



OAK BRANCH

March 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 LYNN 	6:00AM SUSAN 		6:00AM REBECCA 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DARREN 	9:30AM ANNIE 	
			10:35AM SUSAN 		10:35AM 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		11:35AM ERIC TAI CHI	
5:30AM KARLA 		5:30PM DARREN 	5:30PM ANNE 	5:30PM ANN 	Save The Date! BRING A FRIEND MEMBER SOCIAL Friday March 16, 7:30-10pm at Green Valley	
6:30AM REBECCA 						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	School Holiday Camp	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 SARAH Mat & Ref 1	9:30AM CHRISTIE Ref 1 Flow			
	10:30AM **SARAH** **TOWER CIRCUIT**	10:45AM **JEN** **BARRE BODY**	10:45AM **SARAH** **TOWER CIRCUIT**	9:30AM SARAH Ref 2 Challenge	9:30AM MICHELLE Reformer 2	
					10:30AM MICHELLE Reformer 1	
5:30PM MILA Ref 2 Challenge	5:30PM MICHELLE MAT	4:15PM CANCELLED NO CLASS TODAY	5:30PM MILA Ref 1 Basics	<p><i>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</i></p> <p><i>*ALL PILATES REFORMER CLASSES require successful completion of Pilates Intro Private Package, or Ready-Set-Go Package & 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.</i></p> <p>***Asteriks Asteriks Denote FEE BASED CLASSES*** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>		
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MICHELLE** **READY SET GO**	5:30PM SARAH Ref Multi-Level: Classical	6:30PM **MILA** **CORE PRINCIPLES**			
	6:30PM **MILA** **ADV APPARATUS**					
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM BLAIR Gentle Aqua		
12:00PM CANCELED NO CLASS TODAY	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID St. Patrick's Special	12:00PM LEANNE Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab		<p>*Adult Swim Lessons* For Beginner or Intermediate level swimmers Choose either Mon 7:00pm or Wed 1:00pm 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!</p>	
	6:00PM TERRI Deep Water		6:00PM RITA Deep Water			
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						