

**MONDAY**

6:00-7:00am **TribeFIT** Tracy

10:00-11:00am **HIT FIT FREE** Soren

**TUESDAY**

9:00-9:45am **Stronger for Tennis** Zach

10:00-11:00am **HIT FIT FREE** Alex

12:15-1:00pm **Total Fitness** David

**WEDNESDAY**

6:00-7:00am **TribeFIT** Tracy

10:00-11:00am **HIT FIT FREE** Zach

**THURSDAY**

10:00-11:00am **HIT FIT FREE** Alex

**FRIDAY**

10:00-11:00am **HIT FIT FREE** Soren

**SATURDAY**

**SUNDAY**

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



UPDATED 5.20.26

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

**Drop-In: \$25/class**

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

**\*3% SERVICE FEE APPLIES TO ALL CREDIT CARD TRANSACTIONS.**

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

**\*\* EVALUATIONS MAY RUN ANYWHERE FROM 1-7 HOURS DEPENDING ON BOOKINGS. PLEASE CHECK WITH STAFF OR THE BOOKING SYSTEM FOR REAL-TIME UPDATES.**

**REGISTER**

Greenwood App / 303.770.2582 x274



SCAN FOR INFO

**Small Group Personal Training**  
**SGPT 8-Pack: \$160 (\$20/class)**  
**Drop-In: \$25/class**  
**8-PACKS EXPIRE 12 WEEKS AFTER PURCHASE AND**  
**ARE NON-REFUNDABLE AND NON-TRANSFERABLE**

### **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 16 spots allowing for individual attention with the added benefits of an exciting group atmosphere.

### **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.

### **She Lifts Strong**

SIX- WEEK PROGRESSIVE STRENGTH PROGRAM. Whether you're new to strength training or ready to level up your lifts, this program will help you build full-body strength, improve lifting technique and challenge your limits in a supportive, motivating environment. Progressive weekly strength programming. Focus on barbell, dumbbell and functional compound lifts. Coaching on proper form and technique. Confidence-building, results-driven structure.

### **Total Fitness**

This high-energy calorie shredding workout will build strength, protect your injury related issues and leave you feeling energized! Regardless of your age or fitness level, this Small Group Personal Training workout is an excellent way to boost overall health with a personal trainer of 24+ years in a group setting.

### **Power Punch**

Power through rounds of heavy bag work, mitt drills, conditioning exercises and optional sparring in this high-energy, full-body boxing class. With structured stations and expert coaching, you'll burn calories, build skill and release stress—one punch at a time. \*Hand wraps required.

### **Punch Out Parkinson's**

This non-combat boxing class is designed for those living with Parkinson's disease. Program includes movements that can improve balance, posture, gait, and strength, and can help alleviate and manage the symptoms of PD. Boxing for Parkinson's benefits include: increased core strength, better balance, and improved coordination and cognition. Caretakers, as well as those living with MS or ALS, are welcome.

### **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!

### **Strong as a Mother**

PRE/POSTNATAL FITNESS SERIES. This program is a six-week fitness series designed for pregnant and postpartum women, led by certified pre/postnatal trainer Kelly Buresh. This baby-friendly program focuses on building strength, improving mobility and supporting your core and pelvic floor through all stages of motherhood. Connect with other moms and feel confident, strong and empowered in a safe, welcoming environment.

### **Osteostrength and Balance**

#### **Bone Density Support Program**

This 6-week strength training program designed around the proven LIFTMOR protocol and other research-backed exercises. This program will help you build strength, support healthy bone density, boost metabolism and weight management. Take charge of your health and discover how lifting can help protect your bones and your future!

### **SG2**

This 4-week progressive overload program will teach you proper form and technique while focusing on 5-6 key compound lifts. Each week, you'll get stronger, move better, and finish every session with your glutes on fire!