



# OAK BRANCH

## May 13-19, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO						
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY	19 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM REBECCA 		
8:15AM AUDREY <b>Senior Fitness</b>		8:15AM AUDREY <b>Senior Fitness</b>			8:30AM DARREN 	
9:30AM LYNN <b>tone</b>	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM LYNN 	9:30AM DARREN <b>tone</b>	9:30AM ANNIE 	
			10:30AM LYNN <b>tone Express</b>		10:30AM MICHELLE 	10:45AM PEGGY 
11:00AM CANCELLED <b>NO CLASS TODAY</b>	11:00AM ERIC <b>TAI CHI</b>	11:00AM NUMEDA 	11:00AM ERIC <b>TAI CHI</b>		11:30AM ERIC <b>TAI CHI</b>	
5:30PM KARLA 	5:30PM MANDY 	5:30PM DARREN 	5:30PM CHRIS <b>ZUMBA</b>	5:30PM KARLA 		<b>JOIN US!</b> <b>SWING DANCE SOCIAL</b> Thursday May 16, 6:30-9:00pm <b>FREE</b> Dance Lesson, Social, & Refreshments
6:30PM ANN 			6:30PM CLUB SOCIAL 			
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM CHRISTIE <b>PILATES MAT</b>		7:30PM **BILLY** <b>*Ballroom Dance*</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>				
5:30PM MILA <b>PM Reform</b>			4:30PM **MILA** <b>**MIXED EQUIPMENT**</b>	<p><b>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE</b> and are included with your membership dues/no additional fee.</p> <p><b>*ALL PILATES REFORMER CLASSES</b> 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>		
	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 LIZ <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>		
					<p><b>*Adult Swim Lessons*</b></p> <p>For Beginner or Intermediate level swimmers Choose either Mon 5:30pm or Wed 6:00pm 4 lessons/per month \$80 M/\$99 NM</p>	
		6:00PM BARBIE <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>
<p><b>CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 &amp; up WED 4:15pm Ages 4-9</b></p> <p><b>* Notates an additional cost, please call 336.478.2660 for more information!</b></p>						
<p>Like us on Facebook at "ClubFitness Greensboro", "ClubFitness Oak Branch" &amp; "ClubFitness Green Valley"</p>						