

May 15th- 21st



Do you have our app?

15-May MONDAY	16-May TUESDAY	17-May WEDNESDAY	18-May THURSDAY	19-May FRIDAY	20-May SATURDAY	21-May SUNDAY
5:45AM Melissa 			6:00AM Vicky 			8:00AM Jen Low Impact Sculpt
8:15AM Jen Low Impact 30	8:15AM Chrissy Kickboxing Cardio 30	8:15AM Sabrina 		8:15AM Jen Muscles	8:00 AM Annie 	9:00AM Darren
8:145AM Jen Pilates Strength	8:45AM Chrissy Muscles 30				9:00AM Jen SWEAT	
9:30AM Nikki CARDIO CIRCUITS	9:30AM Amber 	9:30AM Lauren MUSCLES	9:30AM Jen SWEAT	9:30AM Lisa M ZUMBA	10:05AM Rebecca 	
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Rebecca ZUMBA	
11:05AM Nicole Senior Fitness		11:05AM Nicole Senior Fitness		11:05AM Nicole Senior Fitness		
12:15PM Martha 	12:00PM Brisa ZUMBA	12:00PM Susan 	12:15PM Peggy 		<p>Please look for information regarding our GET FIT Greensboro FAMILY event at Green Valley on Sunday, May 21st from 2-5</p>	
		12:30PM Susan 				
4:30PM Darren 	4:30PM Jen SWEAT	4:30PM Jen MUSCLES	5:30PM Darren 			
5:30PM Karla 	5:30PM Rebecca 	5:30PM Jen Flex Strength	6:00PM Sabrina 			
	6:30PM Annie 	6:30PM Karla 	6:30 PM Ann			

MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Open Yoga	6:00AM Open Yoga	6:00AM Ward Power Yoga	6:00AM Open Yoga	6:00AM Ward Open Yoga		
			8:15AM Jen S Pilates		9:15AM Steve Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga		9:45AM Jen J Begin/Interm Yoga		9:30AM Tony Power Yoga	10:30AM Steve Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Sheila Gentle Yoga	11AM Sheila Gentle/Begin Yoga	11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Nikki Gentle Yoga		
12:15PM Tony Power Yoga		12:15PM Sheila Deep Stretch Slow Flow		12:15PM Sheila Deep Stretch Slow Flow		
	4:30PM Donna Begin/Interm Yoga					4:00PM Nikki Begin/Interm Yoga
6:00PM Loretta Begin/Interm Yoga		6:00PM Tony Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30PM Steve Intermediate

SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Kara SPIN	5:30AM Melissa 	5:45AM Kathy SPIN	6:00AM Melissa SPIN	8:05AM Mike C 	8:05AM Jodee SPIN
9:30AM Jen 		9:30AM Julie 		8:30AM Nikki SPIN	9:15AM Jodee SPIN	
12:15PM Tiffany SPIN	12:15PM Jen 	12:15PM Mary Beth SPIN	12:15PM Margee 			
				12:15PM Nicole M SPIN		
6:00PM Lisa B SPIN	6:00PM Andrew SPIN	6:00 PM Martha 				

AQUA CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Teresa Water Fitness	8:30AM Tabitha Water Fitness	8:30AM Katie Water Fitness	8:30AM Alyssa Water Fitness	8:30AM Anna Water Fitness	9:00AM Rita Water Fitness	
	9:45AM Katie		9:45AM Alyssa			