

## BALANCE/STABILITY/FLEXIBILITY

**ALIGNMENT VINYASA I/II** Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 will take your practice to the next level.

**BASIC VINYASA** An alignment based Vinyasa class with a slower pace than our Power Vinyasa classes focusing on alignment and posture. Great for anyone working with injuries, just beginning the practice or those pursuing the foundations of yoga.

**BUFF BONES®** combines Pilates, functional movement, strength training and therapeutic exercise to tone your arms, hips, back and abs. Adaptable for all levels.

**CANDLELIGHT VINYASA** Start your week with this candlelight Vinyasa class suitable for all levels.

**HATHA I/II** Designed for everyone, with the emphasis on posture, breath, strength and flexibility. Level II offers options to progress into more difficult postures and sequences.

**PILATES MAT** Lengthen, strengthen and realign through a series of functional movements for the entire body. Classes with props are indicated with a P next to the level.

**POWER VINYASA** A vigorous, fitness-based approach to Vinyasa style yoga. Tone and strengthen your body, clear your mind and gain a sense of accomplishment and empowerment. Some classes taught in heat. See schedule for specifics.

**RESTORATIVE YOGA** This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

**RISE AND SHINE** Stretch and strengthen with this 30 minute yoga class designed to wake up your entire body. The perfect start to your day!

**STRETCH & ALIGN I/II** A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Increase flexibility and improve balance and posture. Level 2 incorporates more challenging core and balance work.

**STRETCH & ROLL** The ideal way to complete any workout. Treat yourself to 15 minutes of stretching and foam rolling to improve recovery, increase flexibility and reduce muscle soreness.

**THERMAL YOGA®** All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room.

**THERMAL® POWER FUSION** A fusion of the traditional 26 pose format with Asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening.

**TOTAL BODY FIT** This 60 minute class combines cardio, strength and balance work for the perfect total body workout.

**YIN/MEDITATION** Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

**WILLPOWER & GRACE™** Equipment free, using only your bare feet and body weight in this functional drill-based cardio, strength and flexibility workout.

## CARDIO

**AQUA FIT** Total body strength conditioning and cardio class in the shallow water. May include hand buoys, noodles or steps.

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

**BOSU/STEP** A great cardio workout using the BOSU and step. Great for any level.

**CVI** Kick up your metabolism as an instructor guides you through interval formats. Bring a fully charged electronic device with the AudioFetch App and a headset. Loaner device available at the Welcome Desk.

**CYCLE 50** From intervals to long hill climbs, this 50-minute class is packed from start to finish. Motivating music to challenge your body and soul.

**DEEP WATER** A great cardio workout including intervals, circuits, balance challenges and strength training.

**ENDURANCE RIDE** Incorporates cycling skills and drills designed to maintain those hard-fought summer fitness gains and build a strong base for next year's peak. Great music and videos to keep you motivated.

## STRENGTH

**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.

**POWER HOUR** A combination of the following elements of fitness: muscle strength, endurance, explosive power, flexibility, balance and coordination. LOTS OF VARIETY!

**STRONG 30** 30 minutes of full body strength training using a variety of equipment.

**YOGA SCULPT** This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.

**HIGH GEAR** Pedal in groups, roll over hills, chase the pack, climb mountains and sprint your way to burning calories. If your goal is cross-training, maintaining endurance, losing weight or increasing your overall health and fitness level, High Gear is for you.

**HIIT THE ROAD** In this class you will improve athletic capacity and fitness, glucose metabolism and fat burning as well as increase EPOC, resting metabolic rate and VO2 Max.

**INSANITY** Designed for all fitness levels to provide amazing results in a short period of time. This class is intense, but extremely fun and effective. All moves can be modified.

**RIDE & SHINE** Climb, sprint and push your way through rides and always come out feeling ready to tackle any obstacles that come your way the rest of the day.

**SHIFT UP/SPEED UP** Combines cadence building with resistance loading for a workout that will take your cycling to a new level. Physically, it will improve your ability to steadily increase workload. Mentally, it will make you a more confident, aggressive cyclist.

**ZUMBA®** Latin style rhythms featuring interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!

## CARDIO/STRENGTH

**BODYSTEP™** Two formats with variety each week. The athletic format incorporates high intensity interval training using simple athletic moves with circuit inspired functional training. The classic format offers the same great cardio blocks of work and muscle conditioning but also incorporates greater variety in the moves and adds the component of speed and agility training.

