



OAK BRANCH

Sept 10-Sept 16, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY	16 SUNDAY
	6:00AM VICKY	6:00AM SUSAN		6:00AM REBECCA		
		8:15AM AUDREY		8:15AM AUDREY	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
	9:30AM DARREN	9:30AM JEN	9:30AM DANA	9:30AM DARREN	9:30AM ANNE	
		SWEAT	45	tone		
			10:15AM DANA		10:35AM MICHELLE	10:45AM PEGGY
			45			
11:00AM NANCY	11:00AM ERIC	11:00AM BARBARA	11:00AM ERIC		11:35AM ERIC	
YOGA Level 2	TAI CHI	YOGA Level 2	TAI CHI		TAI CHI	
5:30PM KARLA	5:30PM MICHELLE	5:30PM DARREN	5:30PM MANDY	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
10:00AM-NOON	10:00AM-NOON	10:00AM-NOON	10:00AM-NOON			
PICKLEBALL	PICKLEBALL	PICKLEBALL	PICKLEBALL			
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM CHRISTIE	9:30AM **CHRISTIE**	9:30AM SARAH		9:30AM CANCELED	9:30 AM CANCELED	
Ref Multi-level	**CARDIO CIRCUIT**	Mat & Ref 1		NO CLASS TODAY	NO CLASS TODAY	
			10:00AM **SARAH**		10:30AM CANCELED	
			JUMP BOARD INT		NO CLASS TODAY	
		10:45AM **JEN**				
		BARRE BODY				
				*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.		
5:30PM MILA	5:30PM **MILA**	5:30PM CHRISTIE	5:30PM CHRISTIE			
Ref 2 Challenge	**TOWER CIRCUIT**	Ref Multi-Level: Classical	Ref 1 Basics			
6:30PM **MILA**	6:35PM **MILA**	6:30PM **CHRISTIE**	6:30PM CANCELED			
CORE PRINCIPLES	**ADV APPARATUS**	**TECHNIQUE**	NO CLASS TODAY			
				***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via Club Fitness Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Effective Thur Aug 23, 9:00am</i></p> <p>FACILITY IMPROVEMENTS!</p> <p>OB POOL & HOT TUB CLOSED</p> <p><i>Estimated 8 weeks</i></p> <p>The following classes will MOVE to Green Valley during Reno:</p> <p><i>Mon 12pm WaterWorks</i></p> <p><i>Wed 9:45am Gentle Aqua</i></p> <p><i>Wed 12pm HIIT</i></p>						
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "ClubFitness OakBranch" & "ClubFitness Green Valley"						