

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. 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.

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

ATHLETIC MAT PILATES 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 25-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.

SOMATIC YOGA 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 55-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.

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

CARDIO/STRENGTH

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

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.

PALANGO! CARDIO blends Latin dance, MMA, and capoeira into a high-energy, easy-to-follow workout. Burn calories, boost endorphins, and build strength in a welcoming, no-pressure environment. From kicks to rhythmic movement, every minute is designed to keep you engaged, energized, and feeling your best.

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.

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.

POWER RIDE A high-intensity, performance-focused cycling experience powered by Intelligent Cycling™, a cutting-edge training platform that transforms your ride with immersive visuals, smart programming and real-time metrics.Tackle structured intervals, conquer hills and train in personalized power zones—guided by data and driven by results. Whether you're training for your next event or chasing a personal best, POWER gives you the tools, technology and intensity to level up.

FUSION RIDE Fusion Ride blends rhythm-based choreography with strategic interval training for a ride that hits every note—physically and emotionally. You'll groove to the music in rhythm sections, then dig deep in performance blocks with light metric cues. Celebrate movement and chase progress—this ride is equal parts party and purpose.

LES MI _LLS 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.

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.

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.

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. Tone and sculpt all major muscle groups while keeping a focus on mindful breathing and safe form.

TOTAL BODY STRENGTH A fun, results-focused class using barbells, dumbbells, and functional training tools to build balanced, full-body strength. We'll hit all major muscle groups—including the back, hamstrings, glutes, core, biceps, shoulders, triceps, and quads—through athletic circuits designed for real-world performance. Expect clear coaching and an energizing atmosphere that challenges and motivates. Perfect for anyone—men and women alike—looking to get stronger, fitter, and confidently lift with great form.

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.

NOVEMBER

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



CLUB GREENWOOD
THE BEST PART OF YOUR DAY!®

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COMPLIMENTARY
GROUP FITNESS SCHEDULE

NOVEMBER

EFFECTIVE NOVEMBER 1, 2026

EMMA LONG Director of Group Fitness and Yoga
EmmaL@ClubGreenwood.com 303.770.2582 x397

