

MONDAY

6:00-7:00am	TribeFIT*	Tracy	SGPT + LIVESTREAM
10:00-11:00am	HIT FIT FREE	Valerie	SGPT
12:00-12:45pm	PWR45	Brock	SGPT

TUESDAY

9:30-10:30am	HIT FIT FREE	Geraldine	SGPT
--------------	---------------------	-----------	------

WEDNESDAY

6:00-7:00am	TribeFIT*	Tracy	SGPT + LIVESTREAM
10:00-11:00am	HIT FIT FREE	Emma	SGPT
12:00-12:45pm	PWR45	Brock	SGPT
5:00-6:00	GTS Dryland Training	GTS	SGPT
5:30-6:15pm	PWR+Strength	Ryan	Studio 4

THURSDAY

9:45-10:15am	LM CORE FREE	Geraldine	SGPT
10:00-10:50pm	Box & Burn	Dan	Studio 4
10:30-11:30am	HIT FIT FREE	Geraldine	SGPT
6:00-7:00pm	HIT FIT FREE	Michelle	SGPT

FRIDAY

10:00am-11:00am	HIT FIT FREE	Emma	SGPT
11:00am-12:00pm	HIT FIT FREE	Emma	SGPT

SATURDAY

10:00-10:45am	PWR+Strength	Ryan	Studio 4
---------------	---------------------	------	----------

SUNDAY

10:00-11:00am	HIT FIT FREE	Team	SGPT
---------------	---------------------	------	------



Small Group Personal Training

EFFECTIVE JANUARY 1, 2024

UPDATED 12.1.24

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!

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!

Box and Burn

Embrace your inner fighter! Boxing, cardio and strength training combine for a high-energy, full body workout utilizing the heavy bag, mitt work and conditioning drills. Lower your stress and increase your energy with this interval training class.