



# OAK BRANCH

## June 18-24, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY	24 SUNDAY
	6:00AM VICKY	6:00AM SUSAN		6:00AM REBECCA		
		8:15AM NICOLE		8:15AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM NO CLASS	9:30AM DARREN	9:30AM JEN	9:30AM LYNN	9:30AM DARREN	9:30AM ANNIE	
Cancelled Until Fall		SWEAT		tone		
					10:35AM MICHELLE	10:45AM PEGGY
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:35AM ERIC	
YOGA Level 2	TAI CHI	YOGA Level 2	TAI CHI		TAI CHI	
5:30PM ANN	5:30PM MICHELLE	5:30PM DARREN		5:30PM KARLA	Meet your favorite trainers at Lebauer Park! Afterburn Training Sessions Thursdays 6:30pm FREE & OPEN TO PUBLIC	
	Pilates MAT					
6:30PM ANN						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PICKLEBALL RETURNS to ClubZone June 25-Aug 15 Tues & Wed 11am-12:3pm		It's not too late! Sign up for <b>SUMMER CAMPS!</b> Brochures and Registration Forms are available on our website for your convenience! Register at info@clubfitnessgso.com!				
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH		9:30AM SARAH		9:30AM SARAH	9:30AM CANCELLED	
Ref Multi-level		Mat & Ref 1		Ref 2 Challenge	NO CLASS TODAY	
		10:45AM **JEN**	10:30AM SARAH		10:30AM CANCELLED	
		**BARRE BODY**	**TOWER CIRCUIT**		NO CLASS TODAY	
5:30PM MILA	5:30PM **MILA**	5:30PM CHRISTIE	5:30PM MILA	*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		
Ref 2 Challenge	**TOWER CIRCUIT**	Ref Multi-Level: Classical	Ref 1 Basics			
6:30PM **MILA**	6:35PM **MILA**	6:30PM **CHRISTIE**	6:30PM **MILA**			
**CORE PRINCIPLES**	**ADV APPARATUS**	**READY SET GO**	**CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM FRANCES		9:00AM LAUREN		9:00AM BLAIR	Effective Mon June 11 Gentle Aqua MOVES to 9:00am!	
Gentle Aqua		Gentle Aqua		Gentle Aqua		
12:00PM DAVID	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM DAVID	12:00PM NUMEDA		
WaterWorks	Deep Water	HIT	WaterWorks	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!	
	2:00PM BLAIR		2:00PM BLAIR			
	Post Rehab		Post Rehab			
	6:00PM TERRI		6:00PM RITA			
	Deep Water		Deep Water			
*Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						