

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

**GROUP EXERCISE STUDIO**

14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY	20 SUNDAY
5:45AM LYNN LES MILLS <b>BODYPUMP</b>	6:00AM JAMES LES MILLS <b>GRIT</b>		6:00AM VICKY LES MILLS <b>BODYPUMP</b>	6:00AM JAMES LES MILLS <b>GRIT</b>		
8:15AM CHRISSEY <b>LOW IMPACT 30</b>	8:15AM JEN KICKBOXING CARDIO	8:15AM LAUREN <b>HITT FIT</b>	8:15AM CHRISSEY BOOTCAMP CIRCUITS	8:15AM JEN <b>Muscles</b>	8:00AM ANNIE LES MILLS <b>BODYSTEP</b>	8:00AM CHRISSEY BOOTCAMP CIRCUITS
8:45AM CHRISSEY Pilates Strength	8:45AM JEN <b>Muscles 30</b>				9:00AM JEN <b>LOW IMPACT SCULPT</b>	9:00AM DARREN LES MILLS <b>BODYPUMP</b>
9:30AM NIKKI CARDIO CIRCUITS	9:30AM BRISA <b>STRONG</b>	9:30AM SUMMER LES MILLS <b>BODYPUMP</b>	9:30AM JEN <b>SWEAT</b>	9:30AM NIKKI CARDIO CIRCUITS		
10:30AM NIKKI <b>Foam Roller/Stretch</b>			10:35AM JEN <b>Foam Roller/Stretch</b>	10:45AM JEN <b>Low Impact Abs</b>	10:15AM LYNN LES MILLS <b>BODYPUMP</b>	10:15AM BRISA <b>ZUMBA</b>
11:15AM BRISA <b>ZUMBA</b>	11:15AM JEN FLEXIBLE STRENGTH	12:15PM JEN Abs 30	11:00AM REBECCA <b>ZUMBA</b>		11:15AM REBECCA <b>ZUMBA</b>	
12:15PM JAMES LES MILLS <b>BODYPUMP</b>	12:15PM BRISA <b>ZUMBA</b>	12:45PM JEN <b>LOW IMPACT 30</b>	12:15PM AUDREY LES MILLS <b>BODYPUMP</b>			
4:30PM AUDREY LES MILLS <b>BODYPUMP</b>	4:30PM DANA <b>SWEAT</b>	4:30PM CHRISSEY <b>Muscles</b>				
5:30PM KARLA LES MILLS <b>BODYATTACK</b>	5:30PM MARTHA LES MILLS <b>BODYPUMP</b>	5:45PM KARLA LES MILLS <b>SH'BAM</b>	5:30PM KERRI LES MILLS <b>CXWORX</b>	<p>Learn to Swing!            Oct 23-Nov 13 Wednesdays at 6:45pm            Swing Dance Classes at ClubFitness Green Valley            4-Week Session            \$48 Members / \$60 Non-Members            Drop-In \$15 Members / \$17 Non-Members (per class)            Contact (336) 851-1890 ext. 1102 or <a href="mailto:info@clubfitnessgso.com">info@clubfitnessgso.com</a>            to register!</p>		
			6:00PM SABRINA LES MILLS <b>BODYSTEP</b> 30			
			6:30PM ANN <b>tone</b> 30			
6:30PM KERRI <b>ZUMBA</b>			7:00PM ANN LES MILLS <b>BODYPUMP</b> 30			

**MIND & BODY STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM <b>OPEN YOGA</b>	6:00AM <b>OPEN YOGA</b>	6:00AM CATHERINE Morning Flow	6:00AM <b>OPEN YOGA</b>			
9:30AM NIKKI YOGA Level 2		9:30AM BARBARA YOGA Level 2	8:15AM JEN PILATES MAT	9:30AM LAUREN Power Flow Yoga	9:00AM TONY YOGA Level 2	
11:00AM NIKKI Gentle/Beginner	11:00AM SHEILA YOGA Level 1	11:00AM ANNE Gentle/Beginner	11:00AM NIKKI YOGA Level 1	11:00AM MARGEE Gentle/Beginner	10:30AM SHEILA YOGA Level 1	10:30AM NIKKI YOGA Level 2
12:15PM SHEILA YOGA Level 1		12:15PM ANNE Deep Stretch/Slow Flow		12:15PM MARGEE Deep Stretch/Slow Flow		
						2:30PM ANNE Gentle/Beginner
						4:00PM TONY YOGA Level 2
6:00PM LORETTA YOGA Level 2	6:00PM NIKKI Mixed Level Vinyasa Flow	6:00PM LANCE YOGA Level 2 PLUS	6:00PM ANNA-PRESTON Pilates Mat			5:30PM KRISTY MEDITATION

**BARRE STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM **JEN** <b>**BARRE**</b>		11:00AM **JEN** <b>**BARRE**</b>	9:30AM **JEN** <b>**BARRE**</b>		

**SPIN/RPM STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MELISSA <b>SPIN</b>	5:30AM MELISSA LES MILLS <b>RPM</b>	5:45AM JODEE <b>SPIN</b>	6:00AM VICKY <b>SPIN</b>		
				8:15AM NIKKI <b>SPIN</b>	8:00AM MARTHA LES MILLS <b>RPM</b>	8:00AM JEN <b>SPIN</b>
9:30AM LISA <b>SPIN</b>		9:30AM LISA <b>SPIN</b>			9:15AM SUMMER <b>SPIN</b>	
12:15PM MARTHA <b>SPIN</b>	12:15PM JEN LES MILLS <b>RPM</b>	12:15PM LISA <b>SPIN</b>	12:15PM MARTHA LES MILLS <b>RPM</b>	12:15PM TIFFANY <b>SPIN</b>		
6:00PM LISA <b>SPIN</b>	6:00PM JODEE <b>SPIN 45</b>	6:00PM MARTHA LES MILLS <b>RPM</b>				

**POOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM ANNE Water Fitness	8:30AM ANNE Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	<p>**FEE BASED**            The Hirsch Cancer Center Class is a fee-based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org</p>
9:45AM TERESA Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			
					2:00PM LINDA Hirsch Center Class	

