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COMPLIMENTARY GROUP FITNESS  
**LIVESTREAM CLASS SCHEDULE**

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**FEBRUARY**

EFFECTIVE FEBRUARY 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>		6:00-7:00 <b>BODYPUMP™</b> Jim 1			6:00-7:00 <b>Cycling</b> Tim Cyc.		
	8:00-8:50 <b>Total Body Fit</b> Emma 1				8:00-9:00 <b>H.I.I.T.</b> Jim 1	8:00-8:45 <b>BODYCOMBAT™</b> Geraldine 1	
<b>MID-MORNING</b>	8:30-9:30 <b>Barre</b> Christina Track		8:30-9:30 <b>Barre</b> Christy Track			8:30-9:30 <b>Barre</b> Team Track	
		9:00-10:00 <b>Hatha</b> Malissa Jade				9:00-9:30 <b>LES MILLS CORE™</b> Geraldine 1	
	9:30-10:30 <b>BODYCOMBAT™</b> Melissa S 1	9:30-10:30 <b>Power Hour</b> Tammy 1	9:30-10:30 <b>Total Body Cardio</b> Jim 1	9:30-10:30 <b>Power Hour</b> Tracy 1	9:30-10:30 <b>Total Body Cardio</b> Kim 1		
	9:30-10:30 <b>Cycling</b> Barbara Cyc.		9:30-10:30 <b>Cycling</b> Melissa S Cyc.				
	10:00-11:00 <b>Barre</b> Megan Track			10:00-11:00 <b>Barre</b> Megan Track		10:30-11:30 <b>Yoga Sculpt</b> Heather 2	
10:30-11:30 <b>Functional Movement</b> John Jade	10:30-11:30 <b>Power Vinyasa</b> Tonya Jade	10:30-11:30 <b>Yoga Basics</b> Julie Jade	10:30-11:30 <b>Power Vinyasa</b> Malissa Jade	10:30-11:30 <b>Yoga Basics</b> Julie Jade			
	11:00-12:00 <b>Pilates Mat 2-3</b> Roya 2		11:00-12:00 <b>ZUMBA®</b> Kathy 1				
<b>AFTERNOON</b>	12:00-1:00 <b>Alignment Vinyasa II</b> Alexis Jade		12:00-1:00 <b>Alignment Vinyasa II</b> Malissa Jade			9:00-9:45 <b>H.I.I.T.</b> Chrissy 1	
		12:15-1:15 <b>BODYPUMP™</b> Melissa S 1		12:15-1:15 <b>BODYPUMP™</b> Payton 1		10:00-11:00 <b>Barre</b> Emma 2	
						11:00-12:00 <b>Restorative Yoga</b> Kerry Jade	
<b>EVENING</b>	5:00-6:00 <b>BODYCOMBAT™</b> Chalyce 1					11:45-12:45 <b>ZUMBA®</b> Kathy 1	
		5:00-6:00 <b>ZUMBA®</b> Tonya L 1		5:00-6:00 <b>ZUMBA®</b> Tonya L 1			
		5:30-6:30 <b>Basic Vinyasa</b> Brianne Jade	6:00-7:00 <b>Barre</b> Christina Track				
		6:30-7:30 <b>H.I.I.T.</b> Rob 1		6:30-7:30 <b>H.I.I.T.</b> Rob 1			
	7:00-7:45 <b>Yin/Meditation</b> Brianne Jade					<b>NEW CLASS OR CHANGE</b> <b>HEATED CLASS</b>	

## BALANCE/STABILITY/FLEXIBILITY

**ALIGNMENT VINYASA I/II** Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 will take your practice to the next level.

**BASIC VINYASA** An alignment based Vinyasa class with a slower pace than our Power Vinyasa classes focusing on alignment and posture. Great for anyone working with injuries, just beginning the practice or those pursuing the foundations of yoga.

**CANDLELIGHT VINYASA** Start your week with this candlelight Vinyasa class suitable for all levels.

**FUNCTIONAL MOVEMENT** Improve how your body functions with a series of dynamic functional movements designed to strengthen, increase flexibility, and enhance overall balance and posture. Suitable for all levels.

**HATHA** Designed for everyone, with the emphasis on posture, breath, strength and flexibility.

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

**POWER VINYASA** A vigorous, fitness-based approach to Vinyasa style yoga. Tone and strengthen your body, clear your mind and gain a sense of accomplishment and empowerment. Some classes taught in heat. See schedule for specifics

**RESTORATIVE YOGA** This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

**THERMAL YOGA®** All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room.

**THERMAL POWER FUSION** A fusion of the traditional 26 pose format with Asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening.

**YIN/MEDITATION** Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

**YIN/NIDRA** Begin with Yin yoga targeting the connective tissues of the body to increase circulation, improve flexibility, and renew the body's flow of energy. Finish with Yoga Nidra, an ancient meditation technique which offers conscious relaxation on physical, mental and emotional levels. Suitable for all levels.

**YOGA BASICS** With an emphasis on stretching and releasing the body of stress, anxiety and tension, this class offers a more therapeutic approach to supporting and nourishing your whole being. Learn basic yoga postures, breath awareness and mindfulness in this practice which is suitable for all levels.

## CARDIO

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

**CVI** Kick up your metabolism as an instructor guides you through interval formats. Bring a fully charged electronic device with the AudioFetch App 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!

**DEEP WATER** A great cardio workout including intervals, circuits, balance challenges and strength training.

**SHALLOW** 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.

**ZUMBA®** Latin style rhythms featuring interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format.

## STRENGTH

**BARRE** Registration required for this class. Each class limited to 14 participants. 24-hour cancelation policy in effect, so if you register and don't attend, you will be charged \$20. This class blends cardio, strength training, flexibility, balance and core conditioning for a total body workout that targets the hips, glutes, abs and arms.

**BARRE FLOW** Combine your love of barre strengthening with the flexibility and restoration of your yoga practice in this combined workout class.

**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** This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.

## CARDIO/STRENGTH

**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.

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

**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.

## FEBRUARY

### COMPLIMENTARY GROUP FITNESS

# LIVE STREAM SCHEDULE

### CLUB HOURS

Monday – Thursday	5am – 8pm
Friday	5am – 7pm
Saturday – Sunday	6am – 6pm



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!™

In order to make the most efficient use of our studios, Greenwood may discontinue classes if there are less than ten participants for four consecutive weeks, excluding holidays and special events. Thank you for understanding.