



# OAK BRANCH

## Sept 17-Sept 23, 2018

(336) 851-1890

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

GROUP EXERCISE STUDIO						
17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 SATURDAY	23 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
		8:15AM AUDREY <b>Senior Fitness</b>		8:15AM AUDREY <b>Senior Fitness</b>	8:30AM DARREN 	
	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM SUSAN 45	9:30AM DARREN <b>tone</b>	9:30AM ANNE 	
			10:15AM SUSAN 45		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 MANDY 	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
10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>			
PILATES STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM CHRISTIE <b>Ref Multi-level</b>	9:30AM **CHRISTIE** <b>**CARDIO CIRCUIT**</b>	9:30AM CHRISTIE <b>Mat &amp; Ref 1</b>		9:30AM SARAH <b>Ref 2 Challenge</b>	9:30 AM SARAH <b>Reformer 2</b>	
					10:30AM SARAH <b>Reformer 1</b>	
		10:45AM **JEN** <b>**BARRE BODY**</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.		
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 CHRISTIE <b>Ref 1 Basics</b>			
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>			
				***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> <b>FACILITY IMPROVEMENTS!</b> <b>OB POOL &amp; HOT TUB CLOSED</b> <i>Estimated 8 weeks</i> <b>The following classes will MOVE to Green Valley during Reno:</b> <i>Mon 12pm WaterWorks</i> <i>Wed 9:45am Gentle Aqua</i> <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"						