

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

336-275-1391

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5/6/2019 MONDAY 5:45AM LYNN	5/7/2019 TUESDAY	5/8/2019 WEDNESDAY	5/9/2019 THURSDAY	5/10/2019 FRIDAY	5/11/2019 SATURDAY	5/12/2019 SUNDAY
			6:00AM LYNN		8:00AM ANNIE	8:00AM JEN
BODYPUMP			BODYPUMP		BODYSTEP	sweat
8:15AM JEN	8:15AM LAUREN	8:15AM SABRINA		8:15AM JEN	9:05AM CHRISSY	9:00AM JAMES
<b>LOW 30</b>	Muscles	BODYSTEP		Muscles	sweat	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 IMAPCT SCULPT	Muscles	sweat	ZUMBA	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			I
LOW LITE	ZUMBA	ABS 30	ZUMBA	<u>Let's ce</u>	<u>elebrate ı</u>	moms!
12:15PM JAMES		12:45 PM JEN	12:15PM MARTHA	_		
BODYPUMP	4.2004 IEN	LOW 30	BODYPUMP	SATURDAY, 5/11, 9:15AM		
4:30PM AUDREY	4:30PM JEN	4:30PM JEN		"MOTHER'S DAY" SPIN		
BODYPUMP	sweat	Muscles	5.00014 141450		TIMER S DAT	SPIIN (
5:30PM CHRISSY	5:30PM REBECCA  BODYPUMP	5:45PM KARLA	5:30PM JAMES	_	_	
sweat	BUDYPUMP	SH'BAM	6:00PM SABRINA	<u>SUN</u>	DAY, 5/12, 9:10	<u>0 am</u>
			BODYSTEP	HAP	PY MOTHER'S I	DAY!
6:30PM CHRIS	6:30PM ANNIE		6:30PM JAMES	Go with the	flow; moms ar	nd mimosas
ZUMBA	BODYSTEP		BODYPUMP	60 min flexible strength class followed b		
	DODIOILI.		DODIT OMI.	_	n our Green Va	
				- <u>IIIIIII05a5 II</u>	i oui Green va	iley lobby.
		NAIN	ND/BODY STUD	NO.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM Kristy	6:00AM			
OPEN YOGA	OPEN YOGA	Morning Flow	OPEN YOGA			
9:30AM Nikki		9:30AM BARBARA	8:15AM JEN S.	9:30AM TONY Power Yoga	9:00am KRISTY	9:10am JEN
Yoga Level 2	11:00AM SHEILA W.	Level 2	Pilates 11:00AM Nikki	11:00AM Mona	Yoga Level 2	Flexible streng 10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Level 2
12:15pm Sheila	Toga Lover I	11:00am Anne H.	Toga Level 1	12:15PM Mona	1094 20101 1	2:30PM Nikki
Level 1				Doon Chatch Clay Flour		0 11 15
	I			Deep Stretch Slow Flow		Gentle/Beg
		12:15pm Anne H.		Deep Stretch Slow Flow		_
		12:15pm Anne H. Slow Flow/Deep Stretch		Deeb 2fercu 210M F10M		4:00PM Nikki
6:00PM LORETTA	6:00PM BARBARA	•	6:00PM LANCE	Deep Stretch Slow Flow		4:00PM Nikki
6:00PM LORETTA Yoga Level 2	6:00PM BARBARA Mixed Lev Flow Vinyasa	Slow Flow/Deep Stretch	6:00PM LANCE Yoga for Everyone	Deep Stretch Slow Flow		4:00PM Nikki
		Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus				4:00PM Nikki
		Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus	Yoga for Everyone		SATURDAY	4:00PM Nikki Yoga Level 2
Yoga Level 2	Mixed Lev Flow Vinyasa  TUESDAY  5:45AM KARA	Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus SF WEDNESDAY 5:30AM MIKE C	Yoga for Everyone PIN/RPM STUDI THURSDAY 5:45AM LISA B	O FRIDAY 6:00AM VICKY	8:05AM MELISSA	4:00PM Nikki Yoga Level 2 SUNDAY 8:05AM LISA E
Yoga Level 2 MONDAY	Mixed Lev Flow Vinyasa  TUESDAY	Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus  SF WEDNESDAY 5:30AM MIKE C SPIN	Yoga for Everyone PIN/RPM STUDI THURSDAY	O FRIDAY 6:00AM VICKY SPIN	8:05AM MELISSA RPM.	4:00PM Nikki Yoga Level 2
Yoga Level 2  MONDAY  9:30AM JEN	Mixed Lev Flow Vinyasa  TUESDAY  5:45AM KARA	Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus SF WEDNESDAY 5:30AM MIKE C SPIN 9:30AM JULIE	Yoga for Everyone PIN/RPM STUDI THURSDAY 5:45AM LISA B	O FRIDAY 6:00AM VICKY SPIN 8:30AM NIKKI	8:05AM MELISSA  RPM  9:15AM JEN	4:00PM Nikki Yoga Level 2  SUNDAY 8:05AM LISA E
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9:30AM JEN 9:30AM JEN SPIN 12:15PM MARTHA SPIN 6:00PM LISA B. SPIN MONDAY 8:30AM TERESA Water Fitness	TUESDAY 5:45AM KARA SPIN  12:15PM JEN 6:00PM AUDREY SPIN  TUESDAY 8:30AM TABITHA Water Fitness	Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus  SF WEDNESDAY 5:30AM MIKE C 9:30AM JULIE PPM 12:15PM CINDY N 6:00PM MARTHA WEDNESDAY 8:30AM ANNE Water Fitness	Yoga for Everyone PIN/RPM STUDI THURSDAY 5:45AM LISA B SPIN  12:15PM JULIE 6:00PM AUDREY SPIN POOL THURSDAY	FRIDAY 6:00AM VICKY SPIN 8:30AM NIKKI SPIN 12:15PM LISA B SPIN	8:05AM MELISSA  FERMILLE  9:15AM JEN  SPIN  SATURDAY	SUNDAY  SUNDAY  SUNDAY  SUNDAY  **FEE BASED*  The Hirsch Cancer
9:30AM JEN 9:30AM JEN SPIN 12:15PM MARTHA SPIN 6:00PM LISA B. SPIN MONDAY 8:30AM TERESA Water Fitness 9:45AM TERESA	TUESDAY 5:45AM KARA SPIN  12:15PM JEN 6:00PM AUDREY SPIN  TUESDAY 8:30AM TABITHA Water Fitness 9:45AM TABITHA	Slow Flow/Deep Stretch 6:00PM TONY Level 2 Plus  SF WEDNESDAY 5:30AM MIKE C 9:30AM JULIE 12:15PM CINDY N 6:00PM MARTHA WEDNESDAY 8:30AM ANNE Water Fitness 9:45-10:30AM	Yoga for Everyone PIN/RPM STUDI THURSDAY 5:45AM LISA B SPIN  12:15PM JULIE 6:00PM AUDREY SPIN POOL THURSDAY 8:30AM ANNE Water Fitness 9:45-10:30AM	FRIDAY 6:00AM VICKY SPIN 8:30AM NIKKI SPIN 12:15PM LISA B SPIN	9:15AM JEN 9:15AM JEN SPIN SATURDAY 9:00AM RITA	SUNDAY  SUNDAY  SUNDAY  SUNDAY  **FEE BASED*  The Hirsch Cancer
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