

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

GROUP ACTIVITY ROOM 1						
10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY	16 SUNDAY
	6:00AM VICKY	6:00AM NUMEDA		6:00AM REBECCA		
		8:15AM NICOLE		8:15AM NICOLE	8:30AM DARREN	
		Senior Fitness		Senior Fitness		
	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
			EXPRESS			
11:00AM NANCY	11:00AM ERIC	11:00AM NANCY	11:00AM ERIC		11:35AM ERIC	
YOGA	TAI CHI	YOGA	TAI CHI		TAI CHI	
5:30PM KARLA	5:30PM MANDY*45*	5:30PM DARREN		5:30PM KARLA	The Clubs has MyZone! Have you gotten your's? 	
6:30PM REBECCA	6:15PM MANDY*45*					
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11am-12:30pm		11am-12:30pm	JOIN US FOR SUMMER PICKLEBALL! June 19-Aug 18 Mon & Wed 11am-12:30pm			
PICKLEBALL		PICKLEBALL				
GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM MICHELLE		9:30AM MICHELLE	9:30AM SARAH	9:30AM SARAH	9:30AM CHRISTIE	
Ref Multi-level		Mat & Ref 1	Reformer 1	Reformer 2	Ref Multi-level	
		10:45AM **JEN**				
		BARRE BODY				
	4:15PM **SARAH			*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.		
	JumpBoard					
5:30PM SARAH	5:30PM SARAH	5:30PM CHRISTIE	5:30PM CHRISTIE			
Reformer 2	MAT	Ref Multi-level	Reformer 1			
		6:30PM CHRISTIE				
		Ready Set Go				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA		9:00AM LAUREN		9:00AM BARBARA	Effective Mon June 12 Gentle Aqua TIME CHANGE to 9:00am for the summer!	
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 Tue 1:00pm 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!	
	Post Rehab		Post Rehab			
	6:00PM BARBIE		6:00PM BARBARA			
	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"						