>Cycling (Rhythm Ride)</b> Melody Cyc.	5:00-6:00 <b>Rebarre</b> Emma 2		1:00-2:00 <b>Restorative Yoga</b> Team Jade
	5:30-6:30 <b>Cycling</b> Carol Cyc.	6:00-7:00 <b>Yoga Sculpt</b> Anne 2	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>Barre</b> ▶ Christina Opal	6:00-7:00 <b>HIT FIT</b> Michelle SGPT			
6:30-7:30 <b>BODYPUMP™</b> Chalyce 1		6:30-7:30 <b>BODYPUMP™</b> Blythe 1				
		7:00-8:00 <b>Mindful Movement</b> Priya Jade				

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