

**MONDAY**

6:00-7:00am	<b>TribeFIT*</b>	Tracy	SGPT + LIVESTREAM
10:00-11:00am	<b>HIT FIT FREE</b>	Brandon	SGPT
12:00-12:45pm	<b>PWR45</b>	Brandon	SGPT

**TUESDAY**

6:00-7:00am	<b>TribeFIT*</b>	Tracy	SGPT + LIVESTREAM
8:00-9:00am	<b>TribeLIFE*</b>	Jenny	LIVESTREAM
9:30-10:30am	<b>HIT FIT FREE</b>	Geraldine	SGPT
4:45-5:30pm	<b>PWR+Strength</b>	Ryan	SGPT

**WEDNESDAY**

6:00-7:00am	<b>TribeFIT*</b>	Tracy	SGPT + LIVESTREAM
10:00-11:00am	<b>HIT FIT FREE</b>	Brandon	SGPT
12:00-12:45pm	<b>PWR45</b>	Brandon	SGPT
5:00-5:45pm	<b>PWR+Mobility</b>	Bradley	SGPT

**THURSDAY**

6:00-7:00am	<b>TribeFIT*</b>	Tracy	SGPT + LIVESTREAM
8:00-9:00am	<b>TribeLIFE*</b>	Jenny	LIVESTREAM
9:45-10:15am	<b>LM CORE FREE</b>	Geraldine	SGPT
10:30-11:30am	<b>HIT FIT FREE</b>	Geraldine	SGPT
4:45-5:30pm	<b>PWR+Strength</b>	Ryan	SGPT
6:00-7:00pm	<b>HIT FIT FREE</b>	Rob	SGPT

**FRIDAY**

11:00am-12:00pm	<b>HIT FIT FREE</b>	Brandon	SGPT
-----------------	---------------------	---------	------

**SUNDAY**

10:00-11:00am	<b>HIT FIT FREE</b>	Rob	SGPT
---------------	---------------------	-----	------



UPDATED 03.19.24

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

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

**\*TRIBE PROGRAMS ARE AVAILABLE EVERY SEVEN WEEKS. SEE TRIBE SCHEDULE FOR SESSION DATES AND PRICING.****REGISTER**

Greenwood App / 303.770.2582 x274



SCAN FOR INFO

### **HIT FIT**

HIT FIT is a high-intensity interval training (HIIT) workout that consists of basic boxing and kickboxing strikes, combined with cardio or strength exercises, heart-pumping music and coach-led motivation to keep you working from start to finish. HIT FIT takes place in our Training Studio with no more than 12 spots allowing for individual attention with the added benefits of an exciting group atmosphere.

### **LesMills 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.

### **PWR45**

This 45-minute high-intensity class is designed to challenge your body and push you to the next level. The class will be built around a series of exercises that focus on cardio, strength training and power. You'll leave feeling strong and energized!

### **PWR30 Express**

Maximize your time with PWR30 Express, a high-intensity circuit designed for those on the go! Experience a calorie-torching workout that kick-starts your metabolism and energizes you. With a focus on form, our expert instructors provide tailored modifications to ensure optimal movement, making every minute count.

### **PWR+Mobility**

PWR+Mobility gives you cardio and strength moves, plus mobility training to provide you with an active approach to creating a solid fitness foundation. Increase your range of motion and flexibility while gaining control and strength around your joints. PWR+Mobility is great for those looking to improve overall daily movements and stability while addressing imbalances for injury prevention.

### **PWR+Strength**

PWR+Strength is a full-body workout designed to increase strength and condition you for optimal health. Focusing on form and technique in a group setting, this circuit style class will enhance overall functional strength, boost metabolism and increase fat loss with a variety of accessories.

### **TribeFIT\***

TribeFIT is a high-intensity dynamic team training workout that is scientifically designed to make you fitter, faster and stronger. TribeFIT demands it all, so bring your “A” game!

### **TribeLIFE\***

TribeLIFE is a fun, high energy, low-impact workout that will improve total body strength, fitness and cardiovascular health in a revitalizing team setting.