COLORED LIGHTS USED

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY						
MORNING	6:00–6:55	Athletic Mat Pilates	Lizzy	2	6:00–6:45	Barre	Laura	2	6:00–7:00	Power Ride	Linda H.	Cyc.	6:00–6:45	Barre	Megan	2	6:00–7:00	Power Ride	Tim	Cyc.	8:00–8:55	Mat Pilates	Kerry	2			
	6:00–6:50	H.I.I.T.	Megan	Gym	6:00–7:00	Thermal Yoga® 60	Danielle	Jade	6:00–7:00	Align and Flow	Michelle	Jade					6:00–7:00	Align and Flow	Carol	Jade	8:00–9:00	Power Flow	Tonya Z.	Jade			
	6:00–7:00	Power 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	Athletic Mat Pilates	Lizzy	2	8:30–9:15	CVI	Jill S.	ucv			
	6:00–7:00	Thermal Yoga® 60	Bethana	Jade	7:00–7:45	Rebound45	Emma	2	6:30–7:30	SculptXV™	Lizzy	2	6:00–7:00	BODYPUMP™	Andrea	1	6:00–6:50	H.I.I.T.	Tammy	Gym							
																					8:30–9:30	Barre	Team	Opal			
	8:00–8:45	Total Body Fit	Emma	1	8:15–8:45	Mindful Breathwork	Ariella	Jade					8:20–9:20	BODYPUMP™	Payton	1	7:05–8:05	SculptVX™	Emma	2	8:30–9:15	H.I.I.T.	Geraldine	1			
	8:00–8:55	Barre	Christy	Opal	8:45–9:45	Power Ride	Dennis	Cyc.					8:30–9:30	Barre	Grace	Opal					9:00–9:45	Fusion Ride	Linda G.	Cyc.			
	9:00–9:45	Rebound 45	Emma	2	8:20–9:20	BODYPUMP™	Payton	1	8:00–8:45	Total Body Fit	Emma	1	8:45–9:45	Power Ride	Dennis	Cyc.	8:20–9:20	H.I.I.T.	Jim	1	9:20–9:50	LM CORE™	Geraldine	1			
	9:00–10:00	Shallow Water	Crystal	Pool	8:30–9:30	Barre	Tyra	2	8:00–8:55	Barre	Christy	Opal	9:00–9:55	H.I.I.T.	Geraldine	2	8:30–9:30	Barre	Emma	2							
	9:00–9:55	Barre	Christy	Opal	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			
9:00–10:15	Thermal Yoga® 75	John	Jade	9:00–10:00	Deep Water	Sara	Pool	9:00–9:55	Barre	Christy	Opal	9:00–10:00	Deep Water	Jeanette	Pool	9:00–10:00	Deep Water	Nancy	Pool	9:30–10:30	Align and Flow	Tonya Z.	Jade				
9:00–9:50	H.I.I.T.	Geraldine	1																								
9:30–10:30	Power Ride	Barbara	Cyc.					9:00–10:15	Thermal Yoga® 75	Tonya Z.	Jade	9:30–10:30	Power Hour	Tracy	1	9:00–10:00	Tai Chi	Marek	Opal	10:00–11:00	Barre	Team	Opal				
9:45–10:30	CVI	Tracy	ucv	9:30–10:30	Power Hour	Emma	1	9:00–10:00	Shallow Water	Marlene	Pool					9:30–10:30	Power Ride	Jen S.	Cyc.	10:00–10:45	BODYSTEP™	Andrea	1				
												10:00–10:55	Barre	Megan	Opal	9:30–10:30	Total Body Cardio	Kelly	1	10:45–11:45	BODYPUMP™	Andrea	1				
				10:00–10:55	Barre	Megan	2	9:30–10:30	Power Ride	Dennis	Cyc.	10:00–10:55	Athletic Mat Pilates	Tyra	2	9:45–10:30	CVI	Tracy	ucv	10:45–11:30	Rebound45	Kass	2				
10:00–11:00	HIT FIT	Zach	SGPT	10:00–11:00	HIT FIT	Alex	SGPT									10:00–11:00	HIT FIT	Soren & Alex	SGPT	11:05–12:05	Yin	Julia	Jade				
10:00–11:00	Barre	Monica Z.	Opal	10:45–11:45	Tai Chi	Marek	1	10:00–10:55	Barre	Ruby	Opal	10:00–11:00	HIT FIT	Alex	SGPT	10:00–11:00	Barre	Stephanie	2	11:30–12:30	Barre	Team	Opal				
10:00–11:00	SculptXV™	Valerie	2																	10:40–11:05	Stretch and Roll	Tracy	1	12:00–12:55	Total Body Strength	Geraldine	1
