



Group Exercise Coordinator
Jane Helsing
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JULY 2010 SCHEDULE

(REVISED JULY 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®	Jim	Cyc.	5:45-6:45	SPINNING®	Dennis	Cyc.	5:45-6:30	Energy Zone®	Linda	ucv	7:30-8:30	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	Hi NRG Cardio	Glenda	1
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	Jim	1	7:00-8:00	\$POWERFIT\$	Joe	1	9:00-10:30	SPINNING®	Jay	Cyc.
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 Power	Sara/Marl.	Pool
8:30-9:30	BOSU/Step	Sherri	1	8:15-9:00	EnergyZone®	Heather	ucv	8:00-9:00	SPINNING®	Jay	Cyc.	8:15-9:00	EnergyZone®	Sherri	ucv	8:30-9:30	BOSU/Step	Sherri	1	9:15-10:00	EnergyZone®	Pat L.	ucv
9:00-10:25	Thermal Yoga®	Rosalie	3	8:30-9:30	BodyPUMP™	Sherri	1	8:45-9:30	BOSU Complete	Sherri	1	8:30-9:30	BodyPUMP™	FaFa	1	9:00-10:25	Thermal Yoga®	Rosalie	3	9:30-10:30	BodySTEP™	Andrea	1
9:15-10:15	Aqua Intervals	Erika	Pool	8:35-8:55	20 Minute Abs	Jane	2	9:00-10:30	Thermal Yoga®	Tonya	3	8:35-8:55	20 Minute Abs	Jane	2	9:15-10:15	Aqua Fit	Sara C.	Pool	9:30-10:30	Yoga Sculpt!	Christine	3
9:30-10:20	CycleZone®	Barbara	Cyc.	9:00-10:00	Aqua P3	Marlene	Pool	9:15-10:15	Aqua Circuit	Anna	Pool	8:35-9:15	Mat Pilates Express	Molly	3	9:30-10:30	SPINNING®	Barbara	Cyc.	10:30-11:30	BodyPUMP™	Andrea	1
9:30-10:45	Kickboxing	Ruthie	1	9:30-10:30	ClassicalHathaYoga	Suzanne	3	9:30-10:30	SPINNING®	Jay	Cyc.	9:15-10:15	Deep Water Warrior	Jeanette	Pool	9:30-10:45	Kickboxing	FaFa	1	11:00-12:00	Kundalini Yoga	John	3
9:30-10:30	Power Sculpt	Sherri	2	9:35-10:35	BodySTEP™	Andrea	2	9:30-10:45	Kickboxing	Andrea	1	9:30-10:30	willPower & grace™	Jane	3	10:00-11:00	Int Pilates Mat	Marisa	2	12:00-12:30	Tai Chi	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 Hour	Penny	1	10:00-10:45	EnergyZone®	Tracy	ucv	! July 10 and 31, Yoga Sculpt will be willPower & grace™			
10:45-11:45	Stretch & Align	Peggy	3	10:00-10:15	Ai Chi	Marlene	Pool	10:00-10:45	EnergyZone®	Kelly	ucv	10:45-11:45	Zumba®	Tonya L.	1	10:45-11:45	Stretch & Align	Peggy	3				
12:00-1:00	SPINNING®	Sara	Cyc.	10:40-11:40	Vinyasa I	Cindy	3	10:45-11:15	Kids Yoga (ages 9-13)	Marci	3	12:00-1:00	SPINNING®	Jay	Cyc.	11:00-12:00	\$POWERFIT\$	Joe/Jen	1				
12:00-1:00	Vinyasa II/III	Amy	3	11:00-12:00	\$POWERFIT\$	Joe/Sara	1	11:15-11:45	Kids Yoga (ages 5-8)	Marci	3	12:00-1:00	Power Yoga	Lara	3	12:00-1:00	SPINNING®	Dennis	Cyc.				
12:15-1:15	BodySTEP™	Penny	1	12:00-1:00	SPINNING®	Dennis	Cyc.	11:00-12:00	Nia	Dana/Tracey	1	12:00-1:00	BodyPUMP™	Eliza	1	12:00-1:00	Vinyasa II/III	Michelle	3				
12:15-1:00	EnergyZone®	Tammy	ucv	12:00-1:00	Power Yoga	Tonya	3	12:00-1:00	SPINNING®	Sara	Cyc.	4:00-4:45	Kids Circuit (ages 5-8)	Jason	1	12:15-1:00	BOSU + Free Motion	Sherri	1				
1:00-2:00	Int/Ad Pilates Mat	Stephanie	3	12:15-1:15	BodyPUMP™	Jill W.	1	12:00-1:00	Vinyasa II/III	Christine	3	5:00-6:00	Pilates Sculpt Mat	Ursula	3	5:30-6:30	BodyPUMP™	Andrea	1				
5:15-6:15	Hi NRG Cardio	Glenda	1	5:00-6:00	Zumba®	Tonya L.	1	12:15-1:15	Hi NRG Cardio	Paula	1	5:15-6:00	willPower & grace™	Sherri	1								
5:30-6:30	Power Yoga	Marda	3	5:30-6:30	SPINNING®	Rob	Cyc.	12:15-1:00	EnergyZone®	Jill W.	ucv	5:30-6:30	SPINNING®	Jim/Linda	Cyc.								
5:30-6:30	SPINNING®	Nigel	Cyc.	5:30-6:00	BOSU/Ab Lab	Sally	2	1:00-2:00	Pilates Principles-1	Ann	3	5:30-6:00	Ab Lab	Jennifer	2								
6:30-7:30	BodyPUMP™	FaFa	1	5:30-6:30	Vinyasa I/II	Katherine	3	5:30-7:00	Thermal Yoga®	Rosalie	3	6:00-7:00	BodySTEP™	Andrea	1								
				6:00-7:00	BodySTEP™	Joy	1	5:30-6:30	Kickboxing	Anne	1	6:00-6:45	EnergyZone®	Christy/Sally	ucv								
				6:00-6:45	EnergyZone®	Kevin	ucv	6:00-7:00	\$TRI TEAM\$	F4 Coach	Cyc.	6:00-7:00	Kundalini Yoga	John	3								
								6:30-7:30	BodyPUMP™	Rotating	1	7:00-8:00	\$Belly Dancing\$	Lenna	1								

