



# OAK BRANCH

## April 16-22, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 SATURDAY	22 SUNDAY
	6:00AM VICKY	6:00AM SUSAN		6:00AM REBECCA		
		8:15AM NICOLE		8:15AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM ANNE	9:30AM DARREN	9:30AM JEN	9:30AM SUSAN	9:30AM DARREN	9:30AM ANNIE	
		<b>SWEAT</b>				
			10:35AM SUSAN		10:35AM MICHELLE	10:45AM PEGGY
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:35AM ERIC	
<b>YOGA Level 2</b>	<b>TAI CHI</b>	<b>YOGA Level 2</b>	<b>TAI CHI</b>		<b>TAI CHI</b>	
5:30AM ANN		5:30PM DARREN	5:30PM MANDY	5:30PM KARLA	It's SPRINGTIME, so meet us at <b>Lebauer Park!</b> Afterburn Training Sessions <b>Thursdays 6:30pm</b> <i>FREE &amp; OPEN TO PUBLIC</i>	
6:30AM ANN						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON	10:00AM-NOON	10:00AM-NOON	10:00AM-NOON			
<b>PICKLEBALL</b>	<b>PICKLEBALL</b>	<b>PICKLEBALL</b>	<b>PICKLEBALL</b>	JOIN THE FUN! PICKLEBALL SOCIAL SUNDAY APRIL 22, 2-4pm		
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH		9:30AM SARAH	9:30AM CHRISTIE		9:30AM CHRISTIE	
<b>Ref Multi-level</b>		<b>Mat &amp; Ref 1</b>	<b>Ref 1 Flow</b>		<b>Reformer 2</b>	
		10:45AM JEN	10:30AM **SARAH**	9:30AM CHRISTIE	10:30AM CHRISTIE	
		<b>**BARRE BODY**</b>	<b>**TOWER CIRCUIT**</b>	<b>Ref 2 Challenge</b>	<b>Reformer 1</b>	
			11:30AM **SARAH**		2:00PM **MILA**	
			<b>**TOWER CIRCUIT**</b>		<b>**TOWER CIRCUIT**</b>	
5:30PM MILA	5:30PM MILA	5:30PM CHRISTIE	5:30PM MILA	<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 &amp; 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***</p> <p>Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>		
<b>Ref 2 Challenge</b>	<b>MAT</b>	<b>Ref Multi-Level: Classical</b>	<b>Ref 1 Basics</b>			
6:30PM **MILA**	6:30PM **MILA**	6:35PM **CHRISTIE**	6:30PM **MILA**			
<b>**CORE PRINCIPLES**</b>	<b>**ADV APPARATUS**</b>	<b>**TECHNIQUE! **</b>	<b>**CORE PRINCIPLES**</b>			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES		9:30AM LAUREN		9:30AM FRANCES		
<b>Gentle Aqua</b>		<b>Gentle Aqua</b>		<b>Gentle Aqua</b>		
12:00PM DAVID	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM LEANNE		
<b>WaterWorks</b>	<b>Deep Water</b>	<b>HIIT</b>	<b>WaterWorks</b>	<b>Power Hour</b>		
	2:00PM BLAIR		2:00PM BLAIR		<b>*Adult Swim Lessons*</b> 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!	
	<b>Post Rehab</b>		<b>Post Rehab</b>			
	6:00PM BARBIE		6:00PM RITA			
	<b>Deep Water</b>		<b>Deep Water</b>			
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						