

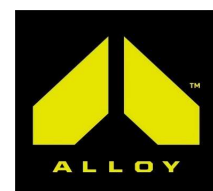


CLUBFITNESS

GREEN VALLEY June 11th-17th, 2018

(336) 275-1391

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY	17 SUNDAY
5:45AM AMY N BODYPUMP			6:00AM REBECCA BODYPUMP		8:00AM ANNIE BODYSTEP	8:00AM ANN tone
8:15AM DARREN tone	8:15AM JEN Kickboxing 30 8:45AM JEN Muscles 30	8:15AM SABRINA BODYSTEP		8:15AM JEN Muscles	9:05AM KARLA BODYATTACK	9:00AM REBECCA BODYPUMP
9:30 AM NIKKI CARDIO CIRCUITS	9:30AM AMBER BODYATTACK	9:30AM LAUREN MUSCLES	9:30AM JEN SWEAT	9:30AM KARLA SH'BAM	10:15AM LYNN BODYPUMP	
	12:00PM DANYL CARDIO DANCE	12:00PM SUSAN CXWORX	11:00AM REBECCA Zumba		11:15AM REBECCA Zumba	
12:15AM SUSAN BODYPUMP		12:30PM SUSAN tone	12:15PM MARTHA BODYPUMP			
4:30PM DARREN tone		4:30PM JEN Muscles				
5:30PM AMBER BODYCOMBAT	5:30PM REBECCA BODYPUMP	5:45PM CHRIS CARDIO DANCE	5:30PM DARREN CXWORX			
			6:00PM SABRINA BODYSTEP			
6:30PM CHRIS CARDIO DANCE	6:30PM ANNIE BODYSTEP		6:30PM LYNN BODYPUMP			



Join us for
Alloy Training at Lebauer Park!
THURSDAYS at 6:30pm
FREE & open to the public!
We look forward to seeing you

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM TONY Power Yoga	6:00AM OPEN YOGA			
			8:15AM JEN S. Pilates		9:15AM BARBARA Yoga Level 2	10:30AM Nikki Yoga Level 2
9:30AM NIKKI Yoga Level 2				9:30AM TONY Power Yoga	10:30AM SHEILA Yoga Level 1	
11:00AM BARBARA Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg.	11:00AM NIKKI Yoga Level 1	11:00AM Sheila Gentle/Beg.		2:30PM Tony Gentle/Beg.
		12:15PM ANNE H. Deep Stretch Slow Flow		12:15PM Anne H. Deep Stretch Slow Flow		
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM Barbara Warm Flow Vinyasa	6:00PM Jen J. Yoga Level 3				

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM JODEE SPIN	5:30AM KARA SPIN	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MIKE C RPM	8:00AM VICKY SPIN
9:30AM LISA B SPIN		9:30AM JULIE RPM		8:30AM LISA B SPIN	9:15AM LISA B SPIN	 *PLEASE NOTE* <i>Sunday Spin will begin at 8am, instead of 8:05am.</i>
12:15 CINDY N SPIN	12:15PM JEN RPM	12:15PM LISA B SPIN	12:15PM JULIE RPM			
				12:15PM TIFFANY SPIN		
6:00AM LISA B SPIN	6:00PM JODEE SPIN	6:00PM JEN RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM ANNE Water Fitness	8:30AM ANNE Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Works	
9:45AM ALAN <i>Aqua Caliente</i>	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water		3:00-4:00PM CLOSED CLASS	

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