



OAK BRANCH May 6-12, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO						
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	11 SATURDAY	12 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM LYNN 		
8:15AM AUDREY		8:15AM AUDREY			8:30AM DARREN 	
Senior Fitness		Senior Fitness				
9:30AM DANA 	9:30AM AUDREY 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM LYNN tone	9:30AM ANNIE 	
			10:30AM LYNN tone Express		10:30AM JEN	10:45AM PEGGY
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:30AM ERIC	
YOGA Level 2	TAI CHI	YOGA Level 2	TAI CHI		TAI CHI	
5:30PM ANN 	5:30PM MANDY 	5:30PM JAMES 	5:30PM CHRIS ZUMBA	5:30PM ANN 	 JOIN US! SWING DANCE SOCIAL Thursday May 16, 6:30-9:00pm FREE Dance Lesson, Social, & Refreshments	
6:30PM ANN 			7:30PM **BILLY** <i>*Ballroom Dance*</i>			
FUSION STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30PM CHRISTIE PILATES MAT					
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:15AM **SARAH**		
				Intro to Pilates		
9:30AM MICHELLE		9:30AM SARAH		9:30AM SARAH	9:30AM MICHELLE	
AM Reform		AM Rejuvenate		AM Reform	Weekend Reform	
		10:45AM **JEN**				
		BARRE				
5:30PM MILA			4:30PM **MILA**	<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>		
PM Reform			**MIXED EQUIPMENT**			
6:30PM **SARAH**	5:30PM **MILA**	5:30PM CHRISTIE	5:30PM MILA			
Intro to Pilates	**TOWER STRETCH & TONE**	PM Reform	PM Reform			
6:30PM **MILA**	6:30PM **MILA**		6:30PM **MILA**			
CORE PRINCIPLES	**ADV APPARATUS**		**CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES		9:30AM LAUREN		9:30AM LIZ	<p>NOTE: UPCOMING SCHEDULE CHANGE Beginning week of May 13, 2019 Tues 6pm & Thur 6pm Deep Water will no longer be available Join Barbie for DEEP WATER EX on WED 6pm</p>	
Gentle Aqua		Gentle Aqua		Gentle Aqua		
12:00PM DAVID	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM DAVID	12:00PM LEANNE	<p>*Adult Swim Lessons*</p> <p>For Beginner or Intermediate level swimmers Choose either Mon 5:300pm or Wed 6:00pm 4 lessons/per month \$80 M/\$99 NM</p>	
WaterWorks	Deep Water	HIT	WaterWorks	Power Hour		
	6:00PM BARBIE		6:00PM RITA			
	Deep Water		Deep Water			
CLUBZONE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON	10:00AM-NOON	10:00AM-NOON	10:00AM-NOON			1:00PM-3:00PM
PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL			PICKLEBALL
CHILDREN'S STUDIO: **TAE KWON DO** Wed 3:15pm Ages 10 & up WED 4:15pm Ages 4-9 <i>* Notates an additional cost, please call 336.478.2660 for more information!</i>						
<p>Like us on Facebook at "ClubFitness Greensboro", "ClubFitness Oak Branch" & "ClubFitness Green Valley"</p>						