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GROUP ACTIVITY ROOM 1						
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
	6:00AM VICKY 	6:00AM NUMEDA 		6:00AM NUMEDA 		
		8:15AM NICOLE <b>Senior Fitness</b>		8:15AM NICOLE <b>Senior Fitness</b>	8:30AM DARREN 	
9:30AM KATHARINE 	9:30AM DARREN 	9:30AM JEN <b>SWEAT</b>	9:30AM PEGGY 	9:30AM DARREN 	9:30AM ANNE 	
			10:35AM CANCELED <b>NO CLASS TODAY</b>		10:35AM MICHELLE 	10:45AM PEGGY 
11:00AM NANCY <b>YOGA</b>	11:00AM RICH <b>TAI CHI</b>	11:00AM NANCY <b>YOGA</b>	11:00AM ERIC <b>TAI CHI</b>		11:35AM ERIC <b>TAI CHI</b>	
5:30PM KARLA 	5:30PM MANDY 	5:30PM DARREN 		5:30PM ANN 	<p><b>Parisi Youth Total Conditioning is Back!</b> Ages 7-12 <b>Saturdays at 9:30am</b></p> <p>Contact Lara at lgallert@theclubsofgreensbor.com</p>	
6:30PM REBECCA 	6:30PM MANDY 					
CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>	10:00AM-NOON <b>PICKLEBALL</b>			
GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:15AM **SARAH** <b>**JumpBoard**</b>			
9:30AM MICHELLE <b>Reformer 2</b>	9:30AM **SARAH** <b>**JumpBoard**</b>	9:30AM MICHELLE <b>Mat &amp; Ref 1</b>	9:30AM SARAH <b>Reformer 1</b>	9:30AM SARAH <b>Reformer 2</b>	9:00AM MILA <b>Reformer 2</b>	
		10:45AM JEN <b>**BARRE BODY**</b>		11:00AM JEN <b>**BARRE BODY**</b>	10:00 MILA <b>Reformer 1</b>	
			4:15PM **SARAH** <b>**CARDIO CIRCUIT**</b>	<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 &amp; 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>		
5:30PM MILA <b>Reformer 2</b>	5:30PM SARAH <b>MAT</b>	5:30PM CHRISTIE <b>Ref Multi-level</b>	5:30PM MILA <b>Reformer 1</b>			
6:30AM **MILA** <b>**Core Principles**</b>	6:30PM **MILA** <b>*Adv Apparatus*</b>		6:30PM **MILA** <b>**Core Principles**</b>			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM LAUREN <b>Gentle Aqua</b>		9:30AM LAUREN <b>Gentle Aqua</b>		9:30AM TBA <b>Gentle Aqua</b>		
12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Deep Water</b>	12:00PM NUMEDA <b>HIIT</b>	12:00PM DAVID <b>WaterWorks</b>	12:00PM NUMEDA <b>Power Hour</b>		
	2:00PM BLAIR <b>Post Rehab</b>		2:00PM BLAIR <b>Post Rehab</b>		<p><b>*Adult Swim Lessons*</b> 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!</p>	
	6:00PM RITA <b>Deep Water</b>		6:00PM BARBARA <b>Deep Water</b>			
*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"						