



# OAK BRANCH

## July 9-July 15, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY	15 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
	8:15AM ANNIE 	8:15AM JEN LOW IMPACT SCULPT	8:15AM DARREN tone	8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM NO CLASS	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DARREN tone	9:30AM ANNIE 	
Cancelled Until Fall			10:30AM SUSAN 		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 BOBBY TAI CHI	
5:30PM KARLA 	5:30PM CHRISTIE Pilates MAT	5:30PM DARREN 		5:30PM ANN 	<p>Wed 8:15am SENIOR FITNESS CLASS with Nicole Relocated to Spin Studio at OB this week!</p>	
6:30PM REBECCA 						
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 <b>SUMMER CAMPS</b> 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 CHRISTIE Reformer 2	
		10:45AM JEN **BARRE BODY**			10:30AM CHRISTIE Reformer 1	
5:30PM MILA Ref 2 Challenge	5:30PM **MILA** **TOWER CIRCUIT**	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM MILA Ref 1 Basics	<p>*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 &amp; 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</p>		
6:30PM **MILA** **CORE PRINCIPLES**	6:35PM **MILA** **ADV APPARATUS**	6:30PM **CHRISTIE** **READY SET GO**	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	<p>Effective Mon June 11 Gentle Aqua MOVES to 9:00am!</p>	
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM NUMEDA Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab			
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water		<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>	

\* Notates an additional cost, please call 336.478.2660 for more information!

Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"