



# OAK BRANCH

## Oct 15-Oct 21, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO							
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY	21 SUNDAY	
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM JAMES 	 <b>FUNDRAISER</b>  <b>Les Mills Launches:</b>  8:00am Body Step 8:35am Body Combat 9:10am Body Pump 9:45am CX Worx 10:20am Tone 11:30am Body Jam 12:05pm Body Flow  Meet your favorite trainers at <b>Lebauer Park!</b> <b>Afterburn Training Sessions</b> <b>Thursdays 6:30pm</b> <i>FREE &amp; OPEN TO PUBLIC</i>		
		8:15AM AUDREY <b>Senior Fitness</b>		8:15AM AUDREY <b>Senior Fitness</b>			
9:30AM DARREN 	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM SUSAN 	9:30AM DANA 			
			10:30AM SUSAN 			10:45AM PEGGY 	
11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>	11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>				
5:30PM ANN 	5:30PM MANDY 	5:30PM DARREN 	5:30PM BRISA <b>ZUMBA</b>	5:30PM KARLA 			
6:30PM ANN 	6:30PM CHRISTOPHER <b>Cardio Dance</b>		7:30PM **BILLY** <b>*Ballroom Dance*</b>				
<b>FUSION STUDIO</b>							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
	5:30PM MICHELLE <b>Pilates Mat</b>						
<b>PILATES STUDIO</b>							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:30AM TIFFANY <b>Pilates MAT</b>	9:30AM **CHRISTIE** <b>**CARDIO CIRCUIT**</b>	9:30AM CHRISTIE <b>Mat &amp; Ref 1</b>		9:30AM <b>NO CLASS TODAY</b>	9:30 AM <b>NO CLASS TODAY</b>		
					10:30AM <b>NO CLASS TODAY</b>		
		10:45AM **JEN** <b>**BARRE BODY**</b>					
5:30PM MILA <b>Ref 2 Challenge</b>	5:30PM MILA <b>**TOWER CIRCUIT**</b>	5:30PM CHRISTIE <b>Ref Multi-Level: Classical</b>	5:30PM SUSAN <b>PILATES BODY FLOW</b>	<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 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 Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small>			
6:30PM MILA <b>**CORE PRINCIPLES**</b>	6:30PM MILA <b>**ADV APPARATUS**</b>	6:30PM **CHRISTIE** <b>**TECHNIQUE**</b>	6:30PM **MILA** <b>**CORE PRINCIPLES**</b>				
<b>POOL</b>							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>FACILITY IMPROVEMENTS!</b> <b>OB POOL &amp; HOT TUB CLOSED for Renovation</b> <i>Estimated Reopening Nov 1</i>  <i>The following classes will MOVE to Green Valley during Reno:</i> <b>Mon 12pm WaterWorks</b> <b>Wed 9:45am Gentle Aqua</b> <b>Wed 12pm HIIT</b>							
<b>CLUBZONE/KIDS GYM: MONDAY-THURSDAY 10:00am-Noon PICKLEBALL</b> <b>CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 &amp; up WED 4:15pm Ages 4-9</b> <small>* Notates an additional cost, please call 336.478.2660 for more information!</small>							
Like us on Facebook at " <a href="#">ClubFitness OakBranch</a> " & " <a href="#">ClubFitness Green Valley</a> "							