



OAK BRANCH

June 17-June 23, 2019

(336) 851-1890

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

GROUP EXERCISE STUDIO								
17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 SATURDAY	23 SUNDAY		
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM LYNN 				
8:15AM AUDREY Senior Fitness		8:15AM AUDREY Senior Fitness			8:30AM LYNN 			
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM LYNN tone	9:30AM ANNIE 			
					10:30AM JEN	10:45AM PEGGY 		
11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI	11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI		11:30AM ERIC TAI CHI			
5:30PM KARLA 	5:30PM MANDY 	5:30PM JAMES 	5:30PM CHRIS ZUMBA	5:30PM ANN 	JOIN US TUES JUNE 18 ATHLETA POP UP SHOP 4-6pm BACHATA DANCE SOCIAL 6:30-9:00pm FREE Dance Lesson, Social, & Refreshments			
6:30PM ANN 	6:30-9:00PM DANCE SOCIAL							
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 SARAH AM Reform		9:30AM MICHELLE AM Rejuvenate		9:30AM SARAH AM Reform	9:30AM SARAH Weekend Reform			
		10:45AM **JEN** **BARRE**						
			4:30PM **MILA** **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**					
					<p><small>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</small></p> <p><small>*ALL PILATES REFORMER CLASSES require successful completion of Pilates Intro Private Package or Director approval prior to group complimentary classes.</small></p> <p><small>Reformer 2 Level classes require instructor permission.</small></p> <p><small>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.</small></p> <p><small>***Asteriks Asteriks Denote FEE BASED CLASSES ***Payment due at enrollment.</small></p> <p><small>Enroll via ClubFitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small></p>			
POOL								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			SATURDAY	SUNDAY
9:00AM FRANCES Gentle Aqua		9:00AM LAUREN Gentle Aqua		9:00AM LIZ Gentle Aqua			<p><small>NOTE: UPCOMING SCHEDULE CHANGE</small></p> <p><small>As of JUNE 10, 2019</small></p> <p>GENTLE AQUA</p> <p><small>will MOVE to 9:00am</small></p> <p>*Adult Swim Lessons*</p> <p><small>For Beginner or Intermediate level swimmers</small></p> <p><small>Choose either Mon 5:30pm or Wed 6:00pm</small></p> <p><small>4 lessons/per month \$80 M/\$99 NM</small></p>	
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						
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 <small>* Notates an additional cost, please call 336.478.2660 for more information!</small>								
<p style="color: blue;">Like us on Facebook at "ClubFitness Greensboro", "ClubFitness Oak Branch" & "ClubFitness Green Valley"</p>								