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*Complimentary*

# OCTOBER SCHEDULE

Effective October 1, 2017

## NEW THIS MONTH!

Four weekday 5:30am classes  
 Two Saturday indoor cycling and CVI classes  
 Saturday afternoon unheated yoga  
 Sunday morning Thermal yoga  
 Monday morning Yoga Sculpt

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	5:30-6:00 Express Yoga Marda Jade	5:30-6:00 H.I.I.T. Jim 1	5:45-6:30 CVI Jim ucv	5:30-6:00 H.I.I.T. Penny 1	5:30-6:00 Express Yoga Drew Jade	7:30-8:30 Shift Up/Speed Up Linda Cyc.
	6:00-7:00 Shift Up/Speed Up Dennis Cyc.	5:45-6:45 Shift Up/Speed Up Renae Cyc.	6:00-7:00 Ride & Shine Gerry Cyc.	5:30-7:00 Endurance Ride Dennis Cyc.	5:45-6:30 CVI Linda H. ucv	8:00-9:00 Pilates Mat P1-3 Team 2
	6:00-7:00 Yoga Sculpt Marda Jade	6:00-7:00 Thermal Yoga® 60 Suzanne Jade*	6:00-7:00 H.I.I.T. Chrissy Gym	5:45-6:45 Thermal Power Fusion Suzanne Jade*	6:00-7:00 Shift Up/Speed Up Tim Cyc.	8:00-9:15 Power Vinyasa Tonya Jade*
	6:00-6:45 CVI Penny ucv	6:00-7:00 BODYPUMP™ Jim 1	6:00-7:00 Thermal Power Fusion James Jade*	6:00-7:00 BODYPUMP™ Penny 1	6:00-7:00 Breakfast Club Rob Gym	8:15-9:00 CVI Jill S. ucv
	6:00-6:50 Breakfast Club Renae 1		6:30-7:00 CXWORX™ Jim 2		6:00-7:00 Pilates Mat P1-3 Pam 2	8:30-9:30 Hi NRG Cardio Glenda 1
	6:00-7:00 Pilates Mat P2-3 Pam 2		7:30-8:45 Power Vinyasa Tonya Jade*		6:00-7:00 Alignment Vinyasa I Drew Jade*	9:00-10:00 H.I.I.T. the Road Carol Cyc.
	7:00-8:00 Basic Vinyasa Drew 2					9:15-10:00 CVI Sally ucv
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™ Geraldine 2	9:00-9:30 CXWORX™ Penny 2
	8:30-9:30 BOSU/Step Sherri 1	8:10-9:00 High Gear Carol Cyc.	8:30-9:15 S.W.E.A.T. Sherri 1	8:15-9:00 CVI Sherri ucv	8:30-9:30 BOSU/Step Sherri 1	9:00-10:00 Deep Water Ann Pool
	9:00-10:25 Thermal Yoga® Elena Jade*	8:30-9:30 BODYPUMP™ Andrea 1	9:00-10:25 Thermal Yoga® Tonya Jade*	8:30-9:00 BODYPUMP™ 30 Jim 1	9:00-10:25 Thermal Yoga® Jen R. Jade*	9:30-10:30 BODYSTEP™ Andrea 1
	9:00-9:30 CXWORX™ Andrea 2	9:15-10:15 Deep Water Jeanette Pool	9:00-9:30 Strong 30 Melissa S. 2	9:00-9:30 CXWORX™ Jim 1	9:00-9:30 CXWORX™ Nicholas 2	9:30-10:30 Thermal Power Fusion Tonya Jade*
	9:15-10:15 Aqua Fit Crystal Pool	9:15-10:15 Hatha I Suzanne Jade	9:15-10:15 Aqua Fit Marlene Pool	9:15-10:15 Deep Water Jeanette Pool	9:15-10:15 Aqua Fit Teresa Pool	9:45-10:45 Yoga Sculpt Marda 2
