

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.

YIN Yin Yoga focuses more on the connective tissues than the muscles. This 75-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.

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.

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.

POWER/RESTORE A 75-minute hybrid class consisting of an intense 60-minute Power Flow sequence finished with 15 minutes of gentle and restorative postures.

CARDIO/STRENGTH

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

LES MILLS GRIT™ GRIT is a 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 to get results fast.

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 welcome.

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.

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. May include 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.

REB3L GROOVE A bootcamp-style dance class that fuses hard-hitting choreography with HIIT mechanics and powerful music! You will leave feeling inspired, motivated, strong and empowered!

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. Registration is required for this class, with a 24-hour cancellation policy in effect. No-shows are charged \$20.

BARRE CARDIO This 60 minute class incorporates all of the toning elements you love in barre with the cardio challenge of a HIIT class.

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.

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.

MAY

COMPLIMENTARY GROUP FITNESS

LIVE AND LIVESTREAM SCHEDULE

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!™