



CLUBFITNESS

GREEN VALLEY Jan 8-14, 2018

336-275-1391

1/8/2018 MONDAY	1/9/2018 TUESDAY	1/10/2018 WEDNESDAY	1/11/2018 THURSDAY	1/12/2018 FRIDAY	1/13/2018 SATURDAY	1/14/2018 SUNDAY
5:45AM MELISSA LES MILLS BODYPUMP	6:00 AM VICKY LES MILLS BODYPUMP		6:00AM VICKY LES MILLS BODYPUMP	6:00AM REBECCA LES MILLS BODYPUMP	8:00AM KATHARINE LES MILLS BODYSTEP	8:00AM JEN LOW IMPACT/SCULPT
8:15AM JEN LOW 30	8:15AM CHRISSEY Kickboxing 30	8:15AM SABRINA LES MILLS BODYSTEP	8:15AM SUSAN LES MILLS BODYPUMP	8:15AM JEN MUSCLES	9:00AM JEN MUSCLES	9:00AM REBECCA LES MILLS BODYPUMP
8:45AM JEN PILATES 30	8:45AM CHRISSEY Muscles 30					
9:30:00 AM NIKKI CARDIO CIRCUITS	9:30AM LYNN (45MIN) LES MILLS BODYPUMP	9:30AM LAUREN MUSCLES	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:05AM REBECCA LES MILLS BODYPUMP	
10:35 AM JEN FOAM ROLLER STRETCH	10:20 AMBER (30MIN) LES MILLS BODYATTACK	10:45AM JEN SWEAT	11:00AM REBECCA Zumba	10:45AM JEN LOW MPACT45	11:10AM REBECCA Zumba	
11:05 AM NANCY ASHTANGA FLOW	11:00AM ERIC TAI CHI	12:00PM SUSAN LES MILLS EXWORX		11:30 AM JEN ABS 30		
12:15AM SUSAN LES MILLS BODYPUMP	12:00PM BRISA Zumba	12:30PM SUSAN LES MILLS BODYVIVE	12:15PM MARTHA LES MILLS BODYPUMP	12:05 NANCY ASHTANGA FLOW		
4:30PM JEN LOW IMPACT/SCULPT	4:30PM MANDY LES MILLS BODYCOMBAT	4:30PM JEN Muscles	4:30PM BRISA STRONG	5:30PM KARLA LES MILLS BODYJAM		
5:30PM AMBER LES MILLS BODYATTACK	5:30PM MARTHA LES MILLS BODYPUMP	5:30PM CHRIS M CARDIO DANCE	5:30PM KAREN PIYO 30	<p><i>For members convenience, Group Exercise classes will be moved to Green Valley until Friday 1/12. If Oak Branch opens prior to Friday, classes will still be held at the GV location.</i></p> <p><i>11:00am Tai Chi on Thursday, 1/11, will be held in raquetball court #4</i></p>		
			6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM REBECCA LES MILLS BODYPUMP	6:30PM ANNIE LES MILLS BODYSTEP	6:30PM CHRIS POUND 30	6:30PM LYNN LES MILLS BODYPUMP			
MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am OPEN YIGA	6:00AM OPEN YOGA	6:00a Ward Power Yoga	6:00AM OPEN YOGA			
			8:15AM JEN Pilates		9:15AM Barbara Yoga Level 2	
9:30am Nikki Yoga Level 2		9:30am Barbara Yoga Level 2		9:30AM TONY Power Yoga	10:30AM Sheila Yoga Level 1	10:30AM Steve Yoga Level 2
11:00am sheila Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg. Yoga	11:00AM NIKKI Yoga Level 1	11:00AM Mona Gentle/Beg. Yoga		
		12:15PM Anne Deep Stretch Slow Flow		12:15pm Mona Deep Stretch Slow Flow		2:30 pm Nikki Gentle/Beg.
4:45 PM SARAH PILATES						4:00PM LORA Yoga Level 2
6:00pm Loretta Yoga Level 2	5:30pm Barbara Warm Flow Vinyasa	6:00PM Steve Yoga Level 3	6:00pm Jen J. Yoga Level 2			5:30pm Tony Yoga Level 3
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA SPIN	5:30AM MELISSA LES MILLS RPM	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM JEN LES MILLS RPM	8:05AM JODEE SPIN
9:30AM JEN LES MILLS RPM		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN	
12:15AM MARTHA SPIN	12:15PM JEN LES MILLS RPM	12:15PM MARYBETH SPIN	12:15PM JULIE LES MILLS RPM	12:15PM KATHY SPIN		
6:00PM LISA SPIN	6:00PM JODEE SPIN	6:00PM JODEE SPIN				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KATIE Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:45AM ALAN Aqua Toning	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			
12:00PM DAVID Water Works						

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