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Complimentary

NOVEMBER SCHEDULE

Effective November 1, 2018

MEMBER APPRECIATION WEEK NOV. 5-11

THE BEST PART OF US IS YOU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	5:30-6:00 Express Yoga Tori Jade	5:30-6:00 H.I.I.T. Jim 1	5:30-6:00 Express Yoga Carisa Jade	5:30-6:00 H.I.I.T. Penny 1	5:30-6:00 Express Yoga Drew Jade	8:00-9:00 Shift Up/Speed Up Linda Cyc.
	5:45-6:30 CVI Penny ucw	5:45-6:45 Shift Up/Speed Up Renae Cyc.	5:45-6:30 CVI Nicholas ucw	5:30-7:00 Endurance Ride Dennis Cyc.	5:45-6:30 CVI Tammy ucw	8:00-9:00 Pilates Mat P1-3 Team 2
	6:00-7:00 Shift Up/Speed Up Dennis Cyc.	6:00-7:00 Thermal Yoga® 60 Elena Jade*	6:00-7:00 Ride & Shine Gerry Cyc.	6:00-7:00 Thermal Power Fusion Elena Jade*	6:00-7:00 Shift Up/Speed Up Tim Cyc.	8:00-9:15 Power Vinyasa Tonya Jade*
	6:00-7:00 Alignment Vinyasa I Tori Jade	6:00-7:00 BODYPUMP™ Jim 1	6:00-7:00 Alignment Vinyasa I Carisa Jade	6:00-7:00 BODYPUMP™ Penny 1	6:00-7:00 Alignment Vinyasa I Drew Jade*	8:15-9:00 CVI Jill S. ucw
	6:00-6:50 Breakfast Club Renae 1		6:00-7:00 H.I.I.T. Megan R. Gym		6:00-7:00 Breakfast Club Rob Gym	8:30-9:30 BODYCOMBAT™ Geraldine 1
	6:00-7:00 Pilates Mat P2-3 Pam 2		6:30-7:00 CXWORX™ Nicholas 2		6:00-7:00 Pilates Mat P1-3 Pam 2	9:00-9:30 CXWORX™ Penny 2
MID-MORNING	8:00-9:00 H.I.I.T. Nicholas 2	8:00-9:00 Pilates Mat P2-3 Pam 2	8:00-9:00 Total Body Fit Drew 2	8:10-9:00 High Gear Dennis Cyc.	8:00-9:00 BODYCOMBAT™ Ali 2	9:30-10:30 BODYSTEP™ Andrea 1
	8:30-9:30 BOSU/Step Sherri 1	8:10-9:00 High Gear Carol Cyc.	8:30-9:30 H.I.I.T. Sherri 1	8:30-9:00 BODYPUMP™ 30 Jim 1	8:30-9:30 BOSU/Step Sherri 1	9:30-10:30 Thermal Power Fusion Tonya Jade*
	9:00-10:25 Thermal Yoga® Elena Jade*	8:30-9:00 BODYPUMP™ 30 Andrea 1	9:00-10:25 Thermal Yoga® Deb Jade*	9:00-9:30 CXWORX™ Jim 1	9:00-10:25 Thermal Yoga® Jen R. Jade*	9:45-10:45 Yoga Sculpt Team 2
	9:00-9:30 CXWORX™ Andrea 2	9:00-9:30 CXWORX™ Andrea 1	9:00-9:30 Strong 30 Geraldine 2	9:15-10:15 Deep Water Jeanette Pool	9:00-9:30 CXWORX™ Nicholas 2	10:30-11:30 BODYPUMP™ Andrea 1
	9:15-10:15 Aqua Fit Crystal Pool	9:15-10:15 Deep Water Jeanette Pool	9:15-10:15 Aqua Fit Marlene Pool	9:15-10:15 Hatha II Carisa Jade	9:15-10:15 Aqua Fit Teresa Pool	11:00-12:00 Yin/Meditation Drew Jade
	9:30-10:30 BODYCOMBAT™ Melissa S. 1	9:15-10:15 Hatha I Malissa Jade	9:30-10:20 INSANITY Jim 1	9:35-10:35 BODYSTEP™ Andrea 2	9:30-10:30 H.I.I.T. Kristin 1	
	9:30-10:30 H.I.I.T the Road Barbara Cyc.	9:35-10:35 BODYSTEP™ Andrea 2	9:30-10:30 H.I.I.T the Road Melissa Cyc.	9:35-10:35 Power Hour Tracy 1	9:30-10:30 High Gear Barbara Cyc.	
	9:30-10:30 willPower & grace™ Sherri 2	9:35-10:35 Power Hour Tammy 1	9:30-10:00 CXWORX™ Geraldine 2	10:00-10:45 CVI Nicholas ucw	9:45-10:30 CVI Tracy ucw	
	9:45-10:30 CVI Jocelyn ucw	10:00-10:45 CVI Lara ucw	10:00-11:00 Pilates Mat 2-3 Molly 2	10:30-11:30 Power Vinyasa Malissa Jade	10:00-11:00 Pilates Mat 2-3 Dawn 2	
	10:35-10:50 Stretch & Roll Jocelyn 1	10:30-11:30 Power Vinyasa Tonya Jade	10:00-10:45 CVI Sally ucw	10:45-11:45 ZUMBA® Kathy 1	10:35-10:50 Stretch & Roll Tracy 1	
	10:55-11:55 Stretch & Align Peggy Jade		10:15-10:30 Ai Chi Marlene Pool		10:55-11:55 Stretch & Align Peggy Jade	
			10:55-11:55 Total Body Stretch Drew Jade			
	AFTERNOON	12:00-12:50 Cycle 50 Sara Cyc.	12:00-1:00 H.I.I.T. the Road Gerry Cyc.	12:00-12:50 Cycle 50 Sara Cyc.	12:00-1:00 H.I.I.T. the Road Carol Cyc.	12:00-1:00 High Gear Neal Cyc.
12:00-1:00 Alignment Vinyasa II Soozie Jade		12:00-1:00 Power Vinyasa Tonya Jade*	12:00-1:00 Basic Vinyasa Malissa Jade	12:00-1:00 Power Vinyasa Claudia Jade*	12:00-1:00 Alignment Vinyasa II Krystal Jade	9:00-10:00 H.I.I.T. Penny 1
12:15-1:15 BODYSTEP™ Jim 1		12:15-1:15 BODYPUMP™ Melissa S. 1	12:00-1:00 H.I.I.T. Rob 1	12:15-1:15 BODYPUMP™ Nicholas 1	12:15-1:15 BODYSTEP™ Chalyce 1	9:00-10:00 Ride & Shine Jen Cyc.
12:15-1:00 CVI Joe ucw						9:30-10:45 Thermal Yoga® 75 Elena Jade*
1:00-2:00 Pilates Mat 2-3 Charlotte 2						10:15-11:15 BODYPUMP™ Jen 1
3:45-4:15 Kids' Yoga (ages 3-5) Gina 2						11:30-12:30 Restorative Yoga Alana Jade
EVENING	4:15-5:00 Kids' Yoga (ages 6-10) Gina 2					11:30-12:30 ZUMBA® Kathy 1
	5:30-6:00 CXWORX™ Chalyce 1	5:00-6:00 ZUMBA® Tonya L. 1	5:30-6:00 CXWORX™ Geraldine 1	4:30-5:30 Yoga Sculpt Lara 2	4:30-5:30 Yin/Meditation Brianne Jade	4:00-5:00 Candlelight Vinyasa Brianne Jade
	5:30-6:30 Power Vinyasa Tambra Jade*	5:30-6:15 Pilates Mat P1-3 Rife 2	5:30-6:30 Power Vinyasa Alana Jade*	5:00-6:00 ZUMBA® Tonya L. 1	5:30-6:30 BODYPUMP™ Andrea 1	
	5:30-6:30 High Gear Carol Cyc.	6:00-6:45 CVI Penny ucw	5:30-6:30 High Gear Hayley Cyc.	5:30-6:45 Thermal Yoga® 75 Jen R. Jade*		
	6:00-6:30 BODYCOMBAT™ 30 Chalyce 1	6:00-7:00 H.I.I.T. Rob 1	6:00-6:30 BODYCOMBAT™ 30 Geraldine 1	6:00-7:00 H.I.I.T. Rob 1		
	6:00-7:00 ZUMBA® Mandy 2	6:00-7:00 Basic Vinyasa Drew Jade	6:00-7:00 ZUMBA® Jeru 2	6:00-7:00 Basic Vinyasa Lara 2		
	6:30-7:30 BODYPUMP™ Chalyce 1	7:00-8:00 Yin/Meditation Malissa Jade	6:30-7:30 BODYPUMP™ Nicholas 1	7:00-8:00 Yin/Meditation Laurel Jade		

