

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

GROUP ACTIVITY ROOM 1						
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY	28 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM NUMEDA 		
		8:15AM NICOLE Senior Fitness		8:15AM NICOLE Senior Fitness	8:30AM DARREN 	
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 	5:30PM DARREN 		5:30PM ANN 	MEMORIAL HOLIDAY Mon May 29 OAK BRANCH CLOSED GREEN VALLEY OPEN 5am-2pm	
6:30PM REBECCA 	6:30PM MANDY 		7:30PM BILLY <i>*Ballroom Dance*</i>			
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
			8:15AM **SARAH** **JumpBoard**			
9:30A MICHELLE Reformer 2	9:30AM **SARAH** **JumpBoard**	9:30AM MICHELLE Mat & Ref 1	9:30AM SARAH Reformer 1	9:30AM SARAH Reformer 2	9:00AM Cancelled NO CLASS TODAY	
		10:45AM JEN **BARRE BODY**		11:00AM JEN **BARRE BODY**	10:00 Cancelled NO CLASS TODAY	
5:30PM SARAH Reformer 2	5:30PM SARAH MAT	5:30PM SARAH Ref Multi-level	5:30PM SARAH Reformer 1	<p><i>*MAT classes are OPEN to Members with NO PRIOR EXPERIENCE and are included with your membership dues/no additional fee.</i></p> <p><i>*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.</i></p> <p>***Asterisks Denote FEE BASED CLASSES ***Please contact registration for details.</p>		
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM TBA Gentle Aqua		9:30AM LAUREN Gentle Aqua		9:30AM TBA 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 Tue 1:00pm 4 lessons/per month \$80 M/\$99 NM Experienced instructor, Blair Coltrane!	
	6:00PM BARBIE Deep Water		6:00PM RITA 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"						