



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

GROUP ACTIVITY ROOM 1						
4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SATURDAY	10 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM REBECCA 		
		8:15AM NICOLE <b>Senior Fitness</b>		8:30AM NICOLE <b>Senior Fitness</b>	8:30AM DARREN 	
9:30AM KATHERINE 	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM DARREN 	9:30AM DARREN 	9:30AM ANN 	
					10:35AM MICHELLE 	10:45AM PEGGY 
11:00AM NANCY <b>YOGA</b>	11:00AM RICH <b>TAI CHI</b>	11:00AM NANCY <b>YOGA</b>	11:00AM ERIC <b>TAI CHI</b>		11:35AM ERIC <b>TAI CHI</b>	
5:30AM ANN 	5:30PM ANN 	5:30PM DARREN 		5:30PM ANN 	We want YOU & YOUR FEEDBACK! Stop in and DEMO NEW EQUIPMENT Starting Thurs Nov 11  OCTANE TREADMILL @ OB OCTANE ZERO RUNNER @ GV OCTANE LATERAL ELLIPTICAL @ GV & OB	
6:30AM MELISSA 						

CLUB ZONE - KIDS GYM						
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>			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH <b>Ref Multi-level</b>		9:30AM SARAH <b>Mat &amp; Ref 1</b>	9:30AM SARAH <b>Ref 1 Flow</b>	9:30AM SARAH <b>Ref 2 Challenge</b>	9:30AM SARAH <b>Reformer 2</b>	
		10:45AM **JEN** <b>**BARRE BODY**</b>			10:30AM SARAH <b>Reformer 1</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 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 <b>Ref 2 Challenge</b>	5:30PM MICHELLE <b>MAT</b>	5:30PM CHRISTIE <b>Ref Multi-Level: Classical</b>	5:30PM MILA <b>Ref 1 Basics</b>			
6:35PM **MILA** <b>**Core Principles**</b>	6:35PM **MILA** <b>*Adv Apparatus*</b>	6:35PM **CHRISTIE** <b>**TECHNIQUE!**</b>	6:35PM **MILA** <b>**Core Principles**</b>	***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 <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 LEANNE <b>Power Hour</b>		
	2:00PM BLAIR <b>Post Rehab</b>		2:00PM BLAIR <b>Post Rehab</b>		<b>*Adult Swim Lessons*</b> 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 <b>Deep Water</b>		6:00PM RITA <b>Deep Water</b>			

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

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