10:00–11:00	Palango! Cardio	Felix	1																								
10:45–11:45	Functional Movement	John	Jade																								
				11:00–11:55	Athletic Mat Pilates	Roya	2	10:00–11:00	HIT FIT	Zach	SGPT	10:30–11:30	Align and Flow	Ariella	Jade	10:45–11:45	Yoga Basics	Carrie	Jade	SUNDAY							
11:15–11:45	Stretch and Roll	Lena	2	11:00–11:55	Barre	Megan	Opal	10:30–11:25	Mat Pilates	Ally	2									8:00–9:00	Align and Flow	Malissa	Jade				
11:30–12:30	Barre	Roya	Opal					10:45–11:45	Yoga Basics	Reema	Jade	11:00–11:55	Barre	Courtney	Opal	11:05–11:50	Rebound 45	Katie T.	2	8:30–9:30	Barre	Team	2				
								11:30–12:30	Barre	Tyra	Opal	11:00–12:00	Yoga Sculpt	Valerie	2	11:30–12:30	Barre	Roya	Opal	8:30–9:45	Hatha	Lena	Opal				
								12:00–12:45	LIIT	Judy	2					12:00–12:45	LIIT	Libby	2	9:00–10:00	H.I.I.T.	Jim	1				
				12:00–1:00	Power Flow	Tonya Z.	Jade	12:00–12:50	Power Ride	Kim	Cyc.					12:00–1:00	Align and Flow	Caitlin	Jade	9:00–10:00	Power Ride.	Jen S.	Cyc.				
12:00–12:45	LIIT	Lena	2					12:00–1:00	Align and Flow	Christy	Jade	12:00–1:00	Power Flow	Julia	Jade	12:15–1:15	BODYSTEP™	Chalyce	1	9:30–10:45	Thermal Yoga® 75	John	Jade				
12:15–1:15	BODYSTEP™	Jim	1	12:05–1:05	SculptXV™	Allison	2	12:00–1:00	Total Body Strength	Juliana	1	12:15–1:15	BODYPUMP™	Geraldine	1	1:00–1:45	Mat Pilates	Kyra	2	10:00–11:00	Barre	Team	2				
12:30–1:15	Hot Pilates	Kim	Jade	12:15–1:15	BODYPUMP™	Geraldine	1	4:15–4:45	Kids Yoga	Mona	2									10:00–11:00	HIT FIT	Joe	SGPT				
								4:45–5:15	Kids Yoga	Mona	2	4:00–4:55	Hot Mat Pilates	Kyra	Jade												
1:00–1:55	Mat Pilates	Julie R.	2					4:00–4:45	Heated Yoga Sculpt	Valerie	Jade	4:15–5:00	Kids Fit	Team	2					10:15–11:15	BODYPUMP™	Jim	1				
4:15–5:15	Heated Align Flow	Malissa	Jade					5:30–6:00	BODYPUMP™	Blythe	1	5:00–6:00	ZUMBA®	Tonya L.	1	4:30–5:45	Yin/Nidra	Breanne	Jade	11:30–12:30	Thermal Yoga® 60	Team	Jade				
5:15–6:15	BODYCOMBAT™	Chalyce	1	5:00–6:00	ZUMBA®	Tonya L.	1	5:30–6:30	Power Flow	Caitlin	Jade					5:30–6:30	Cardio Dance	Melissa B.	1	11:30–12:30	Cardio Dance	Kathy	1				
				5:30–6:30	Align and Flow	Julia	Jade	5:00–5:45	Fusion Ride	Roya	Cyc.	5:30–6:15	Fusion Ride	Linda G.	Cyc.					11:30–12:30	Barre	Team	2				
5:30–6:45	Thermal Yoga® 75	Andy	Jade									5:30–6:45	Thermal Yoga® 75	Jen R.	Jade					1:00–2:00	Restorative Yoga	Taylor R.	Jade				
5:30–6:15	Fusion Ride	Whitney	Cyc.	5:30–6:30	Power Ride	Gerry	Cyc.	6:00–6:30	LM CORE™	Blythe	1									4:30–5:30	Candlelight Flow	Team	Jade				
6:00–7:00	Barre	Team	2	6:00–7:00	Yoga Sculpt	Anne	Opal	6:00–7:00	Barre	Christina	Opal	6:00–7:00	Barre	Katie H.	Opal					SUITABLE FOR BEGINNERS							
6:30–7:30	BODYPUMP™	Chalyce	1	6:15–7:15	Total Body Strength	Jen S.	1	6:00–7:00	SculptXV™	Sydney	2	6:15–7:15	SculptXV™	Jared	1					NEW CLASS OR CHANGE							
7:30–8:30	Yin	Gregory	Jade					7:00–8:00	Somatic Yoga	Priya	Jade	7:30–8:30	Yin	Gregory	Jade					HEATED CLASS							