



OAK BRANCH

July 16-July 22 , 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 SATURDAY	22 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
				8:15AM NICOLE <i>Senior Fitness</i>	8:30AM DARREN 	
9:30AM NO CLASS	9:30AM LYNN 	9:30AM JEN SWEAT	9:30AM LYNN 	9:30AM DARREN <i>tone</i>	9:30AM ANNIE 	
Cancelled Until Fall			10:30AM CANCELLED NO CLASS TODAY		10:35AM MICHELLE 	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		11:35AM ERIC TAI CHI	
5:30PM ANN 	5:30PM CHRISTIE Pilates MAT	5:30PM DARREN 		5:30PM KARLA 	<p style="color: orange;">Wed 8:15am SENIOR FITNESS CLASS with Nicole <i>Relocated to Spin Studio at OB this week!</i></p>	
6:30PM ANN 						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00AM-12:30PM PICKLEBALL	11:00AM-12:30PM PICKLEBALL	<p>It's not too late! Register for SUMMER CAMPS Brochures and Registration Forms are available on our website. Register at info@clubfitnessgso.com!</p>			
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level	9:30AM **CHRISTIE** **CARDIO CIRCUIT**	9:30AM SARAH Mat & Ref 1		9:30AM SARAH Ref 2 Challenge	9:30AM MILA Reformer 2	
		10:45AM JEN **BARRE BODY**			10:30AM MILA Reformer 1	
				<p><small>*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</small></p>		
5:30PM MILA Ref 2 Challenge	5:30PM **MILA** **TOWER CIRCUIT**	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM MILA Ref 1 Basics			
6:30PM **MILA** **CORE PRINCIPLES**	6:35PM **MILA** **ADV APPARATUS**	6:30PM **CHRISTIE** **TECHNIQUE**	6:30PM **MILA** **CORE PRINCIPLES**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM FRANCES Gentle Aqua		9:00AM LAUREN Gentle Aqua		9:00AM BLAIR Gentle Aqua		
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab		<p>*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!</p>	
	6:00PM TERRI Deep Water		6:00PM RITA Deep Water			
<p><i>* Notates an additional cost, please call 336.478.2660 for more information!</i></p>						
<p>Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"</p>						