*INDICATES NEW CLASS

www.GreenwoodATC.com

PRE-NATAL YOGA

Wednesdays, July 14, 28, August 4, 11, 18, 25

11:00am-12:00pm • Studio 2

\$10 Drop-in Member/\$20 Drop-in Non-Member

SUMMER BOOTY AND BOOT CAMP ARE COMING SOON

BOOTY CAMP - July 12-August 6, M/W/F, four weeks (two and three day options available).

BOOT CAMP - July 19-August 20, M-F, five weeks.

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 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, varied 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.

Aqua Intervals - A high intensity interval class to challenge your cardiovascular system.

Aqua P3 - Pilates Principles in the Pool. A fast, fun class focusing on the core and alignment.

Ai Chi - A shortened form of Tai Chi, designed for the flow of the water. Breathe deep and relax. Outside, weather permitting.

Aqua Circuit - Strength training and cardiovascular work that will maximize your time in the water.

Deep Water Warrior - A boot camp style workout, primarily using intervals. Keep your heart rate up by staying off the bottom of the pool and utilizing foam dumbbells for resistance.

Aqua Fit - Total body strength, conditioning and cardio class in the water. Varies class by class. May include steps, martial arts and anaerobic exercise.

Deep Water Power - A great cardiovascular workout using equipment or treading water. Includes intervals, circuits, balance challenges and strength training.

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 40 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

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.

Indoor Cycling

CycleZONE® - Applies the same concepts as our award-winning EnergyZone® classes in the SPIN studio!

Spinning® - 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.

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, strength and flexibility 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 5-8 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 Joe Sport and Sara Talbert. Contact Vic at x339 for more information.



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

In order to make the most efficient use of our studios, GATC may discontinue classes if there are under seven participants for four consecutive weeks, excluding holidays and special events. Thank you for your understanding.

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 recommended 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!®

