



**Andrea Morris**  
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# Complimentary

## JULY SCHEDULE

Effective July 1, 2018

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

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



INDICATES NEW CLASSES OR CHANGES  
 \*JADE INDICATES HEATED CLASS

# 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 for everyone, with the emphasis on posture, breath, strength and flexibility. Level II offers options to progress into more difficult postures and sequences.

**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** - Suitable for most levels. Yin Yoga targets the connective tissues of the body that are not normally exercised in the more active types of yoga. This class will leave you feeling relaxed and energized.

**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.

**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 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.

**Hi NRG 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.

**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!

**S.W.E.A.T.** - (Short, Workout, Effective, Athletic Training) This 45-minute total body workout is great for any fitness level.

## 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

<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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