

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

GROUP ACTIVITY ROOM 1						
7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY	13 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 CANCELLED	
			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 BOBBY TAI CHI	
5:30PM ANN 	5:30PM MANDY*45* 	5:30PM DARREN 		5:30PM ANN 	<p>The Clubs has MyZone! Have you gotten your's?</p>	
6:30PM ANN 	6:15PM MANDY *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! June 19-Aug 18 Mon & Wed 11am-12:30pm</p>			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH Ref Multi-level		9:30AM MICHELLE Mat & Ref 1	9:30AM MICHELLE Reformer 1	9:30AM MICHELLE Reformer 2	9:30AM CHRISTIE Ref Multi-level	
		10:45AM **JEN** **BARRE BODY**				
	4:15PM **SARAH **JumpBoard**					
5:30PM SARAH Reformer 2	5:30PM SARAH MAT	5:30PM CHRISTIE Reformer 1	5:30PM CHRISTIE 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>		

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 BLAIR Post Rehab		2:00PM TBA Post Rehab			
	6:00PM BARBIE Deep Water		6:00PM RITA Deep Water		<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>	

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