



GREEN VALLEY
May6th-12th (revised 5/6)

336-275-1391

5/6/2019 MONDAY 5:45AM LYNN	5/7/2019 TUESDAY	5/8/2019 WEDNESDAY	5/9/2019 THURSDAY 6:00AM LYNN	5/10/2019 FRIDAY	5/11/2019 SATURDAY 8:00AM ANNIE	5/12/2019 SUNDAY 8:00AM JEN
LES MILLS BODYPUMP			LES MILLS BODYPUMP		LES MILLS BODYSTEP	sweat
8:15AM JEN	8:15AM LAUREN	8:15AM SABRINA		8:15AM JEN	9:05AM CHRISSY	9:00AM JAMES
LOW 30	Muscles	LES MILLS BODYSTEP		Muscles	sweat	LES MILLS BODYPUMP
8:45AM JEN						
PILATES 30						
9:30AM NIKKI	9:30AM DANA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM JAMES	
Cardio Circuits	LOW IMPACT SCULPT	Muscles	sweat	ZUMBA	LES MILLS BODYPUMP	
10:35AM JEN	11:15 JEN		10:35 AM JEN	10:45AM JEN	11:15AM KERRI	
Foam Roller 20	FLEXIBLE STRENGTH		Foam Roller 20	HARDCORE	ZUMBA	
11:15AM JEN	12:15 PM CHRIS	12:15 PM JEN	11:00AM REBECCA			
LOW LITE	ZUMBA	ABS 30	ZUMBA			
12:15PM JAMES		12:45 PM JEN	12:15PM MARTHA			
LES MILLS BODYPUMP		LOW 30	LES MILLS BODYPUMP			
4:30PM AUDREY	4:30PM JEN	4:30PM JEN				
LES MILLS BODYPUMP	sweat	Muscles				
5:30PM CHRISSY	5:30PM REBECCA	5:45PM KARLA	5:30PM JAMES			
sweat	LES MILLS BODYPUMP	SH'BAM	CX WORKX			
			6:00PM SABRINA			
			LES MILLS BODYSTEP			
6:30PM CHRIS	6:30PM ANNIE		6:30PM JAMES			
ZUMBA	LES MILLS BODYSTEP		LES MILLS BODYPUMP			

Let's celebrate moms!

SATURDAY, 5/11, 9:15AM
"MOTHER'S DAY" SPIN



SUNDAY, 5/12, 9:10 am
HAPPY MOTHER'S DAY!

Go with the flow; moms and mimosas!
60 min flexible strength class followed by
mimosas in our Green Valley lobby.

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	9:10am JEN
Yoga Level 2		Level 2	Pilates	Power Yoga	Yoga Level 2	Flexible strength
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Nikki	11:00AM Mona	10:30AM Sheila	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Level 2
12:15pm Sheila		11:00am Anne H.		12:15PM Mona		2:30PM Nikki
Level 1				Deep Stretch Slow Flow		Gentle/Beg.
		12:15pm Anne H.				4:00PM Nikki
		Slow Flow/Deep Stretch				Yoga Level 2
6:00PM LORETTA	6:00PM BARBARA	6:00PM TONY	6:00PM LANCE			
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	Yoga for Everyone			

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA	5:30AM MIKE C	5:45AM LISA B	6:00AM VICKY	8:05AM MELISSA	8:05AM LISA B
	SPIN	SPIN	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM JEN	
SPIN		LES MILLS RPM		SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM CINDY N	12:15PM JULIE	12:15PM LISA B		
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 ANNE	8:30AM ANNE	8:30AM ANNA	9:00AM RITA	**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 **LAUREN**	
					Hirsch Center Class	

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