



GREEN VALLEY  
APRIL 15TH-21ST

336-275-1391

4/15/2019 MONDAY	4/16/2019 TUESDAY	4/17/2019 WEDNESDAY	4/18/2019 THURSDAY	4/19/2019 FRIDAY	4/20/2019 SATURDAY	4/21/2019 SUNDAY		
5:45AM LYNN <b>LES MILLS BODYPUMP</b>			6:00AM MELISSA <b>LES MILLS BODYPUMP</b>		8:00AM ANNIE <b>LES MILLS BODYSTEP</b>	Happy		
8:15AM JEN <b>LOW 30</b>	8:15AM CHRISSEY KICKBOXING 30	8:15AM SABRINA <b>LES MILLS BODYSTEP</b>	8:15AM JEN <b>S&amp;L</b>	8:15AM JEN <b>Muscles</b>	9:05AM KAREN <b>PIYO</b>	Easter!		
8:45AM JEN <b>PILATES 30</b>	8:45AM CHRISSEY <b>MUSCLES 30</b>							
9:30AM NIKKI Cardio Circuits	9:30AM BRISA <b>Strong</b>	9:30AM AUDREY <b>Muscles</b>	9:30AM JEN <b>sweat</b>	9:30AM BRISA <b>ZUMBA</b>	10:15AM LYNN <b>LES MILLS BODYPUMP</b>			
10:35AM JEN <b>Foam Roller 20</b>	11:15 JEN FLEXIBLE STRENGTH		10:35 AM JEN <b>Foam Roller 20</b>	10:45AM JEN <b>HARDCORE</b>	11:15AM REBECCA <b>ZUMBA</b>			
11:15AM JEN <b>LOW LITE</b>	12:15 PM BRISA <b>ZUMBA</b>	12:15 PM JEN <b>ABS 30</b>	11:00AM REBECCA <b>ZUMBA</b>	<p>We will be closed Sunday, April 21st.</p>				
12:15PM JAMES <b>LES MILLS BODYPUMP</b>		12:45 PM JEN <b>LOW 30</b>	12:15PM LYNN <b>LES MILLS BODYPUMP</b>					
4:30PM AUDREY <b>LES MILLS BODYPUMP</b>	4:30PM DANA <b>sweat</b>	4:30PM JEN <b>Muscles</b>	4:30PM JEN <b>KICKBOXING</b>					
5:30PM CHRISSEY <b>sweat</b>	5:30PM MARTHA <b>LES MILLS BODYPUMP</b>	5:45PM KARLA <b>SH'BAM</b>	5:30PM JAMES <b>CX WORX</b>					
			6:00PM SABRINA <b>LES MILLS BODYSTEP</b>					
6:30PM CHRIS <b>ZUMBA</b>	6:30PM ANNIE <b>LES MILLS BODYSTEP</b>		6:30PM ANN <b>tone</b>					
			6:30PM ANN <b>LES MILLS BODYPUMP EXPRESS</b>					
<b>MIND/BODY STUDIO</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			FRIDAY	SATURDAY	SUNDAY
6:00AM <b>OPEN YOGA</b>	6:00AM <b>OPEN YOGA</b>	6:00AM Kristy <b>Morning Flow</b>	6:00AM <b>OPEN YOGA</b>					
9:30AM Nikki Yoga Level 2		9:30AM BARBARA Level 2	8:15AM Tony <b>Core Yoga</b>	9:30AM TONY Power Yoga	9:00AM Nikki Yoga Level 2	CLOSED		
11:00AM Nikki Gentle/Beg.	11:00AM SHEILA W. Yoga Level 1	Gentle/Beg.	11:00AM Nikki Yoga Level 1	11:00AM Mona Gentle/Beg.	10:30AM Nikki Yoga Level 1	FOR		
12:15pm Sheila Level 1		11:00am Anne H.		12:15PM Mona Deep Stretch Slow Flow		EASTER		
		12:15pm Anne H. Slow Flow/Deep Stretch				SUNDAY		
6:00PM LORETTA Yoga Level 2	6:00PM Nikki <b>Mixed Lev Flow Vinyasa</b>	6:00PM TONY Level 2 Plus	6:00PM LANCE <b>Yoga for Everyone</b>					
<b>SPIN/RPM STUDIO</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	5:45AM MELISSA <b>SPIN</b>	5:30AM KARA <b>SPIN</b>	5:45AM JODEE <b>SPIN</b>	6:00AM VICKY <b>SPIN</b>	8:05AM MELISSA <b>LES MILLS RPM</b>			
9:30AM JEN <b>SPIN</b>		9:30AM JULIE <b>LES MILLS RPM</b>		8:30AM NIKKI <b>SPIN</b>	9:15AM JODEE <b>SPIN</b>			
12:15PM MARTHA <b>SPIN</b>	12:15PM JEN <b>LES MILLS RPM</b>	12:15PM CINDY <b>SPIN</b>	12:15PM MARGEE <b>LES MILLS RPM</b>	12:15PM MARGEE <b>LES MILLS RPM</b>				
6:00PM LISA B. <b>SPIN</b>	6:00PM LISA B <b>SPIN</b>	6:00PM AUDREY <b>LES MILLS RPM</b>	6:00PM MARGEE <b>LES MILLS RPM</b>					
<b>POOL</b>								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:30AM TERESA <b>Water Fitness</b>	8:30AM TABITHA <b>Water Fitness</b>	8:30AM KIM <b>Water Fitness</b>	8:30AM ANNE <b>Water Fitness</b>	8:30AM ANNA <b>Water Fitness</b>	9:00AM TBA <b>Water Fitness</b>	<b>**FEE BASED**</b> The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact <a href="mailto:info@hirschcenter.org">info@hirschcenter.org</a>		
9:45AM TERESA <b>Gentle Aqua</b>	9:45AM TABITHA <b>Gentle Aqua</b>	9:45-10:30AM <b>Open Water</b>	9:45-10:30AM <b>Open Water</b>					
					2:00PM **LINDA** <b>Hirsch Center Class</b>			

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