

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 <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 SUSAN 	9:30AM SUSAN 	9:30AM CANCELLED	
			10:35AM SUSAN 		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 RICH <b>TAI CHI</b>		11:35AM ERIC <b>TAI CHI</b>	
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 <b>PICKLEBALL</b>		11am-12:30pm <b>PICKLEBALL</b>	<p>JOIN US FOR SUMMER PICKLEBALL! June 19-Aug 18 Mon &amp; Wed 11am-12:30pm</p>			

GROUP ACTIVITY ROOM 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM SARAH <b>Ref Multi-level</b>		9:30AM MICHELLE <b>Mat &amp; Ref 1</b>	9:30AM MICHELLE <b>Reformer 1</b>	9:30AM MICHELLE <b>Reformer 2</b>	9:30AM CHRISTIE <b>Ref Multi-level</b>	
		10:45AM **JEN** <b>**BARRE BODY**</b>				
	4:15PM **SARAH <b>**JumpBoard**</b>					
5:30PM SARAH <b>Reformer 2</b>	5:30PM SARAH <b>MAT</b>	5:30PM CHRISTIE <b>Reformer 1</b>	5:30PM CHRISTIE <b>Reformer 1</b>	<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 &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. ***Asterisks Denote FEE BASED CLASSES ***Please contact registration for details.</p>		

POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM BARBARA <b>Gentle Aqua</b>		9:00AM LAUREN <b>Gentle Aqua</b>		9:00AM BARBARA <b>Gentle Aqua</b>	<p>Effective Mon Aug 28 <b>Gentle Aqua</b> TIME RETURN to 9:30am!</p>	
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 TBA <b>Post Rehab</b>			
	6:00PM BARBIE <b>Deep Water</b>		6:00PM RITA <b>Deep Water</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>	

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