



Group Exercise Coordinator
Jane Helsing
303.770.2582 x312
janeh@GreenwoodATC.com

MARCH 2010 SCHEDULE

(REVISED MARCH 1, 2010)



MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST./	ROOM
6:00-7:00	SPINNING®	Jenn	Cyc.	5:45-6:45	SPINNING®	Rena	Cyc.	6:00-7:00	SPINNING®	Colin	Cyc.	5:45-6:45	SPINNING®	Dennis	Cyc.	5:45-6:30	Energy Zone®	Linda	ucv	7:15-8:15	SPINNING®	Jenn	Cyc.
6:00-7:00	Int. Pilates Mat	Pam	3	6:00-7:00	Thermal Yoga® 60	Suzanne	3	6:00-7:00	Int Pilates Mat	Pam	3	5:45-6:45	Thermal Yoga® 60	Suzanne	3	6:00-7:00	Breakfast Club	Rob	1	8:00-9:00	Beg/Int Pilates Mat	Molly	3
6:00-6:50	Muscle Mix	Rena	1	6:00-7:00	BodyPUMP™	Kevin	1	6:00-6:45	BOSU Circuit	Tracy	1	6:00-7:00	BodyPUMP™	Tracy	1	6:00-7:00	SPINNING®	Jim	Cyc.	8:15-9:00	EnergyZone®	Jill S	ucv
6:00-6:45	EnergyZone®	Lauren	ucv	7:45-8:30	Cardio 45	Jane	1	6:00-6:45	EnergyZone®	Lauren	ucv	7:30-8:30	ClassicalHathaYoga	Suzanne	3	6:00-7:00	Pilates on the Ball	Pam	3	8:30-9:30	SPINNING®	Nigel	Cyc.
8:00-9:00	Walking Plus	Pat	Gym	8:00-9:00	Int Pilates Mat	Pam	3	7:30-8:30	Power Yoga	Tonya	3	7:45-8:30	Cardio 45	Jane	1	7:00-8:00	\$POWERFIT\$	Joe	1	8:30-9:30	Hi NRG Cardio	Glenda	1
8:10-9:00	CycleZone®	Jill W.	Cyc.	8:10-9:00	CycleZone®	Dennis	Cyc.	8:00-9:00	Walking Plus	Pat	Gym	8:10-9:00	CycleZone®	Dennis	Cyc.	7:30-8:15	EnergyZone®	Jill W.	ucv	9:00-10:00	Deep Water	Sara/MarL.	Pool
8:30-9:30	BOSU/Step	Sherri	1	8:15-9:00	EnergyZone®	Sally	ucv	8:00-9:00	SPINNING®	Jay	Cyc.	8:15-9:00	EnergyZone®	Sherri	ucv	8:00-9:00	SPINNING®	Barbara	Cyc.	9:15-10:00	EnergyZone®	Linda/Sally	ucv
9:00-10:25	Thermal Yoga®	Rosalie	3	8:30-8:50	20 Minute Abs	Jane	2	8:45-9:30	BOSU Complete	Sherri	1	8:30-9:30	BodyPUMP™	FaFa	1	8:30-9:30	Nia	Therese	1	9:30-10:30	BodySTEP™	Andrea	1
9:15-10:15	Water Aerobics	Erika	Pool	8:30-9:30	BodyPUMP™	Sherri	1	9:00-10:00	Cardio Dance	Ruthie	2	8:30-8:50	20 Minute Abs	Jane	2	9:00-10:00	BOSU/Step	Sherri	2	9:30-10:30	Yoga Sculpt	Christine	3
9:30-10:20	CycleZone®	Barbara	Cyc.	9:00-10:15	Hi Intensity Aqua	Marlene	Pool	9:00-10:30	Thermal Yoga®	Tonya	3	8:30-9:15	*Mat Pilates Express	Molly	3	9:00-10:25	Thermal Yoga®	Rosalie	3	9:45-10:45	SPINNING®	Nigel	Cyc.
9:30-10:45	Kickboxing	Ruthie	1	9:30-10:30	ClassicalHathaYoga	Suzanne	3	9:15-10:15	Hi Intensity Aqua	Anna	Pool	9:15-10:15	Deep Water	Jeanette	Pool	9:15-10:15	Water Aerobics	Sara C.	Pool	10:30-11:30	BodyPUMP™	Andrea	1
