

**OAK BRANCH**  
**Sept 9-Sept 15, 2019**

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 LES MILLS <b>BODYPUMP</b>	6:00AM NUMEDA LES MILLS <b>BODYFLOW</b>		6:00AM REBECCA LES MILLS <b>BODYPUMP</b>		
					8:30AM AUDREY LES MILLS <b>BODYPUMP</b>	
9:30AM DANA LES MILLS <b>BODYSTEP</b>	9:30AM LAUREN LES MILLS <b>BODYPUMP</b>	9:30AM JEN <b>SWEAT</b>	9:30AM LYNN LES MILLS <b>BODYPUMP</b>	9:30AM LYNN <b>tone</b>	9:30AM ANNIE LES MILLS <b>BODYCOMBAT</b>	
					10:30AM MICHELLE LES MILLS <b>BODYFLOW</b>	10:45AM PEGGY LES MILLS <b>BODYPUMP</b>
	11:00AM ERIC <b>TAI CHI</b>		11:00AM ERIC <b>TAI CHI</b>		11:30AM ERIC <b>TAI CHI</b>	
5:30PM KARLA LES MILLS <b>BODYJAM</b>	5:30PM MANDY LES MILLS <b>BODYCOMBAT</b>	5:30PM JAMES LES MILLS <b>BODYPUMP</b>	5:30PM LAUREN LES MILLS <b>GRIT</b>	5:30PM KARLA LES MILLS <b>BODYJAM</b>	ATHLETA FITNESS CLASS SEPT 14 AT 9AM AT FRIENDLY CENTER ATHLETA FOAM ROLLING & MAT PILATES WITH SARAH FREE & OPEN TO THE PUBLIC	
4:30PM REBECCA LES MILLS <b>BODYPUMP</b>						

**FUSION STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM NANCY ASHTANGA YOGA		9:30AM NANCY ASHTANGA YOGA				

**PILATES STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH <b>AM Reform</b>		9:30AM MICHELLE <b>AM Reform</b>	9:30AM **SUMMER** <b>**Reformer Yoga Flow**</b>	9:30AM SARAH <b>AM Reform</b>		
		10:45AM **JEN** <b>**BARRE**</b>			10:30AM ANNA-PRESTON <b>Weekend Reform</b>	
5:30PM SUMMER <b>PM Reform</b>	5:30PM **MILA** <b>**Tower Stretch &amp; Tone**</b>	5:30PM CHRISTIE <b>PM Reform</b>	5:30PM MILA <b>PM Reform</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 Director approval prior to group complimentary classes. All Pilates classes require reservation. You may reserve up to one day ahead. Please reserve via your myclubonline account, ClubFitness mobile app, or call 336.478.2660.		
6:30PM **SUMMER** <b>**Reformer Yoga Flow**</b>	6:35PM **MILA** <b>**Adv Apparatus**</b>	6:30PM **CHRISTIE** <b>**MIXED EQUIPMENT**</b>	6:30PM **MILA** <b>**Core Principles**</b>			
	7:40PM **MILA** <b>**Ref Ballet Barre**</b>					

**POOL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES <b>Gentle Aqua</b>		9:30AM LAUREN <b>Gentle Aqua</b>		9:30AM FRANCES <b>Gentle Aqua</b>		
12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Deep Water</b>	12:00PM NUMEDA <b>HIIT</b>	12:00PM DAVID <b>WaterWorks</b>	12:00PM TBA <b>Power Hour</b>		
		6:00PM BARBIE <b>Deep Water</b>			*Adult Swim Lessons* For Beginner or Intermediate level swimmers Mon 5:30p or Wed 6:00p 4 lessons per month \$80M / \$99NM	

**CLUBZONE**

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>			1:00PM-3:00PM <b>PICKLEBALL</b>

CHILDREN'S STUDIO: \*\*TAE KWON DO\*\* Wed 3:15PM Ages 10+ Wed 4:14PM Ages 4-9



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