

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

GROUP ACTIVITY ROOM 1						
3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY	8 SATURDAY	9 SUNDAY
		6:00AM NUMEDA 		6:00AM ANNE 		
	8:00AM DARREN 	8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM CANCELLED NO CLASS TODAY	9:00AM JEN SWEAT	9:30AM JEN SWEAT	9:30AM SUSAN 	9:30AM DARREN 	9:30AM ANNE 	
	10:00AM KAREN 		10:35AM SUSAN 		10:35AM MICHELLE 	10:45AM PEGGY
11:00AM NANCY YOGA	11:00AM BRISA ZUMBA	11:00AM NANCY YOGA	11:00AM ERIC TAI CHI		11:35AM ERIC TAI CHI	
5:30PM ANN 	Happy 4TH OF JULY! OAK BRANCH 5AM-2PM	5:30PM DARREN 		5:30PM KARLA 	HOLIDAY HOURS: Tues July 4 Oak Branch OPEN 5am-2pm Green Valley CLOSED Regular Operating Hours Resume Wed July 5	
6:30PM ANN 						

CLUB ZONE - KIDS GYM ---- SPIN ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11am-12:30pm PICKLEBALL	9:00AM NICOLE SPIN	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 Ref Multi-level	Happy 4TH OF JULY! OAK BRANCH 5AM-2PM GREEN VALLEY CLOSED	9:30AM CANCELLED NO CLASS TODAY	9:30AM SARAH Reformer 1	9:30AM SARAH Reformer 2	9:30AM SARAH Ref Multi-level	
		10:45AM **JEN**	10:45AM **SARAH**			
		BARRE BODY	**Ready Set Go**			
5:30PM CANCELLED NO CLASS TODAY		5:30PM SARAH Ref Multi-level	5:30PM SARAH 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. ***Asterisks Denote FEE BASED CLASSES ***Please contact registration for details.		

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA Gentle Aqua	Happy 4TH OF JULY! OAK BRANCH 5AM-2PM	9:00AM LAUREN Gentle Aqua		9:00AM BARBARA Gentle Aqua	Effective Mon June 12 Gentle Aqua TIME CHANGE to 9:00am for the summer! *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!	
12:00PM DAVID WaterWorks		12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM LEANNE Power Hour		
			2:00PM BLAIR Post Rehab			
			6:00PM BARBARA Deep Water			

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

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