9:30-10:30	Power Sculpt	Sherri	2	9:35-10:35	BodySTEP™	Andrea	2	9:30-10:30	SPINNING®	Jay	Cyc.	9:30-10:30	willPower & grace™	Jane	3	9:30-10:30	SPINNING®	Barbara	Cyc.	11:00-12:00	Kundalini Yoga	John	3
10:00-10:45	EnergyZone®	Jill S.	ucv	9:35-10:35	Power Hour	Barbara	1	10:00-11:00	Int Pilates Mat	Marisa	2	9:35-10:35	Power Step	Sherri	2	9:30-10:45	Kickboxing	FaFa	1	12:00-12:30	Tai Chi	John	3
10:45-11:45	Stretch & Align	Peggy	3	11:00-12:00	\$POWERFIT\$	Joe/Sara	1	10:00-11:00	Int Pilates Mat	Marisa	2	10:00-11:00	Int Pilates Mat	Marisa	2	10:00-11:00	Int Pilates Mat	Marisa	2				
12:00-1:00	SPINNING®	Sara	Cyc.	12:00-1:00	SPINNING®	Dennis	Cyc.	10:00-10:45	EnergyZone®	Kelly	ucv	10:45-11:30	Zumba®	Tonya L.	1	10:00-10:45	EnergyZone®	Tracy	ucv				
12:00-1:00	Vinyasa II/III	Amy	3	12:00-1:00	Power Yoga	Tonya	3	11:00-12:00	Nia	Therese	1	12:00-1:00	SPINNING®	Jay	Cyc.	10:45-11:45	Stretch & Align	Peggy	3				
12:15-1:15	BodySTEP™	Penny	1	12:00-1:00	Power Yoga	Tonya	3	12:00-1:00	SPINNING®	Sara	Cyc.	12:00-1:00	Power Yoga	Lara	3	11:00-12:00	\$POWERFIT\$	Joe/Jen	1				
12:15-1:00	EnergyZone®	Tammy	ucv	12:15-1:15	BodyPUMP™	Jill W	1	12:00-1:00	SPINNING®	Christine	3	12:15-1:15	BodyPUMP™	Eliza	1	12:00-1:00	SPINNING®	Dennis	Cyc.				
1:00-2:00	Int/Ad Pilates Mat	Stephanie	3	4:00-4:45	Kids Yoga (ages 9-13)	Marci	3	12:00-1:00	Vinyasa II/III	Paula	1	4:00-4:45	Kids Circuit (ages 5-8)	Jason	1	12:00-1:00	Vinyasa II/III	Michelle	3				
5:15-6:15	Hi NRG Cardio	Glenda	1	4:45-5:15	Kids Yoga (ages 5-8)	Marci	3	12:15-1:15	Hi NRG Cardio	Paula	1	5:00-6:00	Pilates Sculpt Mat	Ursula	3	12:15-1:00	BOSU + Free Motion	Sherri	1				
5:30-6:30	Power Yoga	Marda	3	5:15-6:00	Zumba®	Tonya L.	1	12:15-1:00	EnergyZone®	Jill W	ucv	5:15-6:00	willPower & grace™	Jane	1	5:30-6:30	BodyPUMP™	Andrea	1				
5:30-6:30	SPINNING®	Nigel	Cyc.	5:30-6:30	SPINNING®	Rob	Cyc.	1:00-2:00	Pilates Principles-1	Ann	3	5:30-6:30	SPINNING®	Jim/Linda	Cyc.								
6:30-7:30	BodyPUMP™	FaFa	1	5:30-6:00	BOSU/Ab Lab	Sally	2	5:30-7:00	Thermal Yoga®	Rosalie	3	5:30-6:30	SPINNING®	Jennifer	2								
				5:30-6:30	Vinyasa I/II	Katherine	3	5:30-6:30	Kickboxing	Anne	1	5:30-6:00	Ab Lab	Andrea	1								
				6:00-7:00	BodySTEP™	Joy	1	6:00-7:00	\$TRI TEAM\$	F4 Coach	Cyc.	6:00-7:00	BodySTEP™	Andrea	1								
				6:00-6:45	EnergyZone®	Kevin	ucv	6:00-7:30	BodyPUMP™	Ruthie	1	6:00-6:45	EnergyZone®	Christy/Sally	ucv								
												6:00-7:00	Kundalini Yoga	John	3								

*INDICATES NEW CLASS

www.GreenwoodATC.com

BELLY DANCING • STUDIO 2

Saturdays, March 6, 13, 20, 27 • Drop-in rate \$15 per class

LADIES ONLY!

