

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

GROUP ACTIVITY ROOM 1						
9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY	15 SUNDAY
	6:00AM VICKY	6:00AM SUSAN		6:00AM NUMEDA		
		8:15AM TBA		8:15AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM KATHARINE	9:30AM DARREN	9:30AM JEN	9:30AM SUSAN	9:30AM DARREN	9:30AM ANNE	
		SWEAT				
			10:35AM SUSAN		10:35AM MICHELLE	10:45AM PEGGY
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:35AM ERIC	
YOGA	TAI CHI	YOGA	TAI CHI		TAI CHI	
5:30AM KARLA	5:30PM MANDY*45*	5:30PM DARREN		5:30PM ANN	<i>Fall Fitness Challenge thru Nov 17 Sign up Today!</i> 	
6:30AM REBECCA	6:15PM MANDY*45*					
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			
GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH		9:30AM SARAH	9:30AM SARAH	9:30AM SARAH	9:30AM SARAH	
Ref Multi-level		Mat & Ref 1	Ref 1 Flow	Ref 2 Challenge	Reformer 2	
10:45AM **SARAH**	10:45AM **SARAH**	10:45AM **JEN**	10:45AM **SARAH**		10:30AM SARAH	
Pilates Chair	*Suspension Method*	**BARRE BODY**	*Suspension Method*		Reformer 1	
				<small>*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.</small>		
5:30PM MILA	5:30PM MICHELLE	5:30PM CHRISTIE	5:30PM MILA			
Ref 2 Challenge	MAT	Ref Multi-Level: Classical	Ref 1 Basics			
6:35PM**MILA**	6:35PM **MILA**		6:35PM **MILA**			
Core Principles	*Adv Apparatus*		**Core Principles**	<small>***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via The Clubs of Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102</small>		
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES		9:30AM LAUREN		9:30AM BLAIR		
Gentle Aqua		Gentle Aqua		Gentle Aqua		
12:00PM DAVID	12:00PM NUMEDA	12:00PM NUMEDA	12:00PM DAVID	12:00PM LEANNE		
WaterWorks	Deep Water	HIIT	WaterWorks	Power Hour		
	2:00PM BLAIR		2:00PM BLAIR		*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!	
	Post Rehab		Post Rehab			
	6:00PM BARBIE		6:00PM RITA			
	Deep Water		Deep Water			
* Notates an additional cost, please call 336.478.2660 for more information!						
Like us on Facebook at "The Club at OakBranch" & "The Club at Green Valley"						