MONDAY		
6:00-7:00am	TribeFIT	Tracy
10:00-11:00am	HIT FIT FREE	Zach
12:00-1:00pm	Hyrox Base	Soren
TUESDAY		
6:00-7:00pm	Hyrox Base	Sophia
10:00-11:00am	HIT FIT FREE	Alex G.
12:15-1:00pm	Total Fitness	David
5:15-6:15pm	Hyrox Base	Joe
WEDNESDAY		
6:00-7:00am	TribeFIT	Tracy
10:00-11:00am	HIT FIT FREE	Zach
12:00-1:00pm	Hyrox Explode	Soren
THURSDAY		
6:00-7:00am	Hyrox Explode	Sophia
8:00-8:45am	Valiant Private Training	David
10:00-11:00am	HIT FIT FREE	Alex G.
5:15-6:15pm	Hyrox Base	Joe
FRIDAY		
6:00-7:00am	Hyrox Engine	Sophia
10:00-11:00am	HIT FIT FREE	Soren & Alex G.
12:00-1:00pm	Hyrox Engine	Juliana
SATURDAY		
8:00-9:00am	Hyrox Team	Sophia
9:00-10:00am	Hyrox Base	Sophia
SUNDAY		
10:00-11:00am	HIT FIT FREE	Joe



UPDATED 10.19.26

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

CLUB GREENWOOD

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.

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.

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!

Parisi Youth Sports Training
Parisi Youth Sports Training is designed to help young athletes build the speed, strength, agility, coordination, and confidence needed to perform at their best. Through age-appropriate, structured training, athletes develop proper movement mechanics, improve athletic performance, and build a strong foundation for long-term success in sports. Training focuses on speed and acceleration, strength and power, agility and change of direction, balance and coordination, and injury prevention, with programming tailored to each athlete’s age and ability level.

Hyrox Base
Hyrox Base breaks down the eight Hyrox stations from the ground up — movement patterns, pacing strategy, and the relationship between running and functional work. Expect coach-led technique on sled pushes, wall balls, farmer’s carries, and more, paired with foundational cardio conditioning that builds your aerobic engine. No experience necessary.

Hyrox Explode
Hyrox Explode is high-output and high-intensity. This class combines plyometrics, sprint work, and explosive functional intervals designed to improve your power output at every station and your speed off every run.

Hyrox Engine
Hyrox Engine is your aerobic foundation class — and in Hyrox, your aerobic engine is everything. Engine sessions are built around sustained effort: running intervals, Zone 2 and Zone 3 conditioning, SkiErg work, rowing, and functional circuits designed to raise your aerobic ceiling and teach your body to perform under fatigue.