



OAK BRANCH

Oct 8-Oct 14, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM REBECCA 		
		8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness	8:30AM DARREN 	
	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DARREN tone	9:30AM JESSICA 	
			10:30AM NO CLASS TODAY		10:30AM MICHELLE 	10:45AM PEGGY
11:00AM 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 KARLA 	5:30PM MICHELLE Pilates MAT	5:30PM DARREN 		5:30PM ANN 	Meet your favorite trainers at Lebauer Park! Afterburn Training Sessions Thursdays 6:30pm <i>FREE & OPEN TO PUBLIC</i>	
6:30PM REBECCA 	6:30PM CHRISTOPHER Cardio Dance					
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL			
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level	9:30AM **CHRISTIE** **CARDIO CIRCUIT**	9:30AM SARAH Mat & Ref 1		9:30AM CHRISTIE Ref 2 Challenge	9:30 AM MICHELLE Reformer 2	
					10:30AM MICHELLE Reformer 1	
		10:45AM **JEN** **BARRE BODY**				
				*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, 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.		
5:30PM SARAH Ref 2 Challenge	5:30PM NO CLASS TODAY	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM CHRISTIE Ref 1 Basics			
	6:30PM NO CLASS TODAY	6:30PM **CHRISTIE** **TECHNIQUE**	6:30PM **MILA** **CORE PRINCIPLES**			
				***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FACILITY IMPROVEMENTS! OB POOL & HOT TUB CLOSED for Renovation <i>Estimated Reopening Nov 1</i> The following classes will MOVE to Green Valley during Reno: <i>Mon 12pm WaterWorks</i> <i>Wed 9:45am Gentle Aqua</i> <i>Wed 12pm HIIT</i>						
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						