YOUTH PROGRAMS • YOUTH BASKETBALL

March 3-31, join Tim Hammond for basketball classes on Wednesdays.

We offer classes for ages 4-12 years.

Call Julie at x287 for information.

Class Descriptions

Athletic Conditioning (Strength & Cardio)

BodySTEP® - Great for any level. Whether you like lots of choreography or an athletic approach, this is the step class for you. Intense workout and great music.

BOSU/STEP - Great for any level. This high intensity class uses the BOSU and step to help you incorporate more "power" moves along with great, easy to follow choreography!

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

CARDIO 45 - a 45 minute low-impact, variety cardio workout with high impact options. Strength training included.

FreeMotion® Fitness - This is the pinnacle of functional fitness, giving you a full body workout that incorporates movements similar to those in everyday life. This is a great cardiovascular and strength workout in a small group setting. Space is limited.

MUSCLE MIX - This high intensity, interval class will give you a strength and cardio workout in 45 minutes. Uses barbells and steps.

DEEP WATER AEROBICS - A full body, non-impact workout in the deep portion of the pool. Designed for all levels of fitness, participants may use toys such as noodles, hydro cuffs, hydrofit dumbbells, and buoyancy belts to achieve an invigorating cardiovascular and strengthening workout-impact free.

HI INTENSITY AQUA - A more aggressive approach to Water Aerobics that is sure to get your adrenaline pumping! May be modified appropriately for all levels of fitness.

WATER AEROBICS - A full body workout in the shallow portion of the pool. Designed for all levels of fitness, participants may use toys such as noodles, hydro cuffs, and hydrofit dumbbells to achieve an invigorating cardiovascular and strengthening workout-impact free!

Body Sculpting

20 minute Abs - A mini ab lab - see below.

AB LAB - Thirty minutes of focused abdominal training. A must-do for flat stomachs and six-pack abs. This workout strengthens every aspect of your core musculature, including your lower back.

BodyPUMP® - The ultimate in group resistance training set to music. This is the original class using a specially designed barbell system. All levels welcome.

POWER HOUR/SCULPT - A combination of the following elements of fitness: Muscle Strength, Endurance, Explosive Power, Flexibility, Balance & Coordination, Agility and Speed. LOTS OF VARIETY!

Body Mind

PILATES MAT - Mat is one basic foundation of all Pilates exercises. The objective of Mat classes is to master each exercise before moving on to the next level. Beginner classes are appropriate for newcomers. Intermediate moves at a faster pace and covers about 20 exercises. Advanced is fast paced and will include the complete progression of all 34 mat exercises.

PILATES MAT EXPRESS - a 45 minute high intensity, classical flow. This fast paced class will keep you moving.

PILATES MAT SCULPT - High intensity floor exercises with weights.

YOGA

Classical Hatha - Is suitable for beginners, pre/postnatal, seniors, people working with injuries or anyone else looking for a calmer, quieter practice.

Kundalini - Utilizes postures, movement, stretching, and exercise along with breath, sound current, & meditation to work all aspects of your being. Learn breathing techniques for calming the mind and emotions, thereby allowing your intuition to flow more freely.

Power Yoga - is a rigorous Vinyasa flow taught in a heated room. Using the time-honored wisdom of yoga, this practice is a dynamic combination of strength, sweat and spirituality. Power Yoga detoxifies, heals, and electrifies your body and your mind. Some Yoga experience recommended.

Thermal Yoga® - is for all levels of students from beginner to advanced. The series of 26 postures and breathing exercises is practiced in a heated room. The heat warms our bodies allowing maximum stretching, reduces the risk of injury and releases the toxins through sweat.