INDICATES NEW CLASSES OR CHANGES
 *JADE INDICATES HEATED CLASS



Download the Greenwood Account App to view class schedule. Available on iPhone and Android.



Class Descriptions

BALANCE/STABILITY/FLEXIBILITY

Alignment Vinyasa I/II - Designed to cultivate heat in the body with creative, intelligent sequences and a focus on the connection of breath. Level 2 will take your practice to the next level.

Basic Vinyasa - An alignment based Vinyasa class with a slower pace than our Power Vinyasa classes focusing on alignment and posture. Great for anyone working with injuries, just beginning the practice or those pursuing the foundations of yoga.

Candlelight Vinyasa - Start your week with this candlelight Vinyasa class suitable for all levels.

Hatha I/II - Designed to balance opposing parts of the body through supported postural alignment, guided pranayama (breath) and meditation. Hatha I is more suitable for beginners; Hatha II offers options to progress into more difficult postures and techniques.

Pilates Mat - Lengthen, strengthen and realign through a series of functional movements for the entire body. Classes with props are indicated with a P next to the level.

Power Vinyasa - A vigorous, fitness-based approach to Vinyasa style yoga. Tone and strengthen your body, clear your mind and gain a sense of accomplishment and empowerment. Some classes taught in heat. See schedule for specifics.

