

This month @ the Falls...

* **Advanced Teen Certification (paid program) with Janice on MONDAY 4:00pm**

* **Functional Movement(paid program) with Josh on THURSDAY 10:50am**

* **SATURDAY 7/1, 7/15, & 7/29 9:05am 80's STEP with Jen H.**

* **SUNDAY 7/2 & 7/30 2:05pm STRONG- HIIT intervals with Carolina**

* **TUESDAY 4:30 & 5:00pm ZUMBA Kids on Summer Break back in August**



SATURDAY 7/1	
GX Studio	
8:15a INSANITY Live	Aubrey
9:05a 80's Step	Jen H
FREE TRIAL CLASS	
Functional Fitness 10:40AM	
CYCLE Studio	
9:00a Cycle	Chris
POOL	
9:00a Aqua Fit/ATC	Cheryl
SUNDAY 7/2	
GX Studio	
2:05p STRONG-HIIT	Carolina
3:05p Yoga	Tiffany C.

MONDAY 7/3	TUESDAY 7/4	WEDNESDAY 7/5	THURSDAY 7/6	FRIDAY 7/7	SATURDAY 7/8
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp 8:30a Boot Camp 9:30a Kickbox 10:30a Yoga Flow	Janice Phillip Aubrey TBD	5:35a KB/DB/BB Muscle 8:30a Crossover Fit 9:30 Rip'dUpRockBottom 10:30a Yoga	Janice Geraldine Marisa Jen W	8:30a Muscle&Release 9:30a INSANITY(45min)	Janice Marisa
4:30p KidZFit(3-6) 5:00p KidZFit(7-10) 5:30p Teen Athletic 6:20p Bootcamp 7:10p Pilates	Cheryl Cheryl Janice Kim Carol	4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Crossover Fit 7:10p Pilates	Cheryl Cheryl Janice Brandi Carol	5:30p Strength&Sculpt 6:20p HIIT Extreme 7:10p Yoga	Jamie Geraldine Carol
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle 6:00p Cycle	Geraldine Sarah	5:45a Cycle 9:30a Cycle	Jen H Sarah	5:45a Cycle 6:00p Cycle	Chris Janice
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Rachael	9:00a Water Explosion	Heather
9:00a ATC(Lazy River)	Rachael	9:00a ATC(Lazy River)	Cheryl	9:00a ATC(Lazy River)	Cheryl
9:00a Aqua Fitness	Rachael	7:00p Aqua Interval	Kara	9:00a Aqua Fitness	Rachael
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:15a INSANITY Live 9:05a Kickbox 10:40a Pilates/Yoga	Aubrey Aubrey Fusion	8:15a INSANITY Live 9:05a Kickbox 10:40a Pilates/Yoga	Aubrey Aubrey	8:30a The MIX 9:30a Kickbox 10:30a Yoga	Paige
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:00a Cycle	Phillip	9:00a Cycle	Phillip	9:00a Cycle	Paula
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Fit/ATC	Paula	9:00a Aqua Fit/ATC	Paula	9:00a Aqua Fit/ATC	Paula
SUNDAY 7/9					
GX Studio					
2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C	2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C	2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C

MONDAY 7/10		TUESDAY 7/11		WEDNESDAY 7/12		THURSDAY 7/13		FRIDAY 7/14		SATURDAY 7/15	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a KB/DB/BB Muscle	Janice					8:15a INSANITY Live	Aubrey
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Muscle&Release	Janice	8:30a The MIX	Aubrey	9:05a 80's Step	Jen H
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Geraldine	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	10:40a Pilates/Yoga	
10:30a Yoga Flow	Laura	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W			10:30a Yoga	Paige	Fusion	Amy
		11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	ZUMBA KIDS ON SUMMER BREAK		4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Sarah
5:00p KidZFit(7-10)	Cheryl	back in AUGUST!!!		5:00p KidzYoga(7-10)	Cheryl					OUTDOOR POOL	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			9:00a Aqua Fit/ATC	Rachael
6:20p Bootcamp	Kim	6:20p Strength	Kara	6:20p Crossover Fit	Michelle	6:20p HIIT Extreme	Geraldine				
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			SUNDAY 7/16	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:45a Cycle	Jen H			5:45a Cycle	Chris			2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Rachael	9:00a Water Explosion	Heather	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
						7:00p Aqua Interval	Cheryl				

