

the barre

AT GREENWOOD

TRANSFORM
CHISEL
DEFINE

OUR CLASSES BLEND:

cardio,
strength training,
flexibility,
balance and
core conditioning
for a
total body workout
that targets the
hips,
glutes,
abs, and
arms.

Book a class today!

Schedule and registration
Details included on back.



REGISTER Greenwood App, 303.770.2582 x274
GreenwoodATC.com/Barre

CONTACT Andrea Morris, 312
AndreaM@GreenwoodATC.com



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

the barre

AT GREENWOOD

CLASS SCHEDULE

Opal Studio / Effective October 1, 2018

DAY	TIME	INSTRUCTOR
MONDAYS	6:00-6:50AM	Ruby
	9:30-10:30AM	Megan
	5:30-6:30PM	Lindsey
TUESDAYS	8:30-9:30AM	Rachel
	9:45-10:45AM	Megan
WEDNESDAYS	6:00-6:50AM	Lindsey
	9:30-10:30AM	Tracy
THURSDAYS	8:30-9:30AM	Megan
	9:45-10:45AM	Ruby
FRIDAYS	9:30-10:30AM	Jocelyn
SATURDAYS	8:30-9:30AM	Rachel/Lindsey
SUNDAYS	10:00-11:00AM	Ruby

The Barre at Greenwood is a high-intensity, low-impact Barre workout that challenges every major muscle group through a combination of strength training, stretching and ballet postures. Using the ballet barre and specialized equipment, your muscles will be worked effectively to the point of exhaustion with low-impact moves to protect your joints. Each class is limited to 13 people, giving each participant a customized class experience for any level.

DESIGN YOUR BODY TODAY!

- ▼ Sign up in advance online or at the Service Desk
- ▼ Limited to 13 participants per class
- ▼ Ballet experience is not required

MEMBER PRICING:

Single class: \$10

8-Pack: \$56 (\$7/class)

Barre packages are non-refundable, non-transferable and expire one year from date of purchase.

NON-MEMBER PRICING:

\$20 per class (does not include club access)

PLEASE NOTE: 24 hour cancellation notice required for refund or transfer to another Barre class.