



OAK BRANCH

Nov 5-11, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
5 MONDAY	6 TUESDAY	7 WEDNESDAY	8 THURSDAY	9 FRIDAY	10 SATURDAY	11 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
		8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness	8:30AM DARREN 	
9:30AM DARREN 	9:30AM LYNN 	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DANA 	9:30AM ANNIE 	
			10:30AM SUSAN 		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 ANN 	5:30PM MANDY 	5:30PM DARREN 	5:30PM BRISA ZUMBA	5:30PM KARLA 	Parent's Night Out! Saturday, Nov 10, 4:30-9:00pm Drop off the kids & enjoy a night off. Virtual Reality, Moon Bounce, & MORE! 	
6:30PM ANN 	6:30PM CHRISTOPHER Cardio Dance		7:30PM **BILLY** *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 Ref Multi-level Sequence	9:30AM **CHRISTIE** **CARDIO CIRCUIT**	9:30AM SARAH Mat & Ref 1		9:30AM SARAH Ref 2 Challenge	9:30AM MICHELLE Reformer 2	
					10:30AM MICHELLE Reformer 1	
4:15PM **SARAH** **JUMPBOARD**			4:15PM **SARAH** **JUMPBOARD**	*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. ***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		
5:30PM MILA Ref 2 Challenge	5:30PM MILA **TOWER CIRCUIT**	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM SARAH Ref 1 Basics			
6:30PM MILA **CORE PRINCIPLES**	6:30PM MILA **ADV APPARATUS**		6:30PM **MILA** **CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FACILITY IMPROVEMENTS! OB POOL & HOT TUB CLOSED for Renovation <i>Estimated Reopening November 2018</i> The following classes will MOVE to Green Valley during Reno: Mon 12pm WaterWorks Wed 9:45am Gentle Aqua Wed 12pm HIIT						
CLUBZONE/KIDS GYM: MONDAY-THURSDAY 10:00am-Noon PICKLEBALL CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 & up WED 4:15pm Ages 4-9 <i>*Notates an additional cost, please call 336.478.2660 for more information!</i>						
Like us on Facebook at " ClubFitness OakBranch " & " ClubFitness Green Valley "						