

BALANCE/STABILITY/FLEXIBILITY

BODYFLOW A motivating blend of yoga with tai chi and Pilates that will leave you strong, calm and centered.

CARDIO

BODYCOMBAT™ Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

GRIT CARDIO 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

RPM A group indoor cycling workout where you control the intensity

SH'BAM A fun-loving, insanely addictive dance workout.

SPRINT 30 minute high intensity interval training workout using an indoor bike to achieve fast results.

STRENGTH

BARRE A modern version of classic balletic training. A 30 minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

BODYPUMP™ The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

CXWORX™ 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.

CARDIO/STRENGTH

GRIT ATHLETIC 30 minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

GRIT STRENGTH 30 minute high intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

SEPTEMBER

COMPLIMENTARY GROUP FITNESS

▶ VIRTUAL CLASS SCHEDULE

CLUB HOURS

Monday – Thursday 5am – 10pm
Friday 5am – 9pm
Saturday – Sunday 6am – 8pm



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!®