



GREEN VALLEY
APRIL 22ND-28TH

336-275-1391

4/22/2019 MONDAY 5:45AM LYNN	4/23/2019 TUESDAY	4/24/2019 WEDNESDAY	4/25/2019 THURSDAY 6:00AM DANA	4/26/2019 FRIDAY	4/27/2019 SATURDAY 8:00AM DANA	4/28/2019 SUNDAY 8:00AM CHRISSEY
LES MILLS BODYPUMP			LES MILLS BODYPUMP		LES MILLS BODYSTEP	sweat
8:15AM JEN	8:15AM CHRISSEY	8:15AM	8:15AM LAUREN	8:15AM CHRISSEY	9:05AM CHRISSEY	9:00AM JAMES
LOW 30	KICKBOXING 30	*No class today*	S&L	Muscles	KICKBOXING	LES MILLS BODYPUMP
8:45AM JEN	8:45AM CHRISSEY					
PILATES 30	MUSCLES 30					
9:30AM ANN	9:30AM BRISA	9:30AM AUDREY	9:30AM CHRIS	9:30AM CHRIS	10:15AM REBECCA	
tone	Strong	Muscles	sweat	ZUMBA	LES MILLS BODYPUMP	
10:35AM JEN	11:15 JEN			10:45AM DANA	11:15AM REBECCA	
Foam Roller 20	FLEXIBLE STRENGTH			HARDCORE ZUMBA		
11:15AM JEN	12:15 PM BRISA	12:15 PM JAMES	11:00AM REBECCA			
LOW LITE	ZUMBA	CX WORKX	ZUMBA			
12:15PM JAMES		12:45 PM DANA	12:15PM REBECCA			
LES MILLS BODYPUMP		LOW 30	LES MILLS BODYPUMP			
4:30PM AUDREY	4:30PM DANA	4:30PM CHRIS	4:30PM CHRISSEY			
LES MILLS BODYPUMP	sweat	Muscles	KICKBOXING			
5:30PM CHRISSEY	5:30PM MARTHA	5:45PM CHRIS	5:30PM JAMES			
sweat	LES MILLS BODYPUMP	ZUMBA	CX WORKX			
			6:00PM SABRINA			
			LES MILLS BODYSTEP			
6:30PM CHRIS	6:30PM ANNIE		6:30PM ANN			
ZUMBA	LES MILLS BODYSTEP		tone			
			6:30PM ANN			
			LES MILLS BODYPUMP EXPRESS			



PLEASE NOTE:
THERE WILL BE NO 8:15AM BODY STEP CLASS ON WEDNESDAY, 4/24 .
IT WILL RETURN NEXT WEEK
THANK YOU FOR YOUR UNDERSTANDING.

MIND/BODY STUDIO

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Cathy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
OPEN YOGA	OPEN YOGA	Morning Flow	OPEN YOGA			
9:30AM Nikki		9:30AM BARBARA	8:15AM Tony	9:30AM TONY	9:00AM Lora	
Yoga Level 2		Level 2	Core Yoga	Power Yoga	Yoga Level 2	
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Jen J.	11:00AM Mona	10:30AM Sheila	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Yoga Level 2
12:15pm Sheila		11:00am Sheila.		12:15PM Mona		2:30PM Loretta
Level 1				Deep Stretch Slow Flow		Gentle/Beg.
		12:15pm Jen J.				4:00PM Lora
		Slow Flow/Deep Stretch				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 for Everyone			Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA	5:30AM KARA	5:45AM JODEE	6:00AM MARTHA	8:05AM MARTHA	8:05AM JEN
	SPIN	SPIN	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM DANA	
SPIN		LES MILLS RPM		SPIN	SPIN	
12:15PM CINDY N	12:15PM MARTHA	12:15PM LISA B	12:15PM JULIE	12:15PM TIFFANY		
SPIN	LES MILLS RPM	SPIN	LES MILLS RPM	SPIN		
6:00PM AUDREY	6:00PM AUDREY	6:00PM MARTHA	6:00PM AUDREY			
SPIN	SPIN	LES MILLS RPM	SPIN			

POOL

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

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