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GROUP ACTIVITY ROOM 1						
12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY	18 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM NUMEDA 		
		8:15AM NICOLE <b>Senior Fitness</b>		8:15AM NICOLE <b>Senior Fitness</b>	8:30AM DARREN 	
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM SUSAN 	9:30AM DARREN 	9:30AM ANNE 	
			10:35AM SUSAN 		10:35AM MICHELLE 	10:45AM PEGGY 
11:00AM NANCY <b>YOGA</b>	11:00AM ERIC <b>TAI CHI</b>	11:00AM NANCY <b>YOGA</b>	11:00AM ERIC <b>TAI CHI</b>		11:35AM BOBBY <b>TAI CHI</b>	
5:30PM KARLA 	5:30PM MANDY*45* 	5:30PM DARREN 		5:30PM KARLA 	<b>SUMMER CAMP STARTS</b> <b>Monday June 12</b> <i>Have you registered your child yet?</i>  Contact Concierge Desk (336) 851-1890 ext 1102 info@theclubsofgreensboro.com	
6:30PM ANN 	6:15PM MANDY*45* 					

CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NO PICKLEBALL THIS WEEK!</b>						
June 19-Aug 18 SUMMER PICKLEBALL SCHEDULE: Mon & Wed 11am-12:30pm						

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM MICHELLE <b>Reformer 2</b>		9:30AM MICHELLE <b>Mat &amp; Ref 1</b>	9:30AM SARAH <b>Reformer 1</b>	9:30AM SARAH <b>Reformer 2</b>	9:00AM SARAH <b>Reformer 2</b>	
10:35AM *MICHELLE* <b>**Pilates Chair**</b>		10:45AM **JEN** <b>**BARRE BODY**</b>			10:00AM SARAH <b>Reformer 1</b>	
5:30PM CHRISTIE <b>Reformer 2</b>	5:30PM CHRISTIE <b>MAT</b>	5:30PM CHRISTIE <b>Ref Multi-level</b>	5:30PM MILA <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.  ***Asterisks Denote FEE BASED CLASSES ***Please contact registration for details.		
			6:35PM **MILA** <b>**Core Principles**</b>			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA <b>Gentle Aqua</b>		9:00AM LAUREN <b>Gentle Aqua</b>		9:00AM BARBARA <b>Gentle Aqua</b>	<b>Effective Mon June 12</b> <b>Gentle Aqua</b> <b>TIME CHANGE to 9:00am</b> <i>for the summer!</i>	
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 NUMEDA <b>Post Rehab</b>		<b>*Adult Swim Lessons*</b> For Beginner or Intermediate level swimmers Choose either Mon 6:30pm or Tue 1:00pm 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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