Restorative Yoga - This calming practice is intended to align your physical and mental being with a series of gentle poses supported by props. Leave feeling relaxed and energized. Ideal for all levels.

Stretch & Align - A series of flowing, dynamic and static stretches designed to enhance everyday functional movement. Decompress the spine, restore body symmetry, increase flexibility and improve balance and posture.

Stretch & Roll - The ideal way to complete any workout. Treat yourself to 15 minutes of stretching and foam rolling to improve recovery, increase flexibility and reduce muscle soreness.

Thermal Yoga® - All levels of students from beginner to advanced are welcome. The series of 26 postures and breathing exercises is practiced in a heated room.

Thermal® Power Fusion - A fusion of the traditional 26 pose format with Asanas found in our Alignment/Power Vinyasa classes. Benefits include further hip opening as well as upper body and core strengthening.

Total Body Fit - This 60 minute class combines cardio, strength and balance work for the perfect total body workout.

Total Body Stretch - Improve flexibility, balance and strength by blending yoga and fitness.

Yin/Meditation - Suited for all levels, this class combines postures that target deep connective tissue with the healing benefits of meditation to quiet the mind. Increase circulation, improve flexibility, and renew the body's flow of energy.

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

CARDIO

Aqua Fit - Total body strength conditioning and cardio class in the shallow water. May include hand buoys, noodles or steps.

BODYCOMBAT™ - Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

BOSU/Step - A great cardio workout using the BOSU and step. Great for any level.

CVI - Kick up your metabolism as an instructor guides you through interval formats. Bring a fully charged electronic device with the AudioFetch App and a headset. Loaner device available at the Welcome Desk.

Cycle 50 - From intervals to long hill climbs, this 50-minute class is packed from start to finish. Motivating music to challenge your body and soul.

Deep Water - A great cardio workout including intervals, circuits, balance challenges and strength training.

Endurance Ride - Incorporates cycling skills and drills designed to maintain those hard-fought Summer fitness gains and build a strong base for next year's peak. Great music and videos to keep you motivated.

High Gear - Pedal in groups, roll over hills, chase the pack, climb mountains and sprint your way to burning calories. If your goal is cross-training, maintaining endurance, losing weight or increasing your overall health and fitness level, High Gear is for you.

H.I.I.T. the Road - In this class you will improve athletic capacity and fitness, glucose metabolism and fat burning as well as increase EPOC, resting metabolic rate and VO2 Max.

INSANITY - Designed for all fitness levels to provide amazing results in a short period of time. This class is intense, but extremely fun and effective. All moves can be modified.

Ride & Shine - Climb, sprint and push your way through rides and always come out feeling ready to tackle any obstacles that come your way the rest of the day.

Shift Up/Speed Up - Combines cadence building with resistance loading for a workout that will take your cycling to a new level. Physically, it will improve your ability to steadily increase workload. Mentally, it will make you a more confident, aggressive cyclist.

ZUMBA® - Latin style rhythms featuring interval training for calorie burning in an easy-to-follow one-of-a-kind fitness party format!

CARDIO/STRENGTH

BODYSTEP™ - Offered in two formats with variety each week. The athletic format incorporates high intensity interval training using simple athletic moves with circuit inspired functional training. The classic format offers the same great cardio blocks of work and muscle conditioning; but also incorporates greater variety in the moves and adds the component of speed and agility training.

Breakfast Club - High energy cardio/weight training workout to challenge the mind and body.

H.I.I.T. - (High Intensity Interval Training) The ultimate athletic cardiovascular challenge. Using simple athletic moves, this total body workout will take your fitness to the next level, leaving you sweaty and smiling. Great music and lots of variety!

STRENGTH

BODYPUMP™ - The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

CXWORX™ - 30-minute revolutionary core training. This dynamic workout will challenge your abs, glutes, back, obliques and "slings" connecting the upper and lower body, toning core muscles and improving functional strength.

Power Hour - A combination of the following elements of fitness: muscle strength, endurance, explosive power, flexibility, balance and coordination. LOTS OF VARIETY!

Strong 30 - 30 minutes of full body strength training using a variety of equipment.

Yoga Sculpt - This total body workout is designed to tone and sculpt every major muscle group. You will move through sun salutations and other yoga postures using hand weights to add strength and depth to each pose.



GREENWOOD ATHLETIC AND TENNIS CLUB

THE *Best* PART OF *Your Day!*®

GROUP FITNESS SCHEDULE

HOURS OF OPERATION

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

In order to make the most efficient use of our studios, GATC may discontinue classes if there are under ten 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.
3. In consideration of other member's exercise space, please do not crowd a member who has arrived in class before you.
4. Please save conversations for before and after class.
5. Please do not enter the classroom before the current class is finished.
6. For safety and security reasons, please keep your belongings in a locker.
7. Please adhere to the provisions of the Mobile Electronic Device policy.
8. Members may not use the stereo equipment.
9. Please remember personal hygiene and refrain from wearing perfume or cologne.
11. We request that all equipment be returned to proper storage area.
10. Please use care when placing weights down to prevent damage to the hardwood floor.

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