

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

GROUP ACTIVITY ROOM 1						
30 MONDAY	31 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY	5 SUNDAY
	6:00AM VICKY 	6:00AM CANCELLED		6:00AM REBECCA 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM KATHERINE 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM DARREN 	9:30AM DARREN 	9:30AM ANNE 	
			10:35AM MICHELLE 		10:35AM MICHELLE 	10:45AM PEGGY
11:00AM NANCY YOGA	11:00AM ERIC TAI CHI	11:00AM NANCY YOGA	11:00AM ERIC TAI CHI		11:35AM ERIC TAI CHI	
5:30AM KARLA 	5:30PM CANCELLED NO CLASS TODAY	5:30PM DARREN 		5:30PM ANN 	STRONG is the NEW SEXY! Boxing With Sean Mon 5:30pm Space is LIMITED Contact Us TODAY (336) 851-1890 ext: 6	
6:30AM REBECCA 	6:15PM CANCELLED NO CLASS TODAY					

CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level	9:30AM SARAH Reformer 2	9:30AM SARAH Mat & Ref 1	9:30AM CANCELED NO CLASS TODAY	9:30AM CANCELED NO CLASS TODAY	9:30AM CANCELED NO CLASS TODAY	
					10:30AM CANCELED NO CLASS TODAY	
		4:15PM **CHRISTIE* **Ready Set Go**		*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 call 336.478.2660 to reserve your spot. You may call 1 day prior to reserve.		
5:30PM MILA Ref 2 Challenge	5:30PM MICHELLE MAT	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM Canceled NO CLASS TODAY	***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via The Clubs of Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
6:35PM **MILA** **Core Principles**	6:35PM **MILA** *Adv Apparatus*	6:35PM **CHRISTIE** **TECHNIQUE! **	6:35PM CANCELLED NO CLASS TODAY			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM FRANCES Gentle Aqua		
12:00PM DAVID SPOOKY SPLASH!	12:00PM BLAIR Deep Water	12:00PM DAVID WaterWorks	12:00PM DAVID WaterWorks	12:00PM TERESA Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab		*Adult Swim Lessons* For Beginner or Intermediate level swimmers Choose either Mon 6:30pm or Thur 11:00am 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!	
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water			

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