Vinyasa I/II - is a flow of postures linked with the breath. This style of yoga provides a physical workout while also improving flexibility, strength, balance and mental concentration. Level I is suitable for beginners and experienced students.

Vinyasa II/III - is a more rigorous flow of postures linked with the breath. Challenging postures are introduced and worked on according to each person's ability. Some yoga experience is recommended.

Yoga Sculpt - Yoga Sculpt is a total body workout designed to tone and sculpt every major muscle group. Move through sun salutations and other yoga postures using hand weights to add extra length, strength and depth in each pose.

Kids Yoga is the best of both worlds....playing and exercising. Through Asana (yoga positions) we teach the kids good posture, build bone density, encourage flexibility and promote good self-esteem. What a fun way to have children ages 5-13 enjoy themselves.

Children must be 14 years or older to participate in Thermal and Power Yoga.

Cardio Conditioning

Cardio Dance - a fun way to mix up your workout routine by incorporating different dance styles.

ENERGY ZONE® - Kick up your metabolism in this award-winning class! An instructor will guide you through scientifically-based interval formats. All fitness levels welcome. **You will need to bring a headset.**

HiNRG CARDIO - A high intensity, high impact aerobics class. Guaranteed to give you that "cooked" feeling.

Spinning®

Cycling - The ultimate indoor cycling challenge. This class simulates a variety of terrain and training techniques. These include steep hills, flat roads, jumps, interval training, sprints and recovery.

CycleZONE® - Applies the same concepts as our Award-winning EnergyZone® classes in the SPIN room!

Specialty

NIA - is a joyful and exhilarating fitness practice that combines martial arts, yoga and dance. A cardio class suitable for all levels, from beginners to athletes, NIA is one of the best ways to achieve physical, mental and emotional fitness while having FUN working out.

STRETCH & ALIGN - A hybrid of modern dance, yoga, and athletic stretches combined to increase range of motion in every joint and muscle. Spend this relaxing hour aligning and lengthening your entire body with soft background music.

WALKING PLUS - A moderate intensity class designed to concentrate on balance and movement. Fun and dynamic!

willPower & grace™ - Equipment free using only your bare feet and body weight in this drill based cardio workout.

ZUMBA® - Latin style rhythms that are easy-to-follow and the best fitness party around!

BOSU TRAINING SYSTEM - The name is an acronym which stands for, "Both Sides Up," in reference to the many ways a BOSU ball can be used. This device consists of an inflated blue rubber hemisphere attached to a rigid platform and is particularly well-suited for balance training. Classes will focus on **Circuit** training and a full body workout in **Complete**. (class maximum - 28 participants)

Kids Circuit Class - Kids ages 5-13 can improve cardiovascular ability, balance, and flexibility as they play in an obstacle course/circuit set up especially for them. It is never too early to learn that being healthy can be fun!

\$PowerFit\$ is a small group, fee based class taught by personal trainers Sport Joe and Sara Talbert. Contact Vic at extension 339 for more info.



GROUP EXERCISE SCHEDULE AND CLASS DESCRIPTIONS

5801 S. Quebec Street • Greenwood Village, CO 80111

303-770-2582 • www.GreenwoodATC.com

HOURS OF OPERATION

Monday-Thursday	5:00am - 10:00pm
Friday	5:00am - 9:00pm
Saturday	6:00am - 8:00pm
Sunday	7:00am - 8:00pm

Studio Etiquette

1. Classes are a group activity; we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. Be considerate of other Member's exercise space. Please do not crowd a Member who has arrived in class before you.
4. Keep conversation to a minimum.
5. Please do not enter the classroom before the current class is finished.
6. Hand weights are not permitted during the cardio section of any class.
7. Reserving places is not permitted.
8. Gym bags are discouraged in the studio.
9. In consideration of other Members, no cell phones in the studio and we request that pagers are on silent mode.
10. We recommend the use of a towel.
11. Members may not use the stereo equipment.
12. Please remember personal hygiene and refrain from wearing perfume or cologne.
13. We request that all equipment be returned to proper storage area.
14. Please use care when placing weights down to prevent damage to the hardwood floor.

The Best Part of Your Day!®

