

OAK BRANCH
Oct 7-Oct 13, 2019

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GROUP EXERCISE STUDIO

7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY	13 SUNDAY
	6:00AM VICKY LES MILLS BODYPUMP			6:00AM LYNN LES MILLS BODYPUMP		
					8:30AM DARREN LES MILLS BODYPUMP	
9:30AM DANA LES MILLS BODYSTEP	9:30AM LAUREN LES MILLS BODYPUMP	9:30AM JEN SWEAT	9:30AM LYNN LES MILLS BODYPUMP	9:30AM LYNN tone	9:30AM ANNIE LES MILLS BODYCOMBAT	
						10:45AM PEGGY LES MILLS BODYPUMP
	11:00AM ERIC TAI CHI		11:00AM ERIC TAI CHI		11:30AM BOBBY TAI CHI	
5:30PM KARLA LES MILLS BODYJAM	5:30PM MANDY LES MILLS BODYCOMBAT	5:30PM JAMES LES MILLS BODYPUMP	5:30PM LAUREN LES MILLS GRIT	5:30PM ANN LES MILLS BODYJAM	FALL FITNESS CHALLENGE! Sept 23-Nov 15 See flyer for details, contact Lara Gallert for more information: lgallert@clubfitnessgo.com	
6:30PM REBECCA LES MILLS BODYPUMP						

FUSION STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00AM NUMEDA LES MILLS BODYFLOW	7:00AM **SUMMER** **Animal Flow**			
9:30AM NANCY YOGA		9:30AM NANCY YOGA			10:30AM JEN Flexible Strength	
		5:30PM **SUMMER** **Animal Flow**				

PILATES STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM *ANNA-PRESTON* **Intro to Reformer**			8:15AM **SUMMER** **Reformer Stretch**			
9:30AM ANNA-PRESTON AM Reform		9:30AM MICHELLE AM Rejuvenate	9:30AM **SUMMER** **Reformer Yoga Flow**	9:30AM SARAH AM Reform	9:30AM ANNA-PRESTON Weekend Reform	
		10:45AM **JEN** **BARRE**			10:30AM ANNA-PRESTON Pilates Mat	
4:15PM **SUMMER** **Pilates for Athletes**			4:30PM **MILA** **Mixed Equipment**			2:00PM **MILA** **Healthy Alignment & Stretch Workshop**
5:30PM SUMMER PM Reform	5:30PM **MILA** **Tower Stretch & Tone**	5:30PM CHRISTIE PM Reform	5:30PM MILA PM Reform	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. 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.		
6:30PM **SUMMER** **Reformer Yoga Flow**	6:35PM **MILA** **Adv Apparatus**	6:30PM **SUMMER** **Intro to Reformer**	6:30PM **MILA** **Core Principles**			
	7:40PM **MILA** **Ref Ballet Barre**					

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM FRANCES Gentle Aqua		
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM DAVID WaterWorks	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
					Adult Swim Lessons For Beginner or Intermediate level swimmers Wed 6:00p 4 lessons per month \$80M / \$99NM	
		6:00PM BARBIE Deep Water				

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+ Wed 4:14PM Ages 4-9



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