



GREEN VALLEY
FEB 11TH-17TH

336-275-1391

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY	17 SUNDAY
5:45AM MELISSA	6:00AM JAMES		6:00AM VICKY	6:00AM JAMES	8:00AM DANA	8:00AM CHRISSEY
	LES MILLS GRIT SERIES			LES MILLS GRIT SERIES		KICKBOXING
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA	8:15AM LAUREN	8:15AM JEN	9:05AM JEN	9:00AM JAMES
LOW 30	KICKBOXING 30		S&L	Muscles	sweat	
8:45AM JEN	8:45AM CHRISSEY					
PILATES 30	MUSCLES 30					
9:30AM NIKKI	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM MARTHA	
Cardio Circuits	Strong	Muscles	sweat	ZUMBA		
10:35AM JEN	11:15AM JEN		10:35 AM JEN	10:45AM JEN	11:15AM REBECCA	
Foam Roller 20	FLEXIBLE STRENGTH 45		Foam Roller 20	HARDCORE	ZUMBA	
11:15AM JEN	12:15 AM BRISA	12:15 PM JEN	11:00AM REBECCA	<p>STRONG is a high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got!</p> <p>9:30AM TUESDAYS</p> <p>NEW CLASS: FLEXIBLE STRENGTH 45 TUESDAYS AT 11:15AM GROUP EXERCISE STUDIO</p> <p>THERE IS STILL ROOM IN THE GRIT SESSION! TUESDAYS AND FRIDAYS 6AM</p> <p>LES MILLS GRIT™ is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle.</p> <p>*TO ENROLL IN THIS SMALL GROUP TRAINING,</p>		
LOW LITE	ZUMBA	ABS 30	ZUMBA			
12:15PM JAMES		12:45 PM JEN	12:15PM LYNN			
		LOW 30				
4:30PM DARREN	4:30PM DANA	4:30PM JEN	4:30PM AUDREY			
tōne	sweat	Muscles				
5:30PM DANA	5:30PM REBECCA	5:45PM KARLA	5:30PM DARREN			
sweat						
			6:00PM SABRINA			
6:30PM CHRIS	6:30PM ANNIE					
CARDIO DANCE			6:30PM JAMES			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM Cathy	6:00AM			
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 Nikki	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 Nikki		12:15PM Mona		2:30PM Lance
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 KRISTY
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 KARA	5:30AM MELISSA	5:45AM MELISSA	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 MELISSA	
SPIN				SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM AUDREY	12:15PM JULIE	12:15PM TIFFANY		
SPIN		SPIN		SPIN		
6:00PM LISA B.	6:00PM AUDREY	6:00PM MARTHA	6:00PM AUDREY			
SPIN	SPIN		SPIN			

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM ANNE	8:30AM ANNE	8:30AM ANNA	9:00AM RITA	<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>
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45AM TERESA	9:45AM TABITHA	9:45AM open	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Gentle Aqua	Open Water			
					2:00PM **LINDA**	Hirsch Center Class

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