	9:30-10:30 BODYCOMBAT™ Melissa S. 1	9:35-10:35 BODYSTEP™ Andrea 2	9:30-10:20 INSANITY Jim 1	9:15-10:15 Hatha II Suzanne Jade	9:30-10:30 H.I.I.T. Kristin 1	10:30-11:30 BODYPUMP™ Andrea 1
	9:30-10:30 H.I.I.T the Road Barbara Cyc.	9:35-10:35 Power Hour Cyndie 1	9:30-10:30 H.I.I.T the Road Cyndie Cyc.	9:35-10:35 BODYSTEP™ Andrea 2	9:30-10:30 High Gear Barbara Cyc.	11:00-12:00 Kundalini John 2
	9:30-10:30 willPower & grace™ Sherri 2	10:30-11:30 Power Vinyasa Tonya Jade	9:30-10:00 CXWORX™ Melissa S. 2	9:35-10:35 Power Hour Tracy 1	9:30-10:30 High Gear Barbara Cyc.	3:30-4:30 Hatha II Mary Jade
	9:45-10:30 CVI Jocelyn ucv		10:10-11:00 Pilates Mat 2-3 Cathy 2	10:45-11:45 ZUMBA® Kathy 1	10:00-11:00 Pilates Mat 2-3 Roberta 2	
	10:35-10:50 Stretch & Roll Jocelyn 1		10:00-10:45 CVI Sally ucv		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 Kathy Z. Cyc.	12:00-1:00 High Gear Jenn Cyc.	6:30-8:00 Thermal Yoga® Elena Jade*
	12:00-1:00 Alignment Vinyasa II Amy Jade	12:00-1:00 Power Vinyasa Tonya Jade*	12:00-1:00 Basic Vinyasa Amy Jade	12:00-1:00 Power Vinyasa Marda Jade*	12:00-1:00 Power Vinyasa Marda Jade	8:15-9:15 Alignment Vinyasa I Drew Jade*
	12:15-1:15 BODYSTEP™ Jim 1	12:15-1:15 BODYPUMP™ Melissa S. 1	12:15-1:00 H.I.I.T. Paula 1	12:15-1:15 BODYPUMP™ Nicholas 1		9:00-10:00 H.I.I.T. Chrissy 1
	1:00-2:00 Pilates Mat 2-3 Charlotte 2					9:00-10:00 Ride & Shine Jen Cyc.
EVENING	5:30-6:30 BODYCOMBAT™ Chalyce 1	4:30-5:30 Alignment Vinyasa II Amy Jade	5:30-6:30 BODYCOMBAT™ Geraldine 1	4:30-5:30 Yoga Sculpt Lara 2	4:30-5:30 Vin/Yin Mary Jade	10:15-11:15 BODYPUMP™ Chrissy 1
	5:30-6:30 Power Vinyasa Tandra Jade*	5:00-6:00 ZUMBA® Tonya L. 1	5:30-6:30 Power Vinyasa Marda Jade*	5:00-6:00 ZUMBA® Tonya L. 1	5:30-6:30 BODYPUMP™ Andrea 1	11:30-12:30 Restorative Yoga Layne Jade
	5:30-6:30 High Gear Carol Cyc.	5:30-6:15 Pilates Mat P1-3 Erica 2	5:30-6:30 High Gear Hayley Cyc.	5:30-6:45 Thermal Yoga® 75 Jen R. Jade*		11:30-12:30 ZUMBA® Kathy 1
	6:00-7:00 ZUMBA® Toning Jeru 2	6:00-7:00 H.I.I.T. Rob 1	6:00-7:00 ZUMBA® Jeru 2	6:00-7:00 H.I.I.T. Rob 1		4:00-5:00 Candlelight Vinyasa Mary F. Jade
	6:30-7:30 BODYPUMP™ Chalyce 1	6:00-7:00 Basic Vinyasa Drew Jade	6:30-7:30 BODYPUMP™ Nicholas 1	6:00-7:00 Kundalini John 2		
		6:00-6:45 CVI Tristan ucv				

## SUNDAY

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

**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 is not recommended for beginners and will take your practice to the next level.

