

# PWRFIT™ SCHEDULE

2.01.2019

with myzone™

## MON

**9am**  
Upper Body/  
Core)  
Nicholas

**10am**  
Upper Body/  
Core  
Brandon

**11am**  
Train with a Pro  
Joe

## TUE

**6am**  
Total Body  
Brandon

**9am**  
Total Body  
Heather

**11am**  
Total Body  
Joe

**4pm**  
Youth  
Brandon

## WED

**7:30am**  
Total Body  
Lana

**9am**  
Core  
Joe

**6pm**  
CoreXPRESS  
Brandon

## THU

**9:30am**  
Total Body  
Vic

**11am**  
Kettle Bell/  
Suspension  
TrainingXPRESS  
Pam

**4pm**  
Youth  
Brandon

## FRI

**6am**  
Conditioning  
Brandon

**7am**  
Train with a Pro  
Joe

**9am**  
Conditioning  
Tammy

**11am**  
Conditioning  
Joe

## SAT

**9am**  
TOTAL BODY  
Nicholas

## SUN

**10am**  
Conditioning  
Brandon

PWRFIT delivers functional training movements in a circuit style format to create a high energy, calorie burning, muscle-building workout with professionally mixed music. We have six formats, including a 40-minute XPRESS option.

PWRFIT Conditioning emphasizes high intensity cardiovascular interval training. Get ready to run, jump hurdles, row and ride to reach maximal heart rates.

Youth XPRESS PWRFIT (ages 10-15): with increased speed, agility, quickness and strength drills that will improve athletic ability and performance. All in a 40 minute class!

**8 PACK:** \$30 per class  
**DROP-IN:** \$35 per class  
**XPRESS:** \$20 per class, drop-in only  
**NON-MEMBER:** \$35 per class + \$15 guest fee. Limit 5 visits/month

Packages are nonrefundable, nontransferable and expire one year from purchase date.

**REGISTER** Greenwood App, 303.770.2582 x274  
ClubGreenwood.com/PWRFIT

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 **CLUB  
GREENWOOD**