

MONDAY

6am	Muscle XFIT	Kim	SGPT Studio
9am	Total Tone & Tighten	David	SGPT Studio
10am	PWRFIT Upper Body/Core	Brandon	SGPT Studio
12pm	Fit&Fast30 (30 minutes)	Michelle	SGPT Studio
6pm	Muscle XFIT	Kim	SGPT Studio

TUESDAY

6am	PWRFIT Total Body	Brandon	SGPT Studio
9am	PWRFIT Total Body	Jenny	SGPT Studio
11am	PWRFIT Total Body	Michelle	SGPT Studio
4pm	PWRFIT Youth	Brandon	SGPT Studio

WEDNESDAY

7:30am	PWRFIT Total Body	Pam	SGPT Studio
10am	PWRFIT Lower Body/Core	Neil	SGPT Studio
12pm	Fit&Fast30 (30 minutes)	Michelle	SGPT Studio
4pm	Total Tone & Tighten	David	SGPT Studio
6pm	Muscle XFIT	Kim	SGPT Studio

THURSDAY

6am	Muscle XFIT	Kim	SGPT Studio
10am	Firm and Burn	Vic	SGPT Studio
11am	Kettle Bell/Suspension	Pam	SGPT Studio
12pm	BabyFit (30 minutes)	Kelly	SGPT Studio
4pm	PWRFIT Youth	Brandon	SGPT Studio

FRIDAY

6am	PWRFIT Conditioning	Brandon	SGPT Studio
9am	Firm and Burn	Tammy	SGPT Studio
11am	PWRFIT Conditioning	Brandon	SGPT Studio
6pm	PWR-HIIT	Brian	SGPT Studio

SATURDAY

9am	PWRFIT Total Body	Neil	SGPT Studio
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SUNDAY

10am	PWRFIT Conditioning	Brandon	SGPT Studio
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Small Group Personal Training

NEW PRICING

EFFECTIVE 09/01/19

Drop-In: \$25/class

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

Guest: \$25/class + \$15 guest fee
(Limit 5 visits/month)

Fast&Fit30 and BabyFit 8-Pack:
\$96 (\$15/class)

First-time participants receive their first class free.

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

REGISTER

Greenwood App / 303.770.2582 x274

SGPT Classes

Class choices so you can choose **YOUR** favorite way to workout.

Small groups so your workout is **PERSONAL**.

World Class coaches keep you energized, motivated and deliver **RESULTS**.

PWRFIT classes deliver functional training movements in a circuit style format to create high energy, calorie burning, muscle-building workouts:

Upper Body/Core

Show off those guns! This format focuses on your entire upper body.

Lower Body/Core

Ready for legs that could run all day? Check out the Lower Body/Core format!

Total Body

Hit it all in one class! A full body workout including resistance and cardio to take your fitness to the next level.

Conditioning

emphasizes high intensity cardiovascular interval training. Get ready to run, jump, row and ride to reach maximal heart rate!

Youth

(ages 10-15) increases speed, agility, quickness and strength through drills that will improve athletic ability and performance.

PWR-HIIT

A high energy class that combines resistance training and high intensity interval cardio training for great results.

PWR4CYCLE

Two classes in one – spend 30 minutes doing exercises designed to make you a stronger cyclist and 30 minutes on indoor cycling drills! *Beginners are welcome.*

Looking for a unique small group training experience? Try these classes!

BabyFit

A small group training class for expecting and new moms. Learn exercises that can be done safely during pre and post pregnancy to build strength and endurance, prepare for birth and recover muscles weakened during pregnancy. Lastly, safely add exercise back into your post-baby routine.

Fit&Fast30

Need a FAST workout for your whole body? FAST is a small group workout designed to challenge your total body in a fun group class in only 30 minutes!

Firm and Burn

Full body circuit style workout guaranteed to get your heart rate up and your muscles burning! *Beginners are welcome.*

Kettlebell and Suspension Training

Combine two great tools into one great class! Utilizing kettlebells for resistance and the benefits of suspension training to get you strong and lean! *Beginners are welcome.*

Muscle XFIT

An intense cross training workout using full body strength and power movements, challenging cardio segments and core training for great results. See gains in power, strength and cardiovascular conditioning! If you like CrossFit, then you'll LOVE Muscle XFIT!

Total Tone and Tighten

Tone legs, firm arms, sculpt abs and lose weight in this training program incorporating weights, kettlebells, machines, TRX, body weight, balance and cardio. *Beginners are welcome.*