



CLUBFITNESS

GREEN VALLEY August 13th-19th

336-275-1391

13 MONDAY 5:45AM LYNN	14 TUESDAY	15 WEDNESDAY	16 THURSDAY 6:00AM LYNN	17 FRIDAY	18 SATURDAY 8:00AM ANNIE	19 SUNDAY
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA		8:15AM JEN		8:00 AM CHRISSY
LOW 30	Kickboxing 30			Muscles		KICKBOXING
8:45AM JEN	8:45AM CHRISSY				9:05AM ANN	9:00AM DARREN
PILATES 30	Muscles 30				tone	
9:30 AM NIKKI	9:30AM AMBER	9:30AM NIKKI	9:30AM JEN	9:30AM BRISA	10:15AM LYNN	
CARDIO CIRCUITS		CARDIO CIRCUITS	SWEAT	Zumba		
10:35 AM JEN			10:35 AM JEN		11:15AM DANYL	
Foam Roller Stretch			Foam Roller Stretch		CARDIO DANCE	
12:15AM SUSAN	12:00 PM BRISA	12:00PM SUSAN	11:00AM REBECCA		<p>NEW CLASS! BoxingYoga™ Thursdays 6:00pm w/Lance Oldham Starts 8/23/18</p>	
	Zumba		Zumba			
		12:30PM SUSAN	12:15PM MARTHA			
		tone				
4:30PM DARREN		4:30PM JEN	5:30PM DARREN			
tone		MUSCLES				
5:30PM AMBER	5:30PM REBECCA	5:45PM JEN	6:00PM SABRINA			
		LOW IMPACT/SCULPT				
6:30PM DANA	6:30PM CHRIS M		6:30PM ANN			
	CARDIO DANCE		tone			
			7:00PM ANN			

MIND/BODY STUDIO

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00am	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
OPEN YOGA	OPEN YOGA	OPEN YOGA	OPEN YOGA			
			8:15AM JEN S.		9:15AM BARBARA	
			MAT PILATES		Yoga Level 2	
9:30AM NIKKI				9:30AM Barbara	10:30AM SHEILA	10:30AM NIKKI
Yoga Level 2				Power Yoga	Yoga Level 1	Yoga Level 2
11:00AM SHEILA	11:00AM SHEILA	11:00AM NIKKI	11:00AM NIKKI	11:00AM ANNE H.		
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.		
		12:15PM ANNE H.		12:15PM ANNE H.		2:30PM BARBARA
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						4:00PM LORA
						Yoga Level 2
6:00PM LORETTA	6:00PM BARBARA	6:00PM ANNE H.				
Yoga Level 2	Mix Level Flow Vinyasa	Yoga Level 3				

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM LISA B	5:45AM KATHY	6:00AM JODEE	8:05AM LISA B	8:00AM LISA B
	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM MARTHA	
SPIN				SPIN	SPIN	
12:15PM MARTHA	12:15AM JEN	12:15AM LISA B	12:15PM JULIE	12:15PM LISA B		
SPIN				SPIN		
6:00PM LISA B	6:00PM JODEE	6:00PM AUDREY				
SPIN	SPIN	SPIN				

8:30AM TERESA	8:30AM TABITHA	8:30AM AUDREY	8:30AM AUDREY	8:30AM ANNA	9:00AM LINDA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Works	
9:45AM AUDREY	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM		2:00-3:00PM KATE	
Gentle Aqua	Gentle Aqua	Open Water	Open Water		Hirsch Center	

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