



**GREEN VALLEY
JAN 14TH-JAN 20TH**

336-275-1391

14 MONDAY 5:45AM LYNN	15 TUESDAY 6:00AM JAMES	16 WEDNESDAY	17 THURSDAY 6:00AM VICKY	18 FRIDAY 6:00AM JAMES	19 SATURDAY 8:00AM DANA	20 SUNDAY 8:00AM JEN
LES MILLS BODYPUMP	GRIT DEMO		LES MILLS BODYPUMP	GRIT DEMO	LES MILLS BODYSTEP	SWEAT
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA	8:15AM LAUREN	8:15AM JEN	9:05AM KAREN	9:00AM DARREN
LOW 30	KICKBOXING 30	LES MILLS BODYSTEP	S&L	Muscles	PIYO	LES MILLS BODYPUMP
8:45AM JEN	8:45AM CHRISSEY			9:30AM BRISA		
PILATES 30	MUSCLES 30			ZUMBA		
9:30AM NIKKI	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	10:45AM JEN	10:15AM LYNN	
Cardio Circuits	Strong	Muscles	sweat	HARDCORE	LES MILLS BODYPUMP	
10:35AM JEN			11:00AM REBECCA	12:15PM JAMES	11:15AM REBECCA	
Foam Roller 20			ZUMBA	GRIT DEMO	ZUMBA	
11:15AM JEN	12:15 PM BRISA	12:15 PM JEN	12:15PM LYNN			
LOW LITE	ZUMBA	ABS 30	LES MILLS BODYPUMP			
12:15PM MARTHA		12:45 PM JEN				
LES MILLS BODYPUMP		LOW 30				
4:30PM DARREN	4:30PM DANA	4:30PM JEN	4:30PM AUDREY			
tone	sweat	Muscles	LES MILLS BODYPUMP			
5:30PM KARLA	5:30PM REBECCA	5:45PM KARLA	5:30PM DARREN			
LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS SH'BAM	LES MILLS CXWORX			
			6:00PM SABRINA			
			LES MILLS BODYSTEP			
6:30PM CHRIS	6:30PM ANNIE		6:30PM ANN			
CARDIO DANCE	LES MILLS BODYSTEP		tone			
			6:30PM DARREN			
			LES MILLS BODYPUMP EXPRESS			



LES MILLS GRIT™ is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbells, weight plates and body weight exercises to blast all major muscle groups.

*Free Les Mills GRIT classese this week and next!

MIND/BODY STUDIO

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Kristy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
OPEN YOGA	OPEN YOGA	Morning Flow	OPEN YOGA			
9:30AM NIKKI		9:30AM BARBARA	8:15AM JEN S.	9:30AM TONY	9:15am Kristy	
Yoga Level 2		Yoga Level 2	Pilates	Power Yoga	Yoga Level 2	
11:00AM Nikki	11:00AM SHEILA W.	11:00AM Anne H.	11:00AM NIKKI	11:00AM Mona	10:30AM SHEILA W.	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Level 2
12:15pm Sheila		12:15PM Anne H.		12:15PM Mona		2:30PM LORETTA
Level 1		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						4:00PM LORA
						Yoga Level 2
6:00PM LORETTA	6:00PM BARBARA	6:00PM TONY	6:00PM LANCE			5:30PM Tony
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	Yoga Basics			Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM KARA	5:45AM JODEE	6:00AM VICKY	8:05AM MELISSA	8:05AM DANA
	SPIN	SPIN	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM DANA	9:15AM MARTHA	
SPIN		LES MILLS RPM		SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM AUDREY	12:15PM JULIE	12:15PM TIFFANY		
SPIN	LES MILLS RPM	SPIN	LES MILLS RPM	SPIN		
6:00PM AUDREY	6:00PM JODEE	6:00PM MARTHA	6:00PM AUDREY			
SPIN	SPIN	LES MILLS RPM	SPIN			

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM AUDREY	8:30AM AUDREY	9:00AM RITA	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45AM TERESA	9:45AM TABITHA	9:45AM LAUREN	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Gentle Aqua	Open Water			
12:00PM DAVID		12:00PM NUMEDA			2:00PM **LINDA**	
Water Works		HIIT			Hirsch Center Class	

Most accurate schedule is on our APP!-Download FREE from GooglePlay or AppStore-Search "ClubFitness Greensboro"