



OAK BRANCH

Aug 6 - Aug 12, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	11 SATURDAY	12 SUNDAY
	6:00AM VICKY 	6:00AM DANA 		6:00AM DANYL 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM NO CLASS	9:30AM DARREN 	9:30AM JEN	9:30AM SUSAN 	9:30AM DARREN tone	9:30AM JEN S.	
Cancelled Until Fall		SWEAT	10:30AM NO CLASS		10:35AM JEN S.	10:45AM PEGGY
			Cancelled Until Fall		FLEXIBLE STRENGTH	
11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI	11:00AM NANCY YOGA Level 2	11:00AM ERIC TAI CHI		11:35AM EMILY TAI CHI	
5:30PM ANN 	5:30PM CHRISTIE Pilates MAT	5:30PM DARREN 		5:30PM KARLA 	Meet your favorite trainers at Lebauer Park! Afterburn Training Sessions Thursdays 6:30pm <i>FREE & OPEN TO PUBLIC</i>	
6:30PM ANN 						
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00AM-12:30PM PICKLEBALL	11:00AM-12:30PM PICKLEBALL	It's not too late! Register for SUMMER CAMPS 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 CHRISTIE Ref Multi-level	9:30AM **CHRISTIE** **CARDIO CIRCUIT**	9:30AM CHRISTIE Mat & Ref 1		9:30AM SARAH Ref 2 Challenge	9:30 AM SARAH Reformer 2	
		10:45AM JEN			10:30AM SARAH	
		BARRE BODY			Reformer 1	
5:30PM CHRISTIE Ref 2 Challenge	5:30PM **MILA** **TOWER CIRCUIT**	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM MILA Ref 1 Basics	<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 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.</small></p> <p><small>***Asteriks Asteriks Denote FEE BASED CLASSES ***</small></p> <p><small>Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small></p>		
	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 FRANCES Gentle Aqua		
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANN Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab		*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!	
	6:00PM TERRI Deep Water		6:00PM RITA Deep Water			
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						