






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

GROUP ACTIVITY ROOM 1						
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
 <p><b>RENOVATIONS IN PROGRESS</b></p>					8:30AM DARREN	
						
					9:30AM ANNE	
						
					10:35AM MICHELLE	10:45AM ANN
						
		11:35AM ERIC				
		<b>TAI CHI</b>				
		NO GROUP EX STUDIO CLASSES at OB until Sat Jan 12 due to recent water damage. Please VISIT GREEN VALLEY PLEASE CONFIRM SCHEDULE <a href="http://myclubonline.com">myclubonline</a>				

CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10:00AM-NOON	10:00AM-NOON			
		<b>PICKLEBALL PICKLEBALL</b>				

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30AM CANCELLED	9:30AM SARAH	9:30AM SARAH	9:30AM MILA	
		NO CLASS TODAY	Ref 1 Flow	Ref 2 Challenge	Reformer 2	
				5:00PM SARAH	10:30AM MILA	
				Ref Multi-Level: Sequence	Reformer 1	
		5:30PM CANCELLED	5:30PM MILA	<p><i>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</i></p> <p><i>*ALL PILATES REFORMER CLASSES require successful completion of Pilates Intro Private Package, or Ready-Set-Go Package &amp; 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.</i></p> <p>***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>		
		NO CLASS TODAY	Ref 1 Basics			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30AM LAUREN		9:30AM BLAIR		
		Gentle Aqua		Gentle Aqua		
			12:00PM DAVID	12:00PM LEANNE		
			WaterWorks	Power Hour		
			2:00PM BLAIR			
			Post Rehab			
			6:00PM RITA			
			Deep Water			
					<p><b>*Adult Swim Lessons*</b></p> <p>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!</p>	

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

Like us on Facebook at "Club Fitness OakBranch" & "Club Fitness Green Valley"