

# POWER PLATE

## 2019 MEMBER TRAINING SEMINARS

with Melissa Byres

### 1st Tuesday 6:00am

April 2  
May 7  
June 4  
July 2  
August 6  
September 3  
October 1  
November 5  
December 3

### 2nd Tuesday 5:30pm

April 9  
May 14  
June 11  
July 9  
August 13  
September 10  
October 8  
November 12  
December 10

### 3rd Thursday 12:00pm

April 18  
May 16  
June 20  
July 18  
August 15  
September 19  
October 17  
November 21  
December 19

Please register 24 hours in advance.  
You may schedule a private session for an additional \$25

When you attend this seminar you gain personal access to Greenwood's Power Plates.

You will learn:

- The science and benefits of vibration training
- Stretches to improve flexibility
- Exercises to improve strength
- Personalized programs for your goals
- Recommended settings and precautions

**\$100 per member** annual fee includes:

- Access to the key for 15-minute personal sessions
- 15-minute annual session with a trainer for updated information



#### **REGISTER**

Greenwood App, 303.770.2582 x274

#### **CONTACT**

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