



MUSCLE CHAOS

with **Kim Galbreath**

A diverse mix of high-intensity functional movements incorporating Olympic Lifting and progressive resistance to increase athletic capacity

Mondays: 7:00am

Thursdays: 6:00am

Saturdays: 8:00 & 9:30am

Weight Room

Drop In: \$35

Eight Pack: \$240 (\$30 per class)

Purchase Muscle Chaos Classes or Eight Packs at the Service Desk. Packages are nonrefundable, nontransferable and expire one year from purchase date.

REGISTER

Greenwood App, 303.770.2582 x274
GreenwoodATC.com/PersonalTraining

CONTACT

Kim Galbreath x308
KimG@GreenwoodATC.com



**GREENWOOD ATHLETIC
AND TENNIS CLUB**