BALANCE/STABILITY/FLEXIBILITY

BODYBALANCE™ A motivating blend of yoga with tai chi and Pilates that will leave you strong, calm and centered.

CARDIO

BODYCOMBAT™ Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

GRIT CARDIO™ 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

RPM™ A group indoor cycling workout where you control the intensity

SH'BAM™ A fun-loving, insanely addictive dance workout.

SPRINT™ 30 minute high intensity interval training workout using an indoor bike to achieve fast results.

STRENGTH

BARRE™ A modern version of classic balletic training. A 30 minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

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.

CARDIO/STRENGTH

GRIT ATHLETIC™ 30 minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

GRIT STRENGTH™ 30 minute high intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

DECEMBER

LESMILL VIRTUAL

IN STUDIO COMPLIMENTARY

GROUP FITNESS SCHEDULE

CLUB HOURS

Monday - Thursday 5:00am - 9:00pm

Friday 5:00am - 8:00pm

Saturday - Sunday 6:00am - 8:00pm



LesMills

VIRTUAL IN STUDIO

VIEW THE SCHEDULE ON YOUR PHONE

DOWNLOAD THE CLUB GREENWOOD APP

COMPLIMENTARY GROUP FITNESS SCHEDULE

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

DECEMBER

EFFECTIVE DECEMBER 1, 2024

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	5:15-6:00	LES MILLS CORE™	1				5:30-6:00	GRIT Strength™	1				5:15-6:00	LES MILLS CORE™	1							
RNING D	6:00-6:30	LES MILLS CORE™	1				6:30-7:30	BODYBALANCE™	1				6:00-6:30	LES MILLS CORE™	1							
	6:30-7:00	LES MILLS CORE™	1										6:30-7:15	LES MILLS CORE™	1	7:00-7:30	SPRINT™	Cyc.	7:00-7:30	SPRINT™	Cyc.	
MO							7:30-8:20	RPM™	Cyc.							7:00-7:30	GRIT Athletic™	1	7:00-7:30	GRIT Cardio™	1	
2	7:30-8:20	RPM™	Cyc.	7:15-8:00	LES MILLS CORETA	м 1				7:15-8:00	LES MILLS CORE™	1	7:30-8:20	RPM™	Cyc.				8:00-8:30	SPRINT™	Cyc.	
o		'			,			'											8:00-8:30	LES MILLS CORE	M 1	
Ž				9:30-10:00	SPRINT™	Cyc.				9:30-10:00	SPRINT™	Cyc.				9:30-10:20	RPM™	Cyc.				
O R																			10:30-11:20	RPM™	Cyc.	
Σ̈́				11:00-11:45	SH'BAM™	1																
ΜD	11:00-11:30	SPRINT™	Cyc.				11:00-11:30	SPRINT™	Cyc.				11:00-11:30	SPRINT™	Cyc.	11:00-11:30	SPRINT™	Cyc.				
Σ							11:00-11:30	BARRE™	1				11:05-11:50	BODYBALANCE™	1							
	12:00-12:50	RPM™	Cyc.	12:00-12:50	RPM™	Сус				12:00-12:50	RPM™	Сус.	12:00-12:50	RPM™	Сус.	12:00-1:00	BODYBALANCE™	1	12:00-12:50	RPM™	Cyc.	
N O																12:00-12:50	RPM™	Cyc.	12:45-1:30	DANCE	1	
	1:45-2:45	BODYPUMP™	1	1:45-2:15	GRIT Strength™	1	1:30-2:15	SH′BAM™	1	1:30-2:30	$\mathbf{BODYPUMP}^{TM}$	1	1:30-2:30	BODYPUMP™	1	1:30-2:15	SH′BAM™	1	1:30-2:00	BARRE™	1	
				2:00-2:30	SPRINT™	Cyc.				2:00-2:30	SPRINT™	Cyc.				2:00-2:30	SPRINT™	Cyc.	2:00-2:30	SPRINT™	Cyc.	
	2:45-3:15	GRIT Cardio™	1	2:45-3:30	BODYCOMBAT™	1	2:45-3:45	BODYPUMP™	1	2:45-3:30	SH'BAM™	1	2:45-3:15	LES MILLS CORE™	1	2:45-3:15	BARRE™	1	2:45-3:15	GRIT Athletic™	1	
O	3:15-3:45	SPRINT™	Cyc.	3:00-3:50	RPM™	Cyc.	3:15-3:45	SPRINT™	Cyc.	3:00-3:50	RPM™	Cyc.	3:15-3:45	SPRINT™	Cyc.	3:00-3:50	RPM™	Cyc.	3:00-3:50	RPM™	Cyc.	
AFTER							4:00-4:45	BODYPUMP	1				3:30-4:00	GRIT Strength™	1	3:15-4:00	DANCE	1				
	4:00-5:00	BODYPUMP	1	4:00-4:30	LES MILLS CORETA	M 1				4:00-4:30	LES MILLS CORE™	1	4:00-4:30	BARRE™	1	4:00-4:30	LES MILLS CORE™	1	4:00-5:00	$\mathbf{BODYPUMP}^{TM}$	1	
	4:15-5:05	RPM™	Cyc.	4:30-5:00	LM Sprint	Cyc.	4:15-5:05	RPM™	Cyc.													
										4:30-5:00	SPRINT™	Cyc.				4:30-5:20	RPM™	Cyc.	4:30-5:20	RPM™	Cyc.	
													5:00-6:00	BODYPUMP™	1	5:00-5:30	GRIT Strength™	1	5:00-5:45	BODYBALANCE™	1	
				6:00-6:50	RPM™	Cyc.				6:00-6:50	RPM™	Cyc.	5:30-6:20	RPM™	Cyc.	5:45-6:45	$\mathbf{BODYPUMP}^{TM}$	1				
٥ ا													6:30-7:20	RPM™	Cyc.							
Z	7:00-7:50	RPM™	Cyc.				7:00-7:50	RPM™	Cyc.	6:30-7:15	DANCE	1										
Ξ				7:15-8:00	DANCE	1							6:45-7:30	DANCE	1							
																			NEW CLASS OR CHANGE			