



OAK BRANCH

April 9-15, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY	15 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM ANNE SWEAT	9:30AM SUSAN 	9:30AM SUSAN 	9:30AM ANNIE 	
			10:35AM SUSAN 		10:35AM MICHELLE 	10:45AM PEGGY
11:00AM NANCY YOGA Level 2	11:00AM RICH TAI CHI	11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI		11:35AM ERIC TAI CHI	
5:30AM KARLA 		5:30PM DARREN 	5:30PM MANDY 	5:30PM ANN 	It's SPRINGTIME, so meet us at Lebauer Park! Afterburn Training Sessions Thursdays 6:30pm <i>FREE & OPEN TO PUBLIC</i>	
6:30AM REBECCA 						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	JOIN THE FUN! PICKLEBALL SOCIAL SUNDAY APRIL 22, 2-4pm		
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level		9:30AM SARAH Mat & Ref 1	9:30AM SARAH Ref 1 Flow		9:30AM MICHELLE Reformer 2	
		10:45AM CANCELED	10:30AM **SARAH**	9:30AM SARAH	10:30AM MICHELLE	
		NO CLASS TODAY	**TOWER CIRCUIT**	Ref 2 Challenge	Reformer 1	
			11:30AM **SARAH** **TOWER CIRCUIT**		2:00PM **MILA**	
5:30PM SARAH Ref 2 Challenge	5:30PM MILA MAT		5:30PM MILA Ref 1 Basics	<small>*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 Ready-Set-Go Package & 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. ***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small>		
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MILA** **ADV APPARATUS**	5:30PM SARAH Ref Multi-Level: Classical	6:30PM **MILA** **CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30 & 9:45AM TABITHA Water Fitness Gentle Aqua	8:30AM KIM Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:30AM FRANCES Gentle Aqua	12:00PM NUMEDA Deep Water	9:30AM LAUREN Gentle Aqua	12:00PM DAVID WaterWorks	9:30AM BLAIR Gentle Aqua		
12:00PM DAVID WaterWorks	2:00PM BLAIR Post Rehab	12:00PM NUMEDA HIIT	2:00PM BLAIR Post Rehab	12:00PM LEANNE Power Hour	*Adult Swim Lessons* 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!	
	6:00PM BARBIE Deep Water		6:00PM NUMEDA Deep Water			
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						