



OAK BRANCH

April 22-28, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO						
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY	28 SUNDAY
	6:00AM LYNN 	6:00AM NUMEDA 		6:00AM REBECCA 		
8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness			8:30AM JAMES 	
9:30AM KATHARINE 	9:30AM AUDREY 	9:30AM CANCELLED NO CLASS TODAY	9:30AM LYNN 	9:30AM LYNN tone	9:30AM ANNIE 	
			10:30AM LYNN tone Express		10:30AM 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		11:30AM ERIC TAI CHI	
5:30PM KARLA 	5:30PM MANDY 	5:30PM JAMES 	5:30PM CHRIS ZUMBA	5:30PM KARLA 	Spring Break CAMP April 22-26 8:30am-5:30pm Early Drop Off Available! Register with the Concierge Desk	
6:30PM REBECCA 						
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM CHRISTIE PILATES MAT					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH AM Reform		9:30AM SARAH AM Rejuvenate		9:30AM SARAH AM Reform	9:30AM MICHELLE Weekend Reform	
		10:45AM CANCELLED NO CLASS TODAY				
			4:30PM **MILA** **MIXED EQUIPMENT**			
5:30PM MILA PM Reform	5:30PM **MILA** **TOWER STRETCH & TONE**	5:30PM SARAH PM Reform	5:30PM MILA PM Reform			
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MILA** **ADV APPARATUS**		6:30PM **MILA** **CORE PRINCIPLES**			
<p>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</p> <p>*ALL PILATES REFORMER CLASSES require successful completion of Pilates Intro Private Package or Director approval prior to group complimentary classes.</p> <p>Reformer 2 Level classes require instructor permission.</p> <p>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.</p> <p>***Asteriks Asteriks Denote FEE BASED CLASSES ***Payment due at enrollment.</p> <p>Enroll via ClubFitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</p>						
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		
					Adult Swim Lessons For Beginner or Intermediate level swimmers Choose either Mon 5:30pm or Wed 6:00pm 4 lessons/per month \$80 M/\$99 NM	
	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 * Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness Greensboro", "ClubFitness Oak Branch" & "ClubFitness Green Valley"						