

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

GROUP ACTIVITY ROOM 1						
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY	19 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM NUMEDA 		
		8:15AM NICOLE Senior Fitness		8:30AM NICOLE Senior Fitness	8:30AM DARREN 	
9:30AM CANCELLED	9:30AM DARREN 	9:30AM JEN SWEAT	9:30AM DARREN 	9:30AM DARREN 	9:30AM ANNE 	
NO CLASS TODAY			10:35AM MICHELLE 		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	
5:30AM ANN 	5:30PM KARLA 	5:30PM DARREN 		5:30PM KARLA 	We want YOU & YOUR FEEDBACK! Stop in and DEMO NEW EQUIPMENT Starting Thurs Nov 11 OCTANE TREADMILL @ OB OCTANE ZERO RUNNER @ GV OCTANE LATERAL ELLIPTICAL @ GV & OB	
6:30AM REBECCA 						

CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL	10:00AM-NOON PICKLEBALL			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level		9:30AM SARAH Mat & Ref 1	9:30AM SARAH Ref 1 Flow	9:30AM SARAH Ref 2 Challenge	9:30AM CANCELLED	
					10:30AM CANCELLED	
		4:15PM **CHRISTIE* **Ready Set Go**		*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.		
5:30PM MILA Ref 2 Challenge	5:30PM MICHELLE MAT	5:30PM CHRISTIE Ref Multi-Level: Classical	5:30PM MILA Ref 1 Basics	***Asteriks Asteriks Denote FEE BASED CLASSES *** Enroll via The Clubs of Greensboro mobile app, your myclubonline account or contact Concierge Desk ext 1102		
6:35PM **MILA** **Core Principles**			6:35PM **MILA** **Core Principles**			

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM FRANCES Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM LEANNE Gentle Aqua		
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		*Adult Swim Lessons* For Beginner or Intermediate level swimmers Choose either Mon 6:30pm or Thur 11:00am 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!	
	6:00PM BARBIE Deep Water		6:00PM BARBIE 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"