














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

GROUP EXERCISE STUDIO						
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA <b>YOGALATES</b>		6:00AM REBECCA 		
8:15AM AUDREY <b>Senior Fitness</b>		8:15AM AUDREY <b>Senior Fitness</b>			8:30AM LYNN 	
9:30AM KATHARINE 	9:30AM AUDREY 	9:30AM JEN <b>SWEAT</b>	9:30AM LYNN 	9:30AM LYNN <b>tone</b>	9:30AM JEN <b>Cardio Kickboxing</b>	
			10:30AM LYNN <b>tone Express</b>		10:30AM JEN <b>FLEXIBLE STRENGTH</b>	10:45AM REBECCA 
11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>	11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>		11:30AM ERIC <b>TAI CHI</b>	
5:30PM ANN 	5:30PM MANDY 	5:30PM JAMES 	5:30PM CHRIS <b>ZUMBA</b>	5:30PM KARLA 	<b>Alloy Afterburn at LeBauer Park is BACK!</b> Thursdays at 6:30p starting April 4-Oct 31 FREE & Open to the Public! 	
6:30PM ANN 						

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

PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM MICHELLE <b>AM Reform</b>		9:30AM SARAH <b>AM Rejuvenate</b>		9:30AM SARAH <b>AM Reform</b>	9:30AM SARAH <b>Weekend Reform</b>	
		10:45AM **JEN** <b>**BARRE**</b>			10:30AM SARAH <b>Pilates Mat</b>	
		4:30PM **CHRISTIE** <b>**PILATES FOR MEN**</b>	4:30PM **MILA** <b>**MIXED EQUIPMENT**</b>	<b>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE</b> and are included with your membership dues/no additional fee. <b>*ALL PILATES REFORMER CLASSES</b> 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		
5:30PM MILA <b>PM Reform</b>	5:30PM **MILA** <b>**TOWER STRETCH &amp; TONE**</b>	5:30PM CHRISTIE <b>PM Reform</b>	5:30PM MILA <b>PM Reform</b>			
6:30PM **MILA** <b>**CORE PRINCIPLES**</b>	6:30PM **MILA** <b>**ADV APPARATUS**</b>		6:30PM **MILA** <b>**CORE PRINCIPLES**</b>			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES <b>Gentle Aqua</b>		9:30AM LAUREN <b>Gentle Aqua</b>		9:30AM FRANCES <b>Gentle Aqua</b>		
12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Deep Water</b>	12:00PM NUMEDA <b>HIIT</b>	12:00PM DAVID <b>WaterWorks</b>	12:00PM LEANNE <b>Power Hour</b>		
	6:00PM BARBIE <b>Deep Water</b>		6:00PM FRANCES <b>Deep Water</b>			

CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>			1:00PM-3:00PM <b>PICKLEBALL</b>

**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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