

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

GROUP ACTIVITY ROOM 1						
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY	17 SUNDAY
	6:00AM VICKY	6:00AM NUMEDA		6:00AM REBECCA		
		8:15AM NICOLE		8:30AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
9:30AM KATHERINE	9:30AM DARREN	9:30AM JEN	9:30AM ANNIE	9:30AM DARREN	9:30AM NUMEDA	
		SWEAT				
					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 ANN	5:30PM ANN	5:30PM DARREN		5:30PM KARLA	Holiday Hours: Xmas Eve Sun Dec 24: OB Open 9am-1pm, GV Closed Xmas Day Mon Dec 25: BOTH LOCATIONS CLOSED	
6:30AM ANN						
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 CHRISTIE	9:30AM CHRISTIE	9:30AM MICHELLE	
Ref Multi-level		Mat & Ref 1	Ref 1 Flow	Ref 2 Challenge	Reformer 2	
		10:45AM **JEN**			10:30AM MICHELLE	
		BARRE BODY			Reformer 1	
				*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 CHRISTIE	5:30PM MICHELLE	5:30PM CHRISTIE	5:30PM MICHELLE			
Ref 2 Challenge	MAT	Ref Multi-Level: Classical	Ref 1 Basics			
		6:35PM **CHRISTIE**				
		**TECHNIQUE! **				
				***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via The Clubs of Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
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 NUMEDA		
Santa Splash!	Deep Water	HIIT	WaterWorks	Power Hour		
	2:00PM BLAIR		2:00PM BLAIR			
	Post Rehab		Post Rehab			
	6:00PM RITA		6:00PM BARBIE			
	Deep Water		Deep Water			
				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!		
* 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"						