



OAK BRANCH

Nov 12-18, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY	18 SUNDAY
	6:00AM VICKY	6:00AM NUMEDA		6:00AM REBECCA		
		8:15AM AUDREY		8:15AM AUDREY	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM DARREN	9:30AM DARREN	9:30AM JEN	9:30AM SUSAN	9:30AM KATHARINE	9:30AM ANNIE	
		SWEAT				
			10:30AM SUSAN		10:30AM MICHELLE	10:45AM JAMES
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:30AM ERIC	
YOGA Level 2	TAI CHI	YOGA Level 2	TAI CHI		TAI CHI	
5:30PM KARLA	5:30PM MANDY	5:30PM DARREN	5:30PM BRISA	5:30PM ANN		
			ZUMBA			
6:30PM REBECCA	6:30PM CHRISTOPHER		7:30PM **BILLY**			
	Cardio Dance		*Ballroom Dance*			
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM SARAH					
	Pilates Mat					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH		9:30AM SARAH	9:30AM **CHRISTIE**	9:30AM SARAH	9:30AM SARAH	
Ref Multi-level Sequence		Mat & Ref 1	**CARDIO CIRCUIT**	Ref 2 Challenge	Reformer 2	
		10:45AM **JEN**			10:30AM SARAH	
		BARRE BODY			Reformer 1	
4:15PM **SARAH**			4:15PM **SARAH**	<p>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</p> <p>*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.</p> <p>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.</p> <p>***Asterisks Asterisks Denote FEE BASED CLASSES ***Payment due at enrollment. Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>		
JUMPBOARD			**JUMPBOARD**			
5:30PM MILA	5:30PM MILA	5:30PM CHRISTIE	5:30PM SARAH			
Ref 2 Challenge	**TOWER CIRCUIT**	Ref Multi-Level: Classical	Ref 1 Basics			
6:30PM MILA	6:30PM MILA		6:30PM **MILA**			
CORE PRINCIPLES	**ADV APPARATUS**		**CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>FACILITY IMPROVEMENTS!</p> <p>OB POOL & HOT TUB CLOSED for Renovation</p> <p><i>Estimated Reopening November 2018</i></p> <p>The following classes will MOVE to Green Valley during Reno:</p> <p>Mon 12pm WaterWorks</p> <p>Wed 9:45am Gentle Aqua</p> <p>Wed 12pm HIIT</p>						
<p>CLUBZONE/KIDS GYM: MONDAY-THURSDAY 10:00am-Noon PICKLEBALL</p> <p>CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 & up WED 4:15pm Ages 4-9</p> <p><i>* Notates an additional cost, please call 336.478.2660 for more information!</i></p>						
<p>Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"</p>						