

GREEN VALLEY
 Oct 7-Oct 13, 2019

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GROUP EXERCISE STUDIO

7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY	13 SUNDAY
5:45AM LYNN LES MILLS BODYPUMP	6:00AM JAMES LES MILLS GRIT		6:00AM VICKY LES MILLS BODYPUMP	6:00AM JEN SWEAT EXPRESS		
8:15AM JEN LOW IMPACT 30	8:15AM CHRISSEY KICKBOXING CARDIO	8:15AM LAUREN HITT FIT	8:15AM CHRISSEY BOOTCAMP CIRCUITS	8:15AM JEN Muscles	8:00AM ANNIE LES MILLS BODYSTEP	8:00AM JEN SWEAT
8:45AM JEN Pilates Strength	8:45AM CHRISSEY Muscles 30				9:00AM CHRISSEY BOOTCAMP CIRCUITS	9:00AM REBECCA LES MILLS BODYPUMP
9:30AM NIKKI CARDIO CIRCUITS	9:30AM BRISA STRONG	9:30AM SUMMER Muscles	9:30AM LAUREN HITT FIT	9:30AM CHRISSEY BOOTCAMP CIRCUITS		
10:30AM JEN Foam Roller/Stretch			10:35AM JEN Foam Roller/Stretch	10:45AM JEN Low Impact Abs	10:15AM LYNN LES MILLS BODYPUMP	10:15AM BRISA ZUMBA
11:15AM JEN LOW IMPACT LITE	11:15AM JEN FLEXIBLE STRENGTH	12:15PM JEN Abs 30	11:00AM JEN Low Impact 45		11:15AM REBECCA ZUMBA	
12:15PM JAMES LES MILLS BODYPUMP	12:15PM BRISA ZUMBA	12:45PM JEN LOW IMPACT 30	12:15PM MARTHA LES MILLS BODYPUMP			
4:30PM AUDREY LES MILLS BODYPUMP	4:30PM JEN SWEAT	4:30PM JEN Muscles				
5:30PM SABRINA LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:45PM KARLA LES MILLS SH'BAM	5:30PM KERRI LES MILLS CXWORX	Fall Fitness Challenge! Sept 23-Nov 15 PRIZES, TRAINING SESSIONS, & MORE! Contact Robin Glasgo for more information rglasgo@clubfitnessgso.com		
			6:00PM SABRINA LES MILLS BODYSTEP 30			
			6:30PM AUDREY LES MILLS BODYPUMP			
6:30PM KERRI ZUMBA						


MIND & BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM KRISTY Morning Flow	6:00AM OPEN YOGA			
9:30AM ANNE YOGA Level 2	8:15AM JEN Pilates Fitness	9:30AM BARBARA YOGA Level 2		9:30AM LAUREN Power Flow Yoga	9:00AM LORETTA YOGA Level 2	
11:00AM ANNE Gentle/Beginner	11:00AM SHEILA YOGA Level 1	11:00AM ANNE Gentle/Beginner	11:00AM BARBARA YOGA Level 1	11:00AM MONA 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 MONA Deep Stretch/Slow Flow		
						2:30PM LANCE Gentle/Beginner
						4:00PM LORETTA YOGA Level 2
6:00PM LORETTA YOGA Level 2	6:00PM LORETTA Mixed Level Vinyasa Flow	6:00PM LANCE YOGA Level 2 PLUS	6:00PM ANNA-PRESTON Pilates Mat			

BARRE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM **JEN** **BARRE**		11:00AM NO CLASS TODAY NO CLASS TODAY	9:30AM **JEN** **BARRE**		

SPIN/RPM STUDIO

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

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 AUDREY Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	**FEE BASED** The Hirsch Cancer Center Class is a fee-based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
9:45AM TERESA Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			
					2:00PM LAUREN Hirsch Center Class	

