



# OAK BRANCH

## Mar 11-17, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO						
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY	17 SUNDAY
	6:00AM VICKY <b>LES MILLS BODYPUMP</b>	6:00AM NUMEDA <b>YOGALATES</b>		6:00AM REBECCA <b>LES MILLS BODYPUMP</b>		<b>MYZONE</b> MAKING MOVEMENT MEASURABLE
		8:15AM AUDREY <b>Senior Fitness</b>		8:15AM AUDREY <b>Senior Fitness</b>	8:30AM DARREN <b>LES MILLS BODYPUMP</b>	9:15AM JEN <b>Muscles 30</b>
9:30AM DANA <b>LES MILLS BODYSTEP</b>	9:30AM LYNN <b>LES MILLS BODYPUMP</b>	9:30AM JEN <b>SWEAT</b>	9:30AM LYNN <b>LES MILLS BODYPUMP</b>	9:30AM DARREN <b>tone</b>	9:30AM ANNIE <b>LES MILLS BODYCOMBAT</b>	9:45AM JAMES & JEN <b>GRIT CARDIO</b>
			10:30AM LYNN <b>tone Express</b>	<b>MYZONE</b> MAKING MOVEMENT MEASURABLE	10:30AM JEN <b>FLEXIBLE STRENGTH</b>	10:45AM PEGGY <b>LES MILLS BODYPUMP</b>
11:00AM NANCY <b>YOGA Level 2</b>	11:00AM RICH <b>TAI CHI</b>	11:00AM NANCY <b>YOGA Level 2</b>	11:00AM RICH <b>TAI CHI</b>	12:15PM JAMES & JEN <b>GRIT</b>	11:30AM ERIC <b>TAI CHI</b>	
5:30PM KARLA <b>LES MILLS BODYJAM</b>	5:30PM MANDY <b>LES MILLS BODYCOMBAT</b>	5:30PM DARREN <b>LES MILLS BODYPUMP</b>	5:30PM KERRI <b>ZUMBA</b>	5:30PM KARLA <b>LES MILLS BODYJAM</b>	<b>SPECIAL MYZONE CLASSES!</b> Fri Mar 15, 12:15pm GRIT w/Jen & James Sun Mar 17, 9:15am MUSCLES 30 w/Jen Sun Mar 17, 9:45am GRIT CARDIO w/Jen & James	
6:30PM REBECCA <b>LES MILLS BODYPUMP</b>						
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM MICHELLE <b>Pilates Mat</b>					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM **CHRISTIE** <b>**PILATES FOR MEN**</b>				9:30AM CHRISTIE	
9:30AM SARAH <b>AM Reform</b>		9:30AM SARAH <b>AM Rejuvenate</b>		9:30AM SARAH <b>AM Reform</b>	10:30AM CHRISTIE <b>Weekend Reform</b>	
		10:45AM **JEN** <b>**BARRE**</b>				
		4:15PM **CHRISTIE** <b>**Pilates for Men**</b>	4:30PM **MILA** <b>**MIXED EQUIPMENT**</b>	<b>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE</b> and are included with your membership dues/no additional fee. <b>*ALL PILATES REFORMER CLASSES</b> require successful completion of Pilates Intro Private Package or Director approval prior to group complimentary classes. <b>Reformer 2 Level classes</b> 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. ***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		
5:30PM MILA <b>PM Reform</b>	5:30PM **MILA** <b>**TOWER STRETCH &amp; TONE**</b>	5:30PM CHRISTIE <b>PM Reform</b>	5:30PM MILA <b>PM Reform</b>			
6:30PM **MILA** <b>**CORE PRINCIPLES**</b>	6:30PM **MILA** <b>**ADV APPARATUS**</b>		6:30PM **MILA** <b>**CORE PRINCIPLES**</b>			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES <b>Gentle Aqua</b>		9:30AM LAUREN <b>Gentle Aqua</b>		9:30AM LIZ <b>Gentle Aqua</b>		
12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Deep Water</b>	12:00PM NUMEDA <b>HIIT</b>	12:00PM DAVID <b>WaterWorks</b>	12:00PM LEANNE <b>Power Hour</b>		
	6:00PM BARBIE <b>Deep Water</b>		6:00PM RITA <b>Deep Water</b>			
CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>			1:00PM-3:00PM <b>PICKLEBALL</b>
<b>CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 &amp; up WED 4:15pm Ages 4-9</b> <i>* Notates an additional cost, please call 336.478.2660 for more information!</i>						
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