



**Andrea Morris**  
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*Complimentary*

# SEPTEMBER SCHEDULE

Effective September 1, 2017

OCTOBER 13, 2017 - 11<sup>TH</sup> ANNUAL

**THE ROADLESS RIDE**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00-7:00 Shift Up/Speed Up  Dennis Cyc. 6:00-6:45 CVI Penny uc 6:00-6:50 Breakfast Club Renae 1 6:00-7:00 Pilates Mat P2-3 Pam 2 7:00-8:00 Basic Vinyasa Drew 2	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 Jim uc 6:00-7:00 Ride & Shine  Gerry Cyc. 6:00-7:00 H.I.I.T. Chrissy Gym 6:00-7:00 Thermal Power Fusion James <b>Jade*</b> 6:30-7:00 CXWORX™ Jim 2 7:30-8:45 Power Vinyasa Tonya <b>Jade*</b>	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	5:45-6:30 CVI Linda H. uc 6:00-7:00 Shift Up/Speed Up  Tim Cyc. 6:00-7:00 Breakfast Club Rob 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. uc 8:30-9:30 Hi NRG Cardio Glenda 1 9:00-9:30 CXWORX™ Penny 2 9:00-10:00 Deep Water Ann Pool 9:30-10:30 BODYSTEP™ Andrea 1 9:30-10:30 Thermal Power Fusion Tonya <b>Jade*</b> 9:45-10:45 Yoga Sculpt Marda 2 10:30-11:30 BODYPUMP™ Andrea 1 11:00-12:00 Kundalini John 2	
<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® Michelle <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 uc 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 Classical Hatha I Suzanne Jade 9:35-10:35 BODYSTEP™ Andrea 2 9:35-10:35 Power Hour Cyndie 1 10:30-11:30 Power Vinyasa Tonya Jade	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® Tonya <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 10:10-11:00 Pilates Mat 2-3 Cathy 2 10:00-10:45 CVI Sally uc 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 Sherri uc 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 Classical Hatha II Suzanne Jade 9:35-10:35 BODYSTEP™ Andrea 2 9:35-10:35 Power Hour Tracy 1 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 uc 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		
<b>AFTERNOON</b>	12:00-12:50 Cycle 50  Sara Cyc. 12:00-1:00 Alignment Vinyasa II Amy Jade 12:15-1:15 BODYSTEP™ Jim 1 1:00-2:00 Pilates Mat 2-3 Charlotte 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  Sara Cyc. 12:00-1:00 Basic Vinyasa Amy Jade 12:15-1:00 H.I.I.T. Paula 1	12:00-1:00 H.I.I.T. the Road  Kathy Z. Cyc. 12:00-1:00 Power Vinyasa Marda <b>Jade*</b> 12:15-1:15 BODYPUMP™ Nicholas 1	12:00-1:00 High Gear  Jenn Cyc. 12:00-1:00 Power Vinyasa Marda Jade		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 Aqua ZUMBA® Mindy Pool 9:00-10:00 Ride & Shine  Jen Cyc. 9:30-10:30 Thermal Power Fusion Elena <b>Jade*</b> 10:15-11:15 BODYPUMP™ Chrissy 1 11:30-12:30 Restorative Yoga Layne Jade 11:30-12:30 ZUMBA® Kathy 1 4:00-5:00 Candlelight Vinyasa Mary F. Jade
<b>EVENING</b>	5:30-6:30 BODYCOMBAT™ Chalyce 1 5:30-6:30 Power Vinyasa Tandra <b>Jade*</b> 5:30-6:30 High Gear  Carol Cyc. 6:30-7:30 BODYPUMP™ Chalyce 1 6:30-7:30 ZUMBA® Toning Jeru 2	4:30-5:30 Alignment Vinyasa II Amy Jade 5:00-6:00 ZUMBA® Tonya L. 1 5:30-6:15 Pilates Mat P1-3 Erica 2 6:00-7:00 H.I.I.T. Rob 1 6:00-7:00 Basic Vinyasa Drew Jade 6:00-6:45 CVI Tristan uc	5:30-6:30 BODYCOMBAT™ Geraldine 1 5:30-6:30 Power Vinyasa Marda <b>Jade*</b> 5:30-6:30 High Gear  Hayley Cyc. 6:00-7:00 ZUMBA® Jeru 2 6:30-7:30 BODYPUMP™ Penny 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 Kundalini John 2	4:30-5:30 Vin/Yin Mary Jade 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

**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.

**Aqua ZUMBA®** - An invigorating low-impact aquatics workout blending cardio-conditioning, body-toning and most of all fun!

**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.

**Classical 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.

**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.

**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.

**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

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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