















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

GROUP EXERCISE STUDIO							
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY	21 SUNDAY	
	6:00AM VICKY 	6:00AM NUMEDA YOGALATES		6:00AM REBECCA 		<p>We are CLOSED Easter Sunday to be with our Families!</p> 	
8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness			8:30AM JAMES 		
9:30AM DANA 	9:30AM AUDREY 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM LYNN tone	9:30AM ANNIE 		
			10:30AM LYNN tone Express		10:30AM JEN FLEXIBLE STRENGTH		
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 KARLA 	5:30PM MANDY 	5:30PM JAMES 	5:30PM CHRIS ZUMBA	5:30PM ANN 	<p>Alloy Afterburn at LeBauer Park is BACK! Thursdays at 6:30p starting April 4-Oct 31 FREE & Open to the Public!</p> 		
6:30PM REBECCA 							

FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM CHRISTIE Pilates Mat		5:30PM **SARAH** **Pain Free Posture**			

PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM MICHELLE AM Reform		9:30AM SARAH AM Rejuvenate		9:30AM SARAH AM Reform	9:30AM CHRISTIE Weekend Reform	HAPPY
		10:45AM **JEN** **BARRE**				
		4:30PM **CHRISTIE** **PILATES FOR MEN**	4:30PM **MILA** **MIXED EQUIPMENT**			
5:30PM MILA PM Reform	5:30PM **MILA** **TOWER STRETCH & TONE**	5:30PM CHRISTIE PM Reform	5:30PM MILA PM Reform			<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>
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		EASTER
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			

CHILDREN'S STUDIO: **TAE KWON DO Wed 3:15pm Ages 10 & up WED 4:15pm Ages 4-9**

* Notates an additional cost, please call 336.478.2660 for more information!

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