

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

GROUP ACTIVITY ROOM 1						
19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY	24 SATURDAY	25 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM NUMEDA 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM MELISSA 	
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DARREN 	9:30AM ANNE 	
			10:35AM SUSAN 		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	
5:30PM KARLA 	5:30PM MANDY*45* 	5:30PM DARREN 		5:30PM KARLA 	SUMMER CAMP STARTS Monday June 12 <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
11am-12:30pm PICKLEBALL		11am-12:30pm PICKLEBALL	JOIN US FOR SUMMER PICKLEBALL! June 19-Aug 18 Mon & Wed 11am-12:30pm			
GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM MICHELLE Reformer 2		9:30AM MICHELLE Mat & Ref 1	9:30AM SARAH Reformer 1	9:30AM CANCELLED NO CLASS TODAY	9:00AM CHRISTIE Reformer 2	
10:35AM *MICHELLE* **Pilates Chair**		10:45AM **JEN** **BARRE BODY**	10:45AM **SARAH* **Ready Set Go**		10:00AM CHRISTIE Reformer 1	
	4:15PM **SARAH ** JumpBoard**			*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.		
5:30PM MILA Reformer 2	5:30PM SARAH MAT	5:30PM CHRISTIE Ref Multi-level	5:30PM MILA Reformer 1			
6:30PM **MILA** **Core Principles**	6:35PM **MILA** *Adv Apparatus*		6:35PM **MILA** **Core Principles**			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA Gentle Aqua		9:00AM LAUREN Gentle Aqua		9:00AM BARBARA Gentle Aqua	Effective Mon June 12 Gentle Aqua TIME CHANGE to 9:00am for the summer!	
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
	2:00PM BLAIR Post Rehab		2:00PM BLAIR Post Rehab			
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water		*Adult Swim Lessons* 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!	
* 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"						