

PWRFITTM SCHEDULE

12.01.2018

with myzone

MON

9am
Upper Body/
Core)
Nicholas

10am
Upper Body/
Core
Brandon

11am
Train with a Pro
(invite only)
Joe

TUE

6am
Total Body
Brandon

9am
Total Body
Heather

11am
Total Body
Joe

4pm
Youth XPRESS
Brandon

WED

7:30am
Total Body
Lana

9am
Core
Joe

THU

9:30am
Total Body
Vic

11am
Kettle Bell/
Suspension
Training XPRESS
Pam

4pm
Youth XPRESS
Brandon

FRI

6am
Conditioning
Brandon

7am
Conditioning
Joe

9am
Conditioning
Tammy

10am
Conditioning
Brandon

11am
Conditioning
Joe

SAT

8:30am
TOTAL BODY
Nicholas

9:30am
Total Body
Brandon

SUN

10am
Conditioning
Brandon

PWRFIT delivers functional training movements in a circuit style format to create a high energy, calorie burning, muscle-building workout with professionally mixed music. We have six formats, including a 40-minute XPRESS option.

PWRFIT Conditioning emphasizes high intensity cardiovascular interval training. Get ready to run, jump hurdles, row and ride to reach maximal heart rates.

Youth XPRESS PWRFIT (ages 10-15): with increased speed, agility, quickness and strength drills that will improve athletic ability and performance. All in a 40 minute class!

8 PACK: \$30 per class

DROP-IN: \$35 per class

XPRESS: \$20 per class, drop-in only

NON-MEMBER: \$35 per class + \$15 guest fee. Limit 5 visits/month

Packages are nonrefundable, nontransferable and expire one year from purchase date.

REGISTER

Greenwood App, 303.770.2582 x274
GreenwoodATC.com/PWRFIT

CONTACT

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**GREENWOOD ATHLETIC
AND TENNIS CLUB**