



OAK BRANCH

Mar 18-24, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO						
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY	24 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA YOGALATES		6:00AM ANN 		
		8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness	8:30AM DARREN 	
9:30AM DANA 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM DARREN tone	9:30AM ANNIE 	
			10:30AM LYNN tone Express		10:30AM JEN FLEXIBLE STRENGTH	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 KERRI ZUMBA	5:30PM ANN 	<p>Are YOU in the ZONE? Get the results you want with accurate tracking of your effort with MYZONE!</p>	
6:30PM ANN 						
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM MICHELLE Pilates Mat					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:30AM MICHELLE	
9:30AM CHRISTIE AM Reform		9:30AM SARAH AM Rejuvenate		9:30AM SARAH AM Reform	10:30AM MICHELLE Weekend Reform	
		10:45AM **JEN** **BARRE**				
		4:15PM **CHRISTIE** **Pilates for Men**	4:30PM **MILA** **MIXED EQUIPMENT**	<p>*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. ***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>		
5:30PM MILA PM Reform	5:30PM **MILA** **TOWER STRETCH & TONE**	5:30PM CHRISTIE PM Reform	5:30PM MILA PM Reform			
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MILA** **ADV APPARATUS**		6:30PM **MILA** **CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM LIZ Gentle Aqua		
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water			
CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL			1:00PM-3:00PM 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>						
<p>Like us on Facebook at "ClubFitness Greensboro", "ClubFitness OakBranch" & "ClubFitness Green Valley"</p>						