



GREEN VALLEY
MAY 20TH-26TH

336-275-1391

5/20/2019 MONDAY 5:45AM LYNN	5/21/2019 TUESDAY	5/22/2019 WEDNESDAY	5/23/2019 THURSDAY 6:00AM VICKY	5/24/2019 FRIDAY	5/25/2019 SATURDAY 8:00AM ANNIE	5/26/2019 SUNDAY 8:00AM JEN
LES MILLS BODYPUMP			LES MILLS BODYPUMP		LES MILLS BODYSTEP	flexible strength
8:15AM JEN	8:15AM LAUREN	8:15AM SABRINA		8:15AM CRISSY	9:05AM JEN	9:00AM LYNN
LOW 30	Muscles	LES MILLS BODYSTEP		Muscles	sweat	LES MILLS BODYPUMP
8:45AM JEN						
PILATES 30						
9:30AM LYNN	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM JAMES	
tone	Strong	Muscles	sweat	ZUMBA	LES MILLS BODYPUMP	
10:35AM JEN	11:15 JEN		10:35 AM JEN	10:45AM CRISSY	11:15AM REBECCA	
Foam Roller 20	FLEXIBLE STRENGTH		Foam Roller 20	HARDCORE	ZUMBA	
11:15AM JEN	12:15 PM BRISA	12:15 PM JEN	11:00AM REBECCA			
LOW LITE	ZUMBA	ABS 30	ZUMBA			
12:15PM JAMES		12:45 PM JEN	12:15PM REBECCA			
LES MILLS BODYPUMP		LOW 30	LES MILLS BODYPUMP			
4:30PM AUDREY	4:30PM DANA	4:30PM JEN	4:30PM JEN			
LES MILLS BODYPUMP	sweat	Muscles	KICKBOXING			
5:30PM SABRINA	5:30PM MARTHA	5:45PM KARLA	5:30PM DARREN			
LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS SH'BAM	LES MILLS CXWORX			
			6:00PM SABRINA			
			LES MILLS BODYSTEP			
6:30PM CHRIS	6:30PM DANA		6:30PM ANN			
ZUMBA	LES MILLS BODYSTEP		tone			
			6:30PM ANN			
			LES MILLS BODYPUMP EXPRESS			
MIND/BODY STUDIO						
MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Kristy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
OPEN YOGA	OPEN YOGA	Morning Flow	OPEN YOGA			
9:30AM Nikki		9:30AM BARBARA	8:15AM Jen S.	9:30AM TONY	9:00AM Kristy	10:30am Steve
Yoga Level 2		Level 2	Mat Pilates	Power Yoga	Yoga Level 2	Level 2
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Nikki	11:00AM Mona	10:30AM Sheila	
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	
12:15pm Sheila		11:00am Anne H.		12:15PM Mona		2:30pm Loretta
Level 1				Deep Stretch Slow Flow		Gentle/Beg.
		12:15pm Anne H.				
		Slow Flow/Deep Stretch				
6:00PM LORETTA	6:00PM Nikki	6:00PM TONY	6:00PM Tony			4:00pm Lora
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	Yoga for Everyone			Level 2
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM MELISSA	5:45AM LISA B	6:00AM VICKY	8:05AM MARTHA	8:00AM LISA B
	SPIN	LES MILLS RPM	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM LISA B		9:30AM JULIE		8:30AM NIKKI	9:15AM LISA B	
SPIN		LES MILLS RPM		SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM LISA B	12:15PM JULIE	12:15PM TIFFANY		
SPIN	LES MILLS RPM	SPIN	LES MILLS RPM	SPIN		
6:00PM LISA B	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 KIM	8:30AM AUDREY	8:30AM ANNA	9:00AM RITA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	**FEE BASED**
9:45AM TERESA	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM			The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
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"