



**GREEN VALLEY  
MARCH 18TH-24TH**

336-275-1391

3/18/2019 MONDAY 5:45AM LYNN	3/19/2019 TUESDAY	3/20/2019 WEDNESDAY	3/21/2019 THURSDAY 6:00AM VICKY	3/22/2019 FRIDAY	3/23/2019 SATURDAY 8:00AM ANNIE	3/24/2019 SUNDAY 8:00AM KAREN
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA	8:15AM JEN	8:15AM JEN	9:05AM KARLA	9:00AM DARREN
<b>LOW 30</b>	KICKBOXING 30		<b>S&amp;L</b>	<b>Muscles</b>		
8:45AM JEN	8:45AM CHRISSEY					
<b>PILATES 30</b>	<b>MUSCLES 30</b>					
9:30AM NIKKI	9:30AM CHRIS	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM JAMES	
Cardio Circuits	<b>sweat</b>	<b>Muscles</b>	<b>sweat</b>	<b>ZUMBA</b>		
10:35AM JEN	11:15 JEN		10:35 AM JEN	10:45AM JEN	11:15AM KERRIE	
<b>Foam Roller 20</b>	FLEXIBLE STRENGTH		<b>Foam Roller 20</b>	<b>HARDCORE</b>	<b>ZUMBA</b>	
11:15AM JEN	12:15 PM CHRIS	12:15 PM JEN	11:00AM PAM W			
<b>LOW LITE</b>	<b>ZUMBA</b>	<b>ABS 30</b>	<b>ZUMBA</b>			
12:15PM JAMES		12:45 PM JEN	12:15PM MARTHA			
		<b>LOW 30</b>				
4:30PM DARREN	4:30PM DANA	4:30PM JEN	4:30PM AUDREY			
<b>tone</b>	<b>sweat</b>	<b>Muscles</b>				
5:30PM KARLA	5:30PM MARTHA	5:45PM KARLA	5:30PM DARREN			
<b>sweat</b>						
			6:00PM SABRINA			
6:30PM CHRIS	6:30PM ANNIE		6:30PM ANN			
<b>ZUMBA</b>			<b>tone</b>			
			6:30PM ANN			

**MIND/BODY STUDIO**

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Kristy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	Morning Flow	<b>OPEN YOGA</b>			
9:30AM Nikki		9:30AM BARBARA	8:15AM Tony	9:30AM TONY	9:15AM Lora	
Yoga Level 2		Yoga Level 2	<b>Pilates</b>	Power Yoga	Yoga Level 2	
11:00AM Nikki	11:00AM SHEILA W.	11:00AM Anne H.	11:00AM Nikki	11:00AM Margee	10:30AM Sheila	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	YogaLevel 2
12:15pm Sheila		12:15PM Anne H.		12:15PM Margee		2:30PM Lance
<b>Level 1</b>		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 Tony
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	<b>Yoga Basics</b>			<b>Meditation</b>

**SPIN/RPM STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MELISSA	5:30AM KARA	5:45AM LISA B	6:00AM VICKY	8:05AM MIKE C	8:05AM JEN
	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>		<b>SPIN</b>
9:30AM JEN		9:30AM JULIE		8:30AM CINDY N	9:15AM MARTHA	
<b>SPIN</b>				<b>SPIN</b>	<b>SPIN</b>	
12:15PM CINDY N	12:15PM JEN	12:15PM LISA B	12:15PM MARGEE	12:15PM TIFFANY		
<b>SPIN</b>		<b>SPIN</b>		<b>SPIN</b>		
6:00PM AUDREY	6:00PM AUDREY	6:00PM MARTHA	6:00PM LISA B			
<b>SPIN</b>	<b>SPIN</b>		<b>SPIN</b>			

**POOL**

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

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