



OAK BRANCH

Dec 3-Dec 9, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY	8 SATURDAY	9 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM JAMES 		
		8:15AM AUDREY		8:15AM AUDREY	8:30AM DARREN 	
		Senior Fitness		Senior Fitness		
9:30AM DANA 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM DARREN tone	9:30AM ANNIE 	
					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 	Member Social at Oak Branch Mon Dec 10, 7-9pm UGLY SWEATER CONTEST Wear Your Worst! winner: \$100 Club Credit!	
6:30PM ANN 			7:30PM **BILLY** *Ballroom Dance*			
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM CHRISTIE Pilates Mat					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level Sequence		9:30AM SARAH Mat & Ref 1	9:30AM CHRISTIE **CARDIO CIRCUIT**	9:30AM SARAH Ref 2 Challenge	9:30AM MILA Reformer 2	
		10:45AM **JEN** **BARRE BODY**			10:30AM MILA Reformer 1	
4:15PM **SARAH** **JUMPBOARD**						
5:30PM MILA Ref 2 Challenge	5:30PM MILA **TOWER**	5:30PM CHRISTIE Ref Multi-level Classical	5:30PM MILA Ref 1 Basics			
6:30PM MILA **CORE PRINCIPLES**	6:30PM MILA **ADV APPARATUS**		6:30PM **MILA** **CORE PRINCIPLES**			
<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.</p> <p>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>***Asteriks Asteriks Denote FEE BASED CLASSES ***Payment due at enrollment. Enroll via ClubFitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>						
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FACILITY IMPROVEMENTS! OB POOL & HOT TUB CLOSED for Renovation <i>Estimated Reopening January 2019</i> The following classes will MOVE to Green Valley during Reno: Mon 12pm WaterWorks Wed 9:45am Gentle Aqua Wed 12pm HIIT						
CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	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 "						