






GREEN VALLEY
Sept 9-Sept 15, 2019

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

GROUP EXERCISE STUDIO

| 9 MONDAY | 10 TUESDAY | 11 WEDNESDAY | 12 THURSDAY | 13 FRIDAY | 14 SATURDAY | 15 SUNDAY | |
|--|---|--|--|--|---|--|--|
| 5:45AM LYNN LES MILLS BODYPUMP | 6:00AM JAMES LES MILLS GRIT | | 6:00AM VICKY LES MILLS BODYPUMP | 6:00AM JAMES LES MILLS GRIT | | | |
| 8:15AM JEN Low Impact 30 | 8:15AM CHRISSEY KICKBOXING 30 | 8:15AM LAUREN HITT FIT | 8:15AM CHRISSEY BOOTCAMP CIRCUITS | 8:15AM JEN Muscles | 8:00AM ANNE LES MILLS BODYSTEP | 8:00AM JEN SWEAT | |
| 8:45AM JEN PILATES STRENGTH | 8:45AM CHRISSEY Muscles 30 | | | | 9:05AM JEN LOW IMPACT SCULPT | 9:00AM REBECCA LES MILLS BODYPUMP | |
| 9:30AM NIKKI CARDIO CIRCUITS | 9:30AM BRISA STRONG | 9:30AM SUMMER Muscles | 9:30AM JEN SWEAT | 9:30AM NIKKI CARDIO CIRCUITS | | | |
| 10:30AM JEN Foam Roller/Stretch | | | 10:35AM JEN Foam Roller/Stretch | 10:45AM JEN LOW IMPACT 45 | 10:15AM SUMMER LES MILLS BODYPUMP | | |
| 11:15AM JEN LOW IMPACT LITE | 11:15AM JEN FLEXIBLE STRENGTH | 12:15PM JEN Abs 30 | 11:00AM REBECCA  ZUMBA gold | | 11:15AM REBECCA  ZUMBA | | |
| 12:15PM JAMES LES MILLS BODYPUMP | 12:15PM BRISA  ZUMBA | 12:45PM JEN LOW IMPACT 30 | 12:15PM MARTHA LES MILLS BODYPUMP | <p>ATHLETA FITNESS CLASS Sept 14 at 9:00a at Friendly Center Athleta Foam Rolling & Mat Pilates with Sarah Richardson</p>  <p>ATHLETA FREE & Open to the Public</p> | | | |
| 4:30PM AUDREY LES MILLS BODYPUMP | 4:30PM JEN SWEAT | 4:30PM JEN Muscles | | | | | |
| 5:30PM SABRINA LES MILLS BODYATTACK | 5:30PM REBECCA LES MILLS BODYPUMP | 5:45PM KARLA LES MILLS SH'BAM | 5:30PM JAMES LES MILLS CXWORX | | | | |
| | | | 6:00PM SABRINA LES MILLS BODYSTEP 30 | | | | |
| 6:30PM KERRI  ZUMBA | | | 6:30PM JAMES LES MILLS BODYPUMP | | | | |
| | | | | | | | |

MIND & BODY STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|---|--|-------------------------------|--|--------------------------------|--------------------------------|
| 6:00AM OPEN YOGA | 6:00AM OPEN YOGA | 6:00AM KRISTY Morning Flow | 6:00AM OPEN YOGA | | | |
| 9:30AM NIKKI YOGA Level 2 | | | 8:15AM JEN Pilates Mat | 9:30AM LAUREN Power Flow Yoga | 9:00AM KRISTY YOGA Level 2 | |
| 11:00AM NIKKI Gentle/Beginner | 11:00AM SHEILA YOGA Level 1 | 11:00AM ANNE Gentle/Beginner | 11:00AM NIKKI YOGA Level 1 | 11:00AM MONA Gentle/Beginner | 10:30AM SHEILA YOGA Level 1 | 10:30AM NIKKI YOGA Level 2 |
| 12:15PM SHEILA YOGA Level 1 | | 12:15PM ANNE Deep Stretch/Slow Flow | | 12:15PM MONA Deep Stretch/Slow Flow | | |
| | | | | | | 2:30PM TONY Gentle/Beginner |
| | | | | | | 4:00PM LORA YOGA Level 2 |
| 6:00PM LORETTA YOGA Level 2 | 6:00PM SUMMER Mixed Level Vinyasa Flow | 6:00PM LANCE YOGA Level 2 PLUS | | | | |

BARRE STUDIO

| | | | | | | |
|--|------------------------------------|--|-------------------------------------|------------------------------------|--|--|
| | 9:30AM **JEN** **BARRE** | | 11:00AM **JEN** **BARRE** | 9:30AM **JEN** **BARRE** | | |
|--|------------------------------------|--|-------------------------------------|------------------------------------|--|--|

SPIN/RPM STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|--|---|--|--------------------------------|---|----------------------------|
| | 5:45AM MARTHA SPIN | 5:30AM MELISSA LES MILLS RPM | 5:45AM JODEE SPIN | 6:00AM VICKY SPIN | | |
| | | | | 8:30AM NIKKI SPIN | 8:00AM MICHAEL LES MILLS RPM | 8:00AM LISA SPIN |
| 9:30AM JEN SPIN | | 9:30AM JULIE LES MILLS RPM | | | 9:15AM LISA SPIN | |
| 12:15PM MARTHA SPIN | 12:15PM JEN LES MILLS RPM | 12:15PM CINDY SPIN | 12:15PM JULIE LES MILLS RPM | 12:15PM TIFFANY SPIN | | |
| 6:00PM LISA SPIN | 6:00PM JODEE SPIN 45 | 6:00PM AUDREY LES MILLS 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 AUDREY Water Fitness | 8:30AM ANNA Water Fitness | 9:00AM ?? Water Fitness | <p>**FEE BASED** The Hirsch Cancer Center Class is a fee-based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org</p> |
| 9:45AM TERESA Gentle Aqua | 9:45AM TABITHA Gentle Aqua | 9:45-10:30AM Open Water | 9:45-10:30AM Open Water | | | |
| | | | | | 2:00PM **LAUREN** Hirsch Center Class | |