MONDAY 7/17		TUESDAY 7/18		WEDNESDAY 7/19		THURSDAY 7/20		FRIDAY 7/21		SATURDAY 7/22	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a KB/DB/BB Muscle	Janice					8:15a INSANITY Live	Marisa
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Muscle&Release	Janice	8:30a The MIX	Aubrey	9:05a Boot Camp	Phillip
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Geraldine	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	10:40a Pilates	Stacy
10:30a Yoga Flow	Laura	10:30a Power Yoga	Tammy	10:30a Yoga	Tiffany C			10:30a Yoga	Paige		
		11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	ZUMBA KIDS ON SUMMER BREAK		4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	back in AUGUST!!!		5:00p KidzYoga(7-10)	Cheryl					OUTDOOR POOL	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			9:00a Aqua Fit/ATC	Shearon
6:20p Bootcamp	Kim	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:20p HIIT Extreme	Geraldine				
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			SUNDAY 7/23	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:45a Cycle	Jen H			5:45a Cycle	Chris			2:05p PiYO Live	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Rachael	9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
						7:00p Aqua Interval	Kara				

MONDAY 7/24		TUESDAY 7/25		WEDNESDAY 7/26		THURSDAY 7/27		FRIDAY 7/28		SATURDAY 7/29	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a KB/DB/BB Muscle	Janice					8:15a INSANITY Live	Michelle
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Muscle&Release	Janice	8:30a The MIX	Aubrey	9:05a 80's Step	Jen H
9:30a Kickbox	Aubrey	9:30a Zumba	Tammy	9:30 Rip'dUpRockBottom	Marisa	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	10:40a Pilates	Stacy
10:30a Yoga Flow	Tiffany	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W			10:30a Yoga	Paige	CYCLE Studio	
		11:30a Back to Basics	Sarah							9:00a Cycle	
4:30p KidZFit(3-6)	Cheryl	ZUMBA KIDS ON SUMMER BREAK		4:30p KidzYoga(3-6)	Cheryl					POOL	
5:00p KidZFit(7-10)	Cheryl	back in AUGUST!!!		5:00p KidzYoga(7-10)	Cheryl					9:00a Aqua Fit/ATC	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Brandi			Heather	
6:20p Bootcamp	Kim	6:20p Strength	Kara	6:20p Crossover Fit	Michelle	6:20p HIIT Extreme	Geraldine			SUNDAY 7/30	
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		2:05p STRONG- HIIT	
9:30a Cycle	Geraldine	5:45a Cycle	Jen H			5:45a Cycle	Chris			Carolina	
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	TBD	9:00a Water Explosion	Heather	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
						7:00p Aqua Interval	Cheryl				

MONDAY 7/31	
GX Studio	
5:35a Boot Camp	Michelle
8:30a Boot Camp	Phillip
9:30a Kickbox	Aubrey
10:30a Yoga Flow	Laura
4:30p KidZFit(3-6)	Cheryl
5:00p KidZFit(7-10)	Cheryl
5:30p Teen Athletic	Janice
6:20p Bootcamp	Kim
7:10p Pilates	Carol
CYCLE Studio	
9:30a Cycle	Geraldine
6:00p Cycle	Sarah
POOL	
9:00a Water Explosion	Cheryl

*** Sign up required for all Cycle classes. You may sign-up on our App, online at <http://www.granitefallsclub.com>, or by calling the Front Desk. Cycle sign ups open at 7am the day before the class. Please call to cancel at least 30 minutes before class. A \$25.00 fee will be charged for a "No Show". Open spots will be filled up to 30 minutes before class by online and phone only. After that time, cycle openings will be filled at the instructor's discretion. These classes are only open to members or prospective members who are currently working with a membership representative. Please note members who arrive more than 5 minutes late may have their reserved bike given away.**

Granite Falls Group Exercise Class MENU

CARDIO

80's Step take it back Old School. 80's music/attire using step bench choreography
Cardio Drills Unleash your inner athlete, sports related cardiovascular training
Cardio&Core Cardiovascular conditioning intergrated with core based moves
INSANITY Live max interval cardio training