



OAK BRANCH

Jan 14-Jan 20, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY	20 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA YOGALATES		6:00AM REBECCA 		
		8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness	8:30AM DARREN 	
9:30AM DANA 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM DARREN tone	9:30AM ANNIE 	
			10:30AM LYNN tone Express		10:30AM JEN FLEXIBLE STRENGTH	10:45AM AUDREY
11:30AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI	11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI		11:30AM ERIC TAI CHI	
5:30PM ANN 	5:30PM MANDY 	5:30PM DARREN 	5:30PM BRISA ZUMBA	5:30PM ANN 	A healthy SPINE means a HEALTHY YOU! FREE SPINAL SCREENING Britian Chiropractic Jan 15 11:30am-1:30pm GREEN VALLEY Jan 17 5:30pm-7:30pm OAK BRANCH	
6:30PM REBECCA 						

FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM MICHELLE Pilates Mat					

PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH AM Reform		9:30AM SARAH AM Rejuvenate	9:30AM CHRISTIE **CARDIO CIRCUIT**	9:30AM SARAH AM Reform	9:30AM MILA Weekend Reform	
		10:45AM JEN **BARRE**			10:30AM MILA Weekend Rejuvenate	
4:15PM **SARAH** **JUMPBOARD**			4:15PM **MILA** **Tower, Stretch & Tone**	*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee. *ALL PILATES REFORMER CLASSES require successful completion of Pilates Intro Private Package or Director approval prior to group complimentary classes. Reformer 2 Level classes require instructor permission. All Pilates classes require reservation. You may reserve up to one day ahead. Please reserve via your myclubonline account, ClubFitness mobile app or call 336.478.2660. ***Asteriks Asteriks Denote FEE BASED CLASSES ***Payment due at enrollment. Enroll via ClubFitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
5:30PM MILA PM Reform	5:30PM **MILA** **TOWER STRETCH & TONE**	5:30PM CHRISTIE PM Reform	5:30PM MILA PM Rejuvenate			
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MILA** **ADV APPARATUS**	6:35PM **CHRISTIE** **Pilates for Men**	6:30PM **MILA** **CORE PRINCIPLES**			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="color: blue; font-weight: bold;">FACILITY IMPROVEMENTS!</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">OB POOL & HOT TUB CLOSED for Renovation</p> <p style="color: blue;">Reopening TBA</p> <p style="color: blue;">The following classes will MOVE to Green Valley during Reno:</p> <p style="color: blue;">Mon 12pm WaterWorks</p> <p style="color: blue;">Wed 9:45am Gentle Aqua</p> <p style="color: blue;">Wed 12pm HIIT</p>						

CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL			1:00PM-3:00PM PICKLEBALL

CHILDREN'S STUDIO: ****TAE KWON DO**** Wed 3:15pm Ages 10 & up WED 4:15pm Ages 4-9

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

Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"