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John Ireland at Greenwood Athletic and Tennis Club

David Beckham's trainer? In Denver? Yes, it's true. Greenwood Athletic and Tennis Club has hired John Ireland, personal fitness coach to Beckham and the rest of the L.A. Galaxy soccer team. He has also worked with the Colorado Rapids and the Colorado Mammoth. In partnership with Ireland, the GATC is launching the Athlete Performance Academy in January. The academy will offer young athletes and adults sport-specific training regimens for a variety of sports, including lacrosse, soccer, tennis, skiing, hockey and swimming. The GATC will host an evening to discuss this exciting new partnership. Now you can train the way the pros do ... just in time for your New Year's resolution.

December 16, 5:30 pm

Greenwood Athletic and Tennis Club
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greenwoodato.com