

MONDAY

11:00–11:30am	FitFast30 (30 minutes)	Michelle	SGPT Studio
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TUESDAY

6:00–7:00am	Muscle Chaos	Kim	Weight Room
6:30–7:30am	Sunrise HIIT	Michelle	SGPT Studio
10:00–11:00am	Covid Crush	Pam	SGPT Studio
12:00–1:00pm	HIIT FIT	Jeremy	SGPT Studio
4:30–5:30pm	TRX	Ken	MAB Studio

WEDNESDAY

7:30–8:30am	Buff Bods	Pam	SGPT Studio
9:00–10:00am	Tone and Tighten	David	SGPT Studio
10:00–11:00am	Rumble	Brandon	MAB Studio

THURSDAY

6:00–7:00am	Muscle Chaos	Kim	Weight Room
11:00am–12:00pm	Kettlebell/TRX	Pam	SGPT Studio
11:00–11:30am	FitFast30 (30 minutes)	Michelle	Studio 3

FRIDAY

9:00–10:00am	HIIT FIT	Jeremy	SGPT Studio
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SATURDAY

8:00–9:00am	Muscle Chaos	Kim	Weight Room
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SUNDAY

10:00–11:00am	Sunday Circuit	Brandon	SGPT Studio
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Small Group Personal Training

EFFECTIVE 4/1/21

UPDATED 3.30.21

SGPT 8-Pack: \$160 (\$20/class)
Drop-In: \$25/class

FastFit30 8-Pack: \$96 (\$12/class)
Drop-In: \$15/class

First-time participants receive their first class free.

8-PACKS EXPIRE 12 WEEKS AFTER PURCHASE
ARE NON-REFUNDABLE AND NON-TRANSFERABLE

REGISTER

Greenwood App / 303.770.2582 x274



SCAN FOR INFO

Buff Bods

Get sleek, toned muscles, strong bones, a tight core and rock solid coordination and balance in Buff Bods – all in a fun, small group, circuit style class!

Covid Crush

Get back in shape and burn quarantine calories in this full body workout designed for all levels.

FitFast30

Need a FAST workout for your whole body? This small group workout is designed to challenge your total body in a fun group class in only 30 minutes!

HIIT FIT

HIIT (high intensity interval training) will get your heart rate up to burn calories, build muscle and develop stability throughout the entire body. This FUN, high energy class is great for all levels, as you can make it as hard as you want. Get stronger, leaner and healthier.

Muscle Chaos

An intense cross training workout using full body strength and power movements, challenging cardio segments and core training for great results. If you like CrossFit, then you'll LOVE Muscle Chaos!

Rumble

Combine boxing and strength work in a small group setting. Expect a lively and efficient workout that will get you in shape and let out stress.

Sunday Circuit

Kick off your Sunday Funday with a heart pumping, muscle burning, circuit-style workout. Sweat it out with this fun group!

TRX

Improve your core strength, balance and muscle endurance in this total body workout using a TRX suspension system.

Kettlebell/TRX

Combine two great tools in one great class! Kettlebells and suspension training will get you strong and lean! Beginners are welcome.

Sunrise HIIT

A fast-paced interval class designed to raise your heart rate and provide a total body workout in a small group setting. All levels welcome!

Tone and Tighten

Tone legs, firm arms, sculpt abs and lose weight in this training program incorporating weights, kettlebells, TRX, body weight, balance and cardio. Beginners are welcome.