



# OAK BRANCH

## Aug 13 - 19, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY	19 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
		8:15AM NICOLE <b>Senior Fitness</b>		8:15AM NICOLE <b>Senior Fitness</b>	8:30AM DARREN 	
9:30AM NO CLASS	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM SUSAN 	9:30AM DARREN <b>tone</b>	9:30AM ANNE 	
Cancelled Until Fall			10:30AM NO CLASS Cancelled Until Fall		10:35AM MICHELLE 	10:45AM PEGGY 
11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>	11:00AM NANCY <b>YOGA Level 2</b>	11:00AM ERIC <b>TAI CHI</b>		11:35AM ERIC <b>TAI CHI</b>	
5:30PM ANN 	5:30PM MICHELLE <b>Pilates MAT</b>	5:30PM DARREN 		5:30PM ANN 	Meet your favorite trainers at <b>Lebauer Park!</b> Afterburn Training Sessions <b>Thursdays 6:30pm</b> <i>FREE &amp; OPEN TO PUBLIC</i>	
6:30PM ANN 						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00AM-12:30PM <b>PICKLEBALL</b>	11:00AM-12:30PM <b>PICKLEBALL</b>	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!			
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH <b>Ref Multi-level</b>	9:30AM **CHRISTIE** <b>**CARDIO CIRCUIT**</b>	9:30AM SARAH <b>Mat &amp; Ref 1</b>		9:30AM SARAH <b>Ref 2 Challenge</b>	9:30 AM MILA <b>Reformer 2</b>	
		10:45AM JEN	10:00AM **SARAH**		10:30AM MILA	
		<b>**BARRE BODY**</b>	<b>**JUMP BOARD INT**</b>		<b>Reformer 1</b>	
			11:00AM **SARAH** <b>**ADV APPARATUS**</b>			
5:30PM MILA <b>Ref 2 Challenge</b>	5:30PM **MILA** <b>**TOWER CIRCUIT**</b>	5:30PM CHRISTIE <b>Ref Multi-Level: Classical</b>	5:30PM MILA <b>Ref 1 Basics</b>	*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		
6:30PM **MILA** <b>**CORE PRINCIPLES**</b>	6:35PM **MILA** <b>**ADV APPARATUS**</b>	6:30PM **CHRISTIE** <b>**TECHNIQUE**</b>	6:30PM **MILA** <b>**CORE PRINCIPLES**</b>			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM FRANCES <b>Gentle Aqua</b>		9:00AM LAUREN <b>Gentle Aqua</b>		9:00AM BLAIR <b>Gentle Aqua</b>		
12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Deep Water</b>	12:00PM NUMEDA <b>HIT</b>	12:00PM DAVID <b>WaterWorks</b>	12:00PM LEANN <b>Power Hour</b>		
	2:00PM BLAIR <b>Post Rehab</b>		2:00PM BLAIR <b>Post Rehab</b>		<b>*Adult Swim Lessons*</b> 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!	
	6:00PM TERRI <b>Deep Water</b>		6:00PM RITA <b>Deep Water</b>			
*Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						