CLUBFITNESS

OAK BRANCH
June 10-June 16, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY	16 SUNDAY
	6:00AM LYNN LesMILLS BODYPUMP	6:00AM NUMEDA LesMILLS BODYFLOW		6:00AM REBECCA LesMILLS BODYPUMP		
8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness			8:30AM DARREN LesMILLS BODYPUMP	
9:30AM DANA LesMILLS BODYSTEP	9:30AM DARREN LesMILLS BODYPUMP	9:30AM JEN SWEAT	9:30AM LYNN LesMILLS BODYPUMP	9:30AM LYNN LesMILLS tone	9:30AM ANNIE LesMILLS BODYCOMBAT	
			10:30AM *No Class* *RETURNING IN THE FALL*		10:30AM JEN FLEXIBLE STRENGTH	10:45AM PEGGY LesMILLS BODYPUMP
11:00AM NANCY YOGA Level 2	11:00AM RICH TAI CHI	11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI		11:30AM ERIC TAI CHI	
5:30PM ANN LesMILLS BODYJAM	5:30PM MANDY LesMILLS BODYCOMBAT	5:30PM DARREN LesMILLS BODYPUMP	5:30PM CHRIS ZUMBA	5:30PM KARLA LesMILLS BODYJAM	myzone® GLOBAL MOVEMENT CHALLENGE Earn 1300 MEPS between June 1-30 & be entered in drawing for CASH PRIZES!	
6:30PM ANN LesMILLS BODYPUMP						

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 CHRISTIE AM Reform		9:30AM MICHELLE AM Rejuvenate		9:30AM SARAH AM Reform	9:30AM CHRISTIE Weekend Reform	
		10:45AM **JEN** **BARRE**				
			4:30PM **SARAH** **MIXED EQUIPMENT**			
5:30PM MILA PM Reform	5:30PM **MILA** **TOWER STRETCH & TONE**	5:30PM CHRISTIE PM Reform	5:30PM MILA PM Reform			
6:30PM **MILA** **CORE PRINCIPLES**	6:30PM **MILA** **ADV APPARATUS**		6:30PM **MILA** **CORE PRINCIPLES**			

*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 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 myiclubonline 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 myiclubonline account
or contact Concierge Desk ext 1102

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM FRANCES Gentle Aqua		9:00AM LAUREN Gentle Aqua		9:00AM LIZ Gentle Aqua	*NOTE: UPCOMING SCHEDULE CHANGE* As of JUNE 10, 2019 GENTLE AQUA will MOVE to 9:00am	
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
		6:00PM BARBIE Deep Water			*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	

CLUBZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00AM-12:30PM PICKLEBALL		11:00AM-12:30PM PICKLEBALL	SUMMER PICKLEBALL HOURS Start June 3: Tues & Thur 11am-12:30pm, Sun 1-3pm		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!

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