# Group Exercise Studio

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45AM LYNN</td>
<td>6:15AM CHERRY</td>
<td>6:15AM SARINA</td>
<td>6:15AM JIN</td>
<td>6:00AM VICKY</td>
<td>6:00AM JEN</td>
<td>6:00AM JIN</td>
</tr>
<tr>
<td><strong>BODYPUMP</strong></td>
<td><strong>BODYSTEP</strong></td>
<td><strong>MUSCLES</strong></td>
<td><strong>BODYSTEP</strong></td>
<td><strong>SWEAT</strong></td>
<td><strong>MUSCLES</strong></td>
<td><strong>BODYPUMP</strong></td>
</tr>
</tbody>
</table>

- **LOW IMPACT 30**
  - 8:15AM CHERRY
  - 8:45AM CHERRY
  - 9:30AM CHERRY
  - 9:30AM BRIA

- **PILATES STRENGTH 30**
  - Muscles 30
  - 6:30AM KERBA
  - 6:30AM SARINA

- **CARDIO CIRCUITS**
  - Strong
  - NO CLASS TODAY

- **10:30AM CANCELLED**

- **NO CLASS TODAY**

- **NO CLASS TODAY**

# Mind & Body Studio

<table>
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<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM OPEN</td>
<td>6:00AM OPEN</td>
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</tr>
</tbody>
</table>

- **MIND & BODY STUDIO**

- **LOW IMPACT 30**
  - 8:15AM LAUREN
  - 8:45AM LAUREN
  - 9:30AM LAUREN

- **MUSCLES**
  - 6:30AM KERBA
  - 6:30AM SARINA
  - 6:30AM DARENM

# Spin/RPM Studio

<table>
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<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45AM MARTHA</td>
<td>6:30AM MEISSIN</td>
<td>6:30AM JODIE</td>
<td>6:00AM VICKY</td>
<td>6:00AM JEN</td>
<td>8:30AM JEN</td>
<td>8:30AM JEN</td>
</tr>
</tbody>
</table>

- **SPIN**
  - 9:30AM JINNY

- **SPIN**
  - 10:15AM JENNY

- **SPIN**
  - 12:15PM JENNY

# Pool

<table>
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<tr>
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<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30AM TERRA</td>
<td>8:30AM TERRA</td>
<td>8:30AM MEISSIN</td>
<td>8:30AM TERRA</td>
<td>8:30AM JINNY</td>
<td>8:30AM JINNY</td>
<td>7:30AM TERRA</td>
</tr>
</tbody>
</table>

- **WATER FITNESS**
  - **GENTLE AQUA**
  - 9:45AM TO 10:30AM
  - 7:45AM TO 10:30AM

- **OPEN WATER**

- **OPEN WATER**

- **WATER FITNESS**

- **WATER FITNESS**

- **WATER FITNESS**

# Summer Yoga & Wine

Sundays Aug 25, 4pm
At Club Fitness Greensboro
Open to the Public!

**Yoga Level 2** followed by wine tasting hosted by Wine Styles Greensboro.

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*Notates an additional cost, please call 336.478.2660 for more information!*

*Like us on Facebook or Instagram at “ClubFitness GSO”, “ClubFitness Oak Branch”, & “ClubFitness Greensboro”*