



Schedule Effective JAN 19, 2017

Oak Branch						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Afterburn/Industrial Strength		6:00AM Afterburn/Industrial Strength		6:00AM Afterburn/Industrial Strength		
				8:30AM Foundations	9:00 AM Foundations	
9:30 AM Afterburn/Industrial Strength	9:30 AM Afterburn/Industrial Strength	9:30 AM Afterburn/Industrial Strength	9:30 AM Afterburn/Industrial Strength	9:30 AM Afterburn/Industrial Strength		
					10:00 AM Afterburn/Industrial Strength	
	12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength			
				5:30 PM Afterburn/Industrial Strength		
6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength			

Green Valley						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM Afterburn/Industrial Strength		6:00 AM Afterburn/Industrial Strength			
	7:30 AM Foundations		7:30 AM Foundations		8:00 AM Foundations	
9:30 AM Afterburn/Industrial Strength		9:30 AM Afterburn/Industrial Strength		9:30 AM Afterburn/Industrial Strength		
					10:00 AM Afterburn/Industrial Strength	
12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength		12:15 PM Afterburn/Industrial Strength		
				5:30 PM Afterburn/Industrial Strength		
6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength	6:00 PM Afterburn/Industrial Strength			
	6:30 PM Foundations		6:30 PM Foundations			

**All Sessions are Fee Based. Please contact Director of Training for further Information

Visit us online at www.theclubsofgreensboro.com

Oak Branch 336.851.1890 Lara Gallert

Green Valley 336.275.1391 Robin Glasgo

FOUNDATIONS

You can't build a great home without a solid foundation. Likewise, before we begin to build more advanced layers of fitness, you first need to establish proper movement and a base level of conditioning. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success.

AFTERBURN

Are you ready for something different? Many people strength train with weights, while others do cardio or aerobics - somewhere in between is Afterburn, the ultimate fat loss workout. Some of the tools and techniques may seem new to you, but many have been around for over 100 years! Not only will you burn up to 1,000 calories an hour, but you will continue to burn fat and calories up to 48 hours after your workout is complete.

INDUSTRIAL STRENGTH

Want to get stronger, slimmer and more athletic? I.S. is the solution. Working with heavier loads and fewer reps means more strength without bulk. This program combines old-school tools with modern science to provide you with the fastest path to better strength and conditioning.