



OAK BRANCH

Jan 7-Jan 13, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY	13 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA YOGALATES		6:00AM JAMES 		
		8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness	8:30AM DARREN 	
9:30AM DANA 	9:30AM ANNIE 	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 PEGGY
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 JAMES 	5:30PM BRISA ZUMBA	5:30PM KARLA 	~FUNDRAISER~ EXERCISE FOR THE ARTS Sat 1:00pm BARRE Brawl Sat 2:15pm BARRE 360 3:30pm Teen XTraining GV SUN JAN 13 1:45-4:45pm	
6:30PM ANN 						

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 MICHELLE Weekend Reform	
		10:45AM JEN **BARRE**			10:30AM MICHELLE Weekend Rejuvenate	
					1:00PM & 2:15PM JEN Exercise for the Arts-BARRE	
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**			

POOL
FACILITY IMPROVEMENTS!
OB POOL & HOT TUB CLOSED for Renovation
 Estimated Reopening January 2019

 The following classes will MOVE to Green Valley during Reno:
 Mon 12pm WaterWorks
 Wed 9:45am Gentle Aqua
 Wed 12pm HIIT

CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON 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"