



CLUB FITNESS

GREEN VALLEY Jan 15-21, 2018

336-275-1391

1/15/2018 MONDAY	1/16/2018 TUESDAY	1/17/2018 WEDNESDAY	1/18/2018 THURSDAY	1/19/2018 FRIDAY	1/20/2018 SATURDAY	1/21/2018 SUNDAY	
5:45AM MEILSSA 			6:00AM VICKY 		8:00AM ANNIE 	8:00AM KAREN 	
8:15AM JEN	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA 		8:15AM JEN Muscles	9:05 AM JEN SWEAT	9:00AM DARREN 	
8:45AM JEN	8:45AM CHRISSY						
PILATES 30	Muscles 30						
9:35 AM NIKKI	9:30AM AMBER 	9:30AM LAUREN	9:30AM JEN	9:30AM BRISA Zumba	10:15AM REBECCA 		
CARDIO CIRCUITS		MUSCLES	SWEAT				
10:35AM	12:00PM BRISA Zumba	12:00PM SUSAN 	11:00AM REBECCA Zumba		11:15AM REBECCA Zumba		
FOAM ROLLER/STRETCH							
12:15PM SUSAN 		12:30PM SUSAN 	12:15PM Lynn W 		<p>PLEASE NOTE THAT THE SATURDAY CLASS TIMES HAVE CHANGED SLIGHTLY.</p> <p>*THE 9:00 CLASS WILL NOW START AT 9:05.</p> <p>* THE 10:05 BODY PUMP WILL NOW START AT 10:15.</p> <p>*THE ZUMBA WILL BEGIN AT 11:15.</p>		
4:30PM JEN	4:30PM MANDY 	4:30PM JEN	4:30PM BRISA				
LOW IMPACT SCULPT		Muscles	ZUMBA STRONG				
5:30PM KARLA 	5:30PM REBECCA 	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN 				
			6:00PM SABRINA 				
	6:30PM ANNIE 	6:30PM KARLA 	6:30PM ANN 				
			7:00PM ANN 				
MIND/BODY STUDIO							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am	6:00AM	6:00a Ward	6:00AM				
OPEN YOGA	OPEN YOGA	Power Yoga	OPEN YOGA				
			8:15AM JEN		9:15AM Donna		
			Pilates		Yoga Level 2		
9:30am Nikki		9:30am Nikki		9:30AM TONY	10:30AM Donna	10:30AM Steve	
Yoga Level 2		Yoga Level 2		Power Yoga	Yoga Level 1	Yoga Level 2	
11:00am Sheila	11:00AM SHEILA	11:00AM NIKKI	11:00AM NIKKI	11:00AM Margee			
Gentle/Beg.	Yoga Level 1	Gentle/Beg. Yoga	Yoga Level 1	Gentle/Beg. Yoga			
		12:15PM Anne		12:15pm Margee		2:30 pm Sheila	
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.	
						4:00PM LORA	
						Yoga Level 2	
6:00pm Loretta	5:30pm Barbara	6:00PM Steve	6:00pm Jen J.			5:30pm Tony	
Yoga Level 2	Warm Flow Vinyasa	Yoga Level 3	Yoga Level 2			Yoga Level 3	
SPIN/RPM STUDIO							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:45AM LISA B	5:30AM MELISSA	5:45AM KATHY	6:00AM VICKY	8:05AM MIKE C	8:05AM VICKY	
	SPIN		SPIN	SPIN		SPIN	
9:30AM JEN		9:30AM JULIE 		8:30AM NIKKI	9:15AM MARTHA		
SPIN				SPIN	SPIN		
12:15PM PEGGY	12:15PM JEN 	12:15PM MARYBETH	12:15PM MARGEE 				
SPIN		SPIN		12:15PM TIFFANY			
				SPIN			
6:00PM LISA B	6:00PM JODEE	6:00PM JODEE					
SPIN	SPIN	SPIN					
POOL							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM KATIE	8:30AM ANNA	9:00AM RITA		
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness		
9:45AM ALAN	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM				
Aqua Rumba	Gentle Aqua	Open Water	Open Water				

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