**BREAKFAST CLUB** High energy cardio/weight training workout to challenge the mind and body.

**HIIT** (High Intensity Interval Training) The ultimate athletic cardiovascular challenge. Using simple athletic moves, this total body workout will take your fitness to the next level, leaving you sweaty and smiling. Great music and lots of variety!

## FEBRUARY

### COMPLIMENTARY

# GROUP FITNESS SCHEDULE

### CLUB HOURS

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



**CLUB GREENWOOD**

THE BEST PART OF YOUR DAY!™

In order to make the most efficient use of our studios, Greenwood may discontinue classes if there are less than ten participants for four consecutive weeks, excluding holidays and special events. Thank you for understanding.

COMPLIMENTARY GROUP FITNESS

# FEBRUARY SCHEDULE

EFFECTIVE FEBRUARY 1, 2019

VIEW THE SCHEDULE ON YOUR PHONE  
 DOWNLOAD THE CLUB GREENWOOD APP

ANDREA MORRIS Director of Group Fitness  
 AndreaM@ClubGreenwood.com 303.770.2582 x312

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	5:30-6:00 <b>Rise and Shine</b> Brian Jade	5:30-6:00 <b>H.I.I.T.</b> Jim 1	5:30-6:00 <b>Rise and Shine</b> Lindsey Jade	5:30-6:00 <b>H.I.I.T.</b> Penny 1	5:30-6:00 <b>Rise and Shine</b> Chris Jade	7:30-8:30 <b>Shift Up/Speed Up</b> Linda Cyc.
	5:45-6:30 <b>CVI</b> Penny ucv	5:45-6:45 <b>Shift Up/Speed Up</b> Renae Cyc.	5:45-6:30 <b>CVI</b> Nicholas ucv	5:30-7:00 <b>Endurance Ride</b> Dennis Cyc.	5:45-6:30 <b>CVI</b> Tammy ucv	8:00-9:00 <b>Pilates Mat P1-3</b> Team 2
	6:00-7:00 <b>Shift Up/Speed Up</b> Dennis Cyc.	6:00-7:00 <b>BODYPUMP™</b> Jim 1	6:00-7:00 <b>Ride &amp; Shine</b> Gerry Cyc.	6:00-7:00 <b>BODYPUMP™</b> Penny 1	6:00-7:00 <b>Shift Up/Speed Up</b> Tim Cyc.	8:00-9:15 <b>Power Vinyasa</b> Tonya Jade
	6:00-7:00 <b>Alignment Vinyasa I</b> Brian Jade	6:00-7:00 <b>Thermal Yoga® 60</b> Lindsey Jade	6:00-7:00 <b>Alignment Vinyasa I</b> Lindsey Jade	6:00-7:00 <b>Thermal Yoga® 60</b> Vali Jade	6:00-7:00 <b>Alignment Vinyasa I</b> Chris Jade	8:15-9:00 <b>CVI</b> Jill S. ucv
	6:00-6:50 <b>Breakfast Club</b> Renae Gym		6:00-7:00 <b>H.I.I.T.</b> Megan R. Gym		6:00-7:00 <b>Breakfast Club</b> Rob Gym	8:30-9:30 <b>BODYCOMBAT™</b> Geraldine 1
	6:00-7:00 <b>Pilates Mat P2-3</b> Pam 2		6:30-7:00 <b>CXWORX™</b> Nicholas 2		6:00-7:00 <b>Pilates Mat P1-3</b> Pam 2	9:00-9:30 <b>CXWORX™</b> Penny 2
		7:30-8:45 <b>Power Vinyasa</b> Tonya Jade			9:00-10:00 <b>High Gear</b> Carol Cyc.	
