



GREEN VALLEY SEPTEMBER 17TH-23RD

336-275-1391

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 SATURDAY	23 SUNDAY
5:45AM LYNN 			6:00AM VICKY 		8:00AM ANNIE 	8:00AM JEN Flexible Strength
8:15AM JEN	8:15AM CHRISSEY	8:15AM JEN		8:15AM JEN	9:05AM ANN tone	9:00AM REBECCA
LOW IMPACT 30	Kickboxing 45	Free-style step		MUSCLES		
8:45AM JEN	9:00AM CHRISSEY		9:30AM JEN			
PILATES 30	Muscles 45		SWEAT			
9:30AM NIKKI	9:30AM AMBER 	9:30AM NIKKI	10:35AM JEN	9:30AM BRISA	10:15AM LYNN	
CARDIO CIRCUITS		CARDIO CIRCUITS	FOAM ROLLER 20	ZUMBA		
10:3 AM JEN	12:00PM BRISA	12:00PM SUSAN	11:00AM PAM W		11:15AM REBECCA	
FOAM ROLLER 20	ZUMBA		ZUMBA		ZUMBA	
		12:30PM SUSAN	12:15PM MARTHA 			
12:15PM SUSAN	4:30PM MANDY 	4:30PM AUDREY	4:30PM JEN			
		MUSCLES	SWEAT			
4:30PM DARREN	5:30PM REBECCA 	5:45PM KARLA 	5:30PM DARREN 	5:15PM JEN		
tone				Free-style step		
5:30PM KARLA 			6:00PM SABRINA 			
6:30PM CHRIS	6:30PM ANNIE 		6:30PM ANN tone			
CARDIO DANCE			7:00PM ANN 			

HAPPY FALL!

ClubFitness Green Valley Class
Schedule New Fall Additions:

- *Tues, 4:30pm BODY COMBAT
- *Thurs, 4:30pm STRONG

*2 Fridays per month, 5:15pm FIT
FRIDAYS
(Class Type & Instructors will Rotate)

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM			
OPEN YOGA	OPEN YOGA	OPEN YOGA	OPEN YOGA			
			8:15am Jen S.		9:15AM BARBARA	
			Pilates		Yoga Level 2	
9:30AM NIKKI				9:30AM JEN J.	10:30AM SHEILA	10:30AM BARBARA
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 MARGEE		
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.		
		12:15PM Nikki		12:15PM MARGEE		2:30PM ERIN
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						4:00PM ERIN
						Yoga Level 2
6:00PM LANCE	6:00PM BARBARA	6:00PM LORETTA	6:00PM ERIN			
BoxingYoga	Mixed Lev Flow Vinyasa	Yoga Level 3	Yoga Level 2			

SPIN/RPM STUDIO

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

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM ANNE	8:30AM ANNA	9:00AM RITA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Works	
9:45AM TERESA	9:45AM TABITHA	9:45AM LAUREN	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Gentle Aqua	Open Water			
12:00PM DAVID		12:00PM NUMEDA			2:00-3:00PM *LINDA*	
Water Works		HIIT			Hirsch Center Class	

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