

REVOLUTIONARY RESOLUTIONS

Refocus, renew and reenergize your workouts. Choose from more than 35 events, tailor-made to help you stick to those New Year's goals!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 Mobility Clinic	8 Renew YOU Cardio & Core	9 Tennis Footwork Clinic PWRCore	10 Shoulder Health Bonus Workouts Healthy Back 10 Suspension Training Tutorial	11 Bonus Workouts	12 Weight Loss Seminar
14 Post-Workout Active Recovery and Stretch	15	16 Tennis Footwork Clinic Healthy Lifestyle Seminar Totally Core Workout	17 Shoulder Health Bonus Workouts	18 Bonus Workouts	19 Choosing the Right Workout for YOU
21 Suspension Training Tutorial	22 Renew YOU Free InBody Test Better Balance Kettlebell Kick	23 Cardio & Core Tennis Footwork Clinic	24 Shoulder Health Bonus Workouts Kettlebell Kick	25 Bonus Workouts	26 Fighting Father Time, Moving with Mother Nature
28 Post-Workout Active Recovery and Stretch	29 Kettlebell Kick	30 Tennis Footwork Clinic PWRCore	31 Shoulder Health Kettlebell Kick	JANUARY 2019	

REGISTER

Greenwood App, 303.770.2582 x274
GreenwoodATC.com/Personal Training

CONTACT

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**GREENWOOD ATHLETIC
AND TENNIS CLUB**

REVOLUTIONARY RESOLUTIONS

Mobility Clinic

Learn how to increase your range of movement through stretching and loosen tight muscles through pressure and postural changes with Master Trainer **Vic Spatola**. This is a 50-minute workshop. \$85, includes a Mobility Roller Kit. 8 max. **RR PROGRAM**

Monday, January 7
6–6:50pm / Studio 3

Renew YOU FREE

Do you find your core strength, ab strength or back strength just aren't what they used to be? **Kelly Buresh** will share techniques and exercises to specifically tackle this area! 15 max. **RR PROGRAM**

Tuesday, January 8
Tuesday, January 22
10–10:30am
Conference Room

Cardio & Core

Join **Kristin Burgess** for an interval style 30-minute cardio and core workout! \$10 per class. 6 max. **RR CLASSES**

Tuesday, January 8
Wednesday, January 23
12–12:30pm / 12:30–1pm
Downstairs Cardio Area

Tennis Footwork Clinic

Improve your dexterity and game with **Ken Washington**. You'll learn exercises to improve your speed and footwork. 4-week clinic. \$200. 10 max. **RR PROGRAM**

Wednesdays
January 9, 16, 23 and 30
4–5pm / Studio 3

PWRCore

Power your core UP with **Brandon Smith**. \$10/class. **RR CLASSES**

Wednesdays, January 9, 30
6–6:30pm / PWRFIT room

Shoulder Health Series

Happy shoulders = happy you. Join **Brian Sims** in this series teaching specific stretches, trigger point work and exercises to improve shoulder mobility, strength and recovery. \$135 for series. 5 max. **RR PROGRAM**

Thursdays
January 10, 17, 24, 31
9:30–10am / Studio 3

Bonus Workouts

Joe Talbert and **Kelly Devereux** deliver bonus workouts! \$50/class. 5 max. **RR CLASSES**

JOIN KELLY
Thursdays / January 10, 17, 24
10–11am / Weight Room
JOIN JOE
Fridays / January 11, 18, 25
9–10am / Weight Room

Healthy Back 10

Dennis Miller leads this in-depth 30-minute class teaching important exercises to maintain low back health. A mini-band will be included for the first 10 to sign up! \$25. 10 max. **RR PROGRAM**

Thursday, January 10
12–12:30pm / Weight Room

Suspension Training Tutorial FREE

Not sure how to use those yellow and black straps hanging in the gym? Let **Lana Betti** and **Nicholas Li** teach you how effective and fun they can be! 30-minute class. 5 max.

RR PROGRAM

Thursday, January 10
Monday, January 21
1–1:30pm / PWRFIT Room

Weight Loss Seminar FREE

Kim Galbreath will share her inspiring story of how she lost 160 pounds and kept it off, and help you see the light at the end of the tunnel! 15 max.

RR PROGRAM

Saturday, January 12
10:30–11:30am
Conference Room

Post-Workout Active Recovery and Stretch FREE

Brian Holland will show you the right way to cool down to speed recovery and avoid soreness. 4 max. **RR PROGRAM**

Monday, January 14
Monday, January 28
5:30–6pm / 6–6:30pm
Weight Room

Healthy Lifestyle Seminar

Registered Dietitian **Kristin Burgess** will teach you how to plan your meals for success, not stress! Lunch provided. Accepting donations to 4ocean in lieu of a fee. For every \$20 raised, 1 pound of trash can be removed from the ocean! 20 max. **RR PROGRAM**

Wednesday, January 16
12–1pm / Studio 2

Totally Core Workout FREE

Join **Pam Oliver** for an ab blast pop up workout!

Wednesday, January 16
7–7:20am / Weight Room

Choosing the Right Workout for YOU

Shaun Cook will help you make the right choices and reach your goals faster! \$30. 20 max. **RR PROGRAM**

Saturday, January 19
10:30am–12pm
Conference Room

InBody Test FREE

Get your body composition test from **David Nutting**. 10-minute sessions. Max 6. **RR PROGRAM**

Tuesday, January 22
8–9am / Service Desk

Better Balance FREE

Let it snow but don't slip! **Stu Kershner**, personal trainer and physical therapist, will check your balance and stability and help you feel strong and safe!

Tuesday, January 22
10–11am / Studio 2

Kettlebell Kick

Get an awesome pop up workout with **Mike Huntoon** using the kettlebells! \$35/class. 5 max. **RR CLASSES**

Tuesdays and Thursdays
January 22, 24, 29, 31
12–1pm / Weight Room

Fighting Father Time, Moving with Mother Nature

How do you maximize movement so your body works like a well-oiled machine? Spend an hour with **Karen Zareck** learning the best ways to stay active, mobile, stable and in shape — no matter your fitness level or age! Snacks provided. \$20. 15 max. **RR PROGRAM**

Saturday, January 26
11am–12pm / Conference Room

RR Registration Required