

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

GROUP ACTIVITY ROOM 1						
14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY	20 SUNDAY
	6:00AM VICKY 	6:00AM SUSAN 		6:00AM REBECCA 		
		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 SUSAN 	9:30AM ANNE 	
			10:35AM SUSAN 		10:35AM MICHELLE 	10:45AM PEGGY
11:00AM NANCY YOGA	11:00AM RICH TAI CHI	11:00AM NANCY YOGA	11:00AM RICH TAI CHI		11:35AM ERIC TAI CHI	
5:30PM KARLA 	5:30PM ANNE*45* 	5:30PM DARREN 		5:30PM ANN 	<p>Where will you MYZONE today??</p>	
6:30PM REBECCA 	6:15PM MICHELLE *45* 					

CLUB ZONE - KIDS GYM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11am-12:30pm PICKLEBALL		11am-12:30pm PICKLEBALL	<p>JOIN US FOR SUMMER PICKLEBALL!</p> <p>June 19-Aug 18 Mon & Wed 11am-12:30pm</p>			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM CANCELLED NO CLASS TODAY		9:30AM SARAH Mat & Ref 1	9:30AM SARAH Reformer 1	9:30AM SARAH Reformer 2	9:30AM MICHELLE Reformer 2	
					10:30AM MICHELLE Reformer 1	
5:30PM MILA Reformer 2	5:30PM MICHELLE MAT	5:30PM CHRISTIE Multi-level	5:30PM MILA Reformer 1	<p>*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.</p>		
		6:30PM **CHRISTIE** **TECHNIQUE!**				

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA Gentle Aqua		9:00AM LAUREN Gentle Aqua		9:00AM BARBARA Gentle Aqua	<p>Effective Mon Aug 28 Gentle Aqua TIME RETURN to 9:30am!</p>	
12:00PM DAVID WaterWorks	12:00PM NUMEDA Deep Water	12:00PM NUMEDA HIIT	12:00PM DAVID WaterWorks	12:00PM NUMEDA Power Hour		
	2:00PM TABITHA Post Rehab		2:00PM BLAIR Post Rehab		<p>*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!</p>	
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water			

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

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