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

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

**Basic Vinyasa** - The pace will be slower than our Power Vinyasa classes so we can focus on alignment and posture. This class is great for anyone working with injuries, beginning their practice or wanting to brush up on the foundations of yoga.

**BODYCOMBAT™** - will train your whole body and get you fit, fast and strong. Punch and kick your way into knockout shape.

**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. All levels welcome.

**BODYSTEP™** - Offered in two formats with variety each week. The athletic format incorporates high intensity interval training using simple lunge, squat and propulsion patterns with circuit-inspired functional training. The classic format incorporates greater variety in the moves and adds the component of speed and agility. Great for any level.

**BOSU/STEP** - This high intensity class uses the BOSU and step incorporating more power moves along with easy to follow choreography! Any level.

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

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

**CVI** - Kick up your metabolism in this 45 minutes cardio class! An instructor will guide you through interval formats. All levels welcome. Bring a fully charged electronic device with the AudioFetch App and a headset. Loaner available at the Welcome Desk.

**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.

**Cycle 50** - From intervals to long hill climbs, this 50-minute class is packed from start to finish. Lose yourself in the motivating music and challenge your body and soul.

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

**Endurance Ride** - Incorporates a variety of cycling drills at intensities that will not only maintain fitness gains, but also train the body to use fat as its primary fuel. Great music and videos to keep you motivated.

**Express Yoga** - This express class offers 30 minutes of Basic Vinyasa. The perfect start to your day.

**Hatha I/II** - Designed for everyone and suitable for postnatal moms with the emphasis on posture and breath. Both levels focus on strength and flexibility. Level II offers options to progress into more difficult postures and sequences.

**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.** - (High Intensity Interval Training) 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!

**H.I.I.T. the Road** - (High Intensity Interval Training) 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.

**HiNRG Cardio** - A high intensity, high impact aerobics class.

**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.

**Kundalini** - This class utilizes postures, movement, stretching and exercise along with breath, sound currents, and meditation to work all aspects of your being.

**Pilates Mat** - A movement system for everyBODY to strengthen and realign through a series of functional movements for the entire body. The exercises are the perfect complement to your daily activities and favorite sport. (Classes with props are indicated with a P next to the level.)

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

**Power Vinyasa** - A vigorous, fitness-based approach to Vinyasa style yoga. The Power Yoga flow will burn calories, tone and strengthen your body, clear your mind and leave you with a sense of accomplishment and empowerment. Not recommended for beginners.

**Restorative Yoga** - Suitable for most levels, this class targets the connective tissues of the body that are not normally exercised in the more active types of yoga. Leave feeling relaxed and energized.

**Ride & Shine** - We'll climb, sprint and push our way through rides and always come out feeling better about ourselves. You'll be 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 throughout an interval. Mentally, it will make you a more confident, aggressive cyclist.

**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.

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

**S.W.E.A.T.** - (Short, Workout, Effective Athletic Training) Utilizes plyometrics, calisthenics, Pilates and various pieces of equipment. A total body workout that is challenging and good for any fitness level.

**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 Thermal Yoga postures with the Asanas found in our Alignment/Power Vinyasa classes. All levels welcome.

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

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

**Vin/Yin** - This fusion of Vinyasa Flow and Yin Yoga will improve strength and balance, release connective tissue and improve circulation. A great way to finish your week.

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

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

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

**ZUMBA® Toning** - Combines the rhythms of Zumba® with the sculpting of maraca-like Toning Sticks for a complete cardio- conditioning, body-toning workout.



## GREENWOOD ATHLETIC AND TENNIS CLUB

THE *Best* PART OF *Your Day!*®

## GROUP FITNESS SCHEDULE

### HOURS OF OPERATION

<b>Monday-Thursday</b>	<b>5:00am - 10:00pm</b>
<b>Friday</b>	<b>5:00am - 9:00pm</b>
<b>Saturday</b>	<b>6:00am - 8:00pm</b>
<b>Sunday</b>	<b>6:00am - 8:00pm</b>

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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