MID-MORNING	8:00-9:00 <b>H.I.I.T.</b> Nicholas 2	8:00-9:00 <b>Pilates Mat P2-3</b> Pam 2	8:00-9:00 <b>Total Body Fit</b> Drew 2		8:00-9:00 <b>BODYCOMBAT™</b> Ali 2	9:00-10:00 <b>Deep Water</b> Karen Pool
	8:30-9:30 <b>BOSU/Step</b> Sherri 1	8:10-9:00 <b>High Gear</b> Carol Cyc	8:30-9:30 <b>H.I.I.T.</b> Sherri 1	8:10-9:00 <b>High Gear</b> Dennis Cyc.	8:30-9:30 <b>BOSU/Step</b> Sherri 1	9:30-10:30 <b>BODYSTEP™</b> Andrea 1
	9:00-10:25 <b>Thermal Yoga®</b> Jen R. Jade	8:30-9:00 <b>BODYPUMP™ 30</b> Andrea 1	9:00-10:25 <b>Thermal Yoga®</b> Deb Jade	8:30-9:00 <b>BODYPUMP™ 30</b> Jim 1	9:00-10:25 <b>Thermal Yoga®</b> Jen R. Jade	9:30-10:30 <b>Thermal Power Fusion</b> Tonya Jade
	9:00-9:30 <b>CXWORX™</b> Andrea 2	9:00-9:30 <b>CXWORX™</b> Andrea 1	9:00-9:30 <b>Strong 30</b> Geraldine 2	9:00-9:30 <b>CXWORX™</b> Jim 1	9:00-9:30 <b>CXWORX™</b> Nicholas 2	9:45-10:45 <b>Yoga Sculpt</b> Lindsey 2
	9:15-10:15 <b>Aqua Fit</b> Crystal Pool	9:15-10:15 <b>Deep Water</b> Jeanette Pool	9:15-10:15 <b>Aqua Fit</b> Marlene Pool	9:15-10:15 <b>Deep Water</b> Jeanette Pool	9:15-10:15 <b>Aqua Fit</b> Teresa Pool	10:30-11:30 <b>BODYPUMP™</b> Andrea 1
	9:30-10:30 <b>BODYCOMBAT™</b> Melissa S. 1	9:15-10:15 <b>Hatha I</b> Malissa Jade	9:30-10:20 <b>INSANITY</b> Jim 1	9:15-10:15 <b>Hatha II</b> Carisa Jade	9:30-10:30 <b>H.I.I.T.</b> Kristin 1	11:00-12:00 <b>Yin/Meditation</b> Laurel Jade
	9:30-10:30 <b>H.I.I.T the Road</b> Barbara Cyc.	9:35-10:35 <b>BODYSTEP™</b> Andrea 2	9:30-10:30 <b>H.I.I.T the Road</b> Melissa Cyc.	9:35-10:35 <b>BODYSTEP™</b> Andrea 2	9:30-10:30 <b>High Gear</b> Barbara Cyc.	
	9:30-10:30 <b>willPower &amp; grace™</b> Sherri 2	9:35-10:35 <b>Power Hour</b> Tammy 1	9:30-10:00 <b>CXWORX™</b> Geraldine 2	9:35-10:35 <b>Power Hour</b> Tracy 1	9:45-10:30 <b>CVI</b> Tracy ucv	
	9:45-10:30 <b>CVI</b> Jocelyn ucv	10:00-10:45 <b>CVI</b> Lara ucv	10:00-10:55 <b>Pilates Mat 2-3</b> Molly 2	10:00-10:45 <b>CVI</b> Nicholas ucv	10:00-10:55 <b>Pilates Mat 2-3</b> Dawn 2	
	10:35-10:50 <b>Stretch &amp; Roll</b> Jocelyn 1	10:30-11:30 <b>Power Vinyasa</b> Tonya Jade	10:00-10:45 <b>CVI</b> Sally ucv	10:30-11:30 <b>Power Vinyasa</b> Malissa Jade	10:35-10:50 <b>Stretch &amp; Roll</b> Tracy 1	
11:00-11:45 <b>Stretch &amp; Align I</b> Peggy Jade	11:00-12:00 <b>Buff Bones</b> Alexis 2	11:00-11:45 <b>Stretch &amp; Align II</b> Drew Jade	10:45-11:45 <b>ZUMBA®</b> Kathy 1	11:00-11:45 <b>Stretch &amp; Align I</b> Peggy Jade		
AFTERNOON	12:00-12:50 <b>Cycle 50</b> Sara Cyc.	12:00-1:00 <b>H.I.I.T. the Road</b> Gerry Cyc.	12:00-12:50 <b>Cycle 50</b> Sara Cyc.	12:00-1:00 <b>H.I.I.T. the Road</b> Carol Cyc.	12:00-1:00 <b>High Gear</b> Neal Cyc.	8:15-9:15 <b>Alignment Vinyasa I</b> Drew Jade
	12:00-1:00 <b>Alignment Vinyasa II</b> Soozie Jade	12:00-1:00 <b>Power Vinyasa</b> Tonya Jade	12:00-1:00 <b>Basic Vinyasa</b> Malissa Jade	12:00-1:00 <b>Power Vinyasa</b> Claudia Jade	12:00-1:00 <b>Alignment Vinyasa II</b> Krystal Jade	9:00-10:00 <b>H.I.I.T.</b> Penny 1
	12:15-1:15 <b>BODYSTEP™</b> Jim 1	12:15-1:15 <b>BODYPUMP™</b> Melissa S. 1	12:00-1:00 <b>H.I.I.T.</b> Rob 1	12:15-1:15 <b>BODYPUMP™</b> Nicholas 1	12:15-1:15 <b>BODYSTEP™</b> Chalyce 1	9:00-10:00 <b>Ride &amp; Shine</b> Jen Cyc.
	12:15-1:00 <b>CVI</b> Joe ucv					9:30-10:45 <b>Thermal Yoga® 75</b> Tandra Jade
	1:00-2:00 <b>Pilates Mat 2-3</b> Charlotte 2					10:15-11:15 <b>BODYPUMP™</b> Jen 1
	3:45-4:15 <b>Kids' Yoga (3-5)</b> Gina 2		3:45-4:15 <b>Kids' Yoga (3-5)</b> Brian 2			11:30-12:30 <b>Restorative Yoga</b> Alana Jade
	4:15-5:00 <b>Kids' Yoga (6-10)</b> Gina 2		4:15-5:00 <b>Kids' Yoga (6-10)</b> Brian 2			11:30-12:30 <b>ZUMBA®</b> Kathy 1
	5:30-6:00 <b>CXWORX™</b> Chalyce 1	4:30-5:30 <b>Yoga Sculpt</b> Lindsey 2	5:30-6:00 <b>CXWORX™</b> Geraldine 1	4:30-5:30 <b>Yoga Sculpt</b> Lara 2	4:30-5:30 <b>Yin/Meditation</b> Brianne Jade	4:00-5:00 <b>Candlelight Vinyasa</b> Brianne Jade
	5:30-6:30 <b>Power Vinyasa</b> Tandra Jade	5:00-6:00 <b>ZUMBA®</b> Tonya L. 1	5:30-6:30 <b>Power Vinyasa</b> Alana Jade	5:00-6:00 <b>ZUMBA®</b> Tonya L. 1	5:30-6:30 <b>BODYPUMP™</b> Andrea 1	
	5:30-6:30 <b>High Gear</b> Carol Cyc.	5:30-6:15 <b>Pilates Mat P1-3</b> Rife 2	5:30-6:30 <b>High Gear</b> Hayley Cyc.	5:30-6:45 <b>Thermal Yoga® 75</b> Jen R. Jade		
EVENING	6:00-6:30 <b>BODYCOMBAT™ 30</b> Chalyce 1	6:00-6:45 <b>CVI</b> Penny ucv	6:00-6:30 <b>BODYCOMBAT™ 30</b> Geraldine 1	6:00-7:00 <b>H.I.I.T.</b> Rob 1		
	6:00-7:00 <b>ZUMBA®</b> Mandy 2	6:00-7:00 <b>H.I.I.T.</b> Rob 1	6:00-7:00 <b>ZUMBA®</b> Jeru 2	6:00-7:00 <b>Basic Vinyasa</b> Lara 2		
	6:30-7:30 <b>BODYPUMP™</b> Chalyce 1	6:00-7:00 <b>Basic Vinyasa</b> Chris Jade	6:30-7:30 <b>BODYPUMP™</b> Nicholas 1	7:00-8:00 <b>Yin/Meditation</b> Laurel Jade		
		7:00-8:00 <b>Yin/Meditation</b> Malissa Jade				
					<b>NEW CLASS OR CHANGE</b>	
					<b>HEATED CLASS</b>	