

MONDAY

10:00-11:00am	HIT FIT FREE	Brandon	SGPT
12:00-12:45pm	PWR45	Brandon	SGPT

TUESDAY

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

WEDNESDAY

10:00-11:00am	HIT FIT FREE	Brandon	SGPT
12:00-12:45pm	PWR45	Brandon	SGPT
5:00-5:45pm	Kettlebell Dynamics	Bradley	SGPT

THURSDAY

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

FRIDAY

11:00am-12:00pm	HIT FIT FREE	Brandon	SGPT
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SUNDAY

10:00-11:00am	HIT FIT FREE	Rob	SGPT
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UPDATED 04.15.24

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!

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.

Kettlebell Dynamics

Elevate your strength, endurance and agility with Kettlebell Dynamics! Kettlebell training can sculpt muscles, boost metabolism, and enhance your athletic performance. This is a full-body, high energy workout that will challenge newcomers and seasoned athletes alike. Unlock your full potential with every swing!