



OAK BRANCH

Jan 15-21, 2018

(336) 851-1890

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

GROUP ACTIVITY ROOM 1						
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY	21 SUNDAY
	6:00AM VICKY	6:00AM SUSAN		6:00AM NUMEDA		
		8:15AM NICOLE		8:30AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM ???	9:30AM PEGGY	9:30AM ANNIE	9:30AM SUSAN	9:30AM DARREN	9:30AM ANNE	
		SWEAT				
			10:35AM SUSAN		10:35AM MICHELLE	10:45AM Peggy
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:35AM ERIC	
YOGA Level 2	TAI CHI	YOGA Level 2	TAI CHI		TAI CHI	
5:30AM ANN		5:30PM DARREN	5:30PM MANDY	5:30PM ANN	School Holiday Camp Martin Luther King Jr Holiday Monday Jan 15 8:30am-5:30pm	
6:30AM ANN						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON	10:00AM-NOON	10:00AM-NOON	10:00AM-NOON			
PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL			
GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH		9:30AM SARAH	9:30AM SARAH	9:30AM SARAH	9:30AM SARAH	
Ref Multi-level		Mat & Ref 1	Ref 1 Flow	Ref 2 Challenge	Reformer 2	
					10:30AM SARAH	
					Reformer 1	
				<small>*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 Ready-Set-Go Package & Director approval prior to group complimentary classes. Reformer 2 Level classes require instructor permission. All Pilates classes require reservation, please reserve via your myclubonline account, Club Fitness mobile app or call 336.478.2660 to reserve your spot. You may call 1 day prior to reserve.</small>		
5:30PM MILA	5:30PM MICHELLE	5:30PM CHRISTIE	5:30PM MILA			
Ref 2 Challenge	MAT	Ref Multi-Level: Classical	Ref 1 Basics			
6:30PM **MILA**	6:30PM **MILA**	6:35PM **CHRISTY**	6:30PM **MILA**			
Pilates Core	*Adv Apparatus*	**TECHNIQUE!***	**Pilates Core**			
<small>***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small>						
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES		9:30AM LAUREN		9:30AM BLAIR		
Gentle Aqua		Gentle Aqua		Gentle Aqua		
12:00PM DAVID	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM DAVID	12:00PM NUMEDA		
WaterWorks	Deep Water	HIIT	WaterWorks	Power Hour		
	2:00PM BLAIR		2:00PM BLAIR		*Adult Swim Lessons* For Beginner or Intermediate level swimmers Choose either Mon 6:30pm or Wed 1:00pm 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!	
	Post Rehab		Post Rehab			
	6:00PM BARBIE		6:00PM RITA			
	Deep Water		Deep Water			
<small>* Notates an additional cost, please call 336.478.2660 for more information!</small>						
Like us on Facebook at "Club Fitness OakBranch" & "Club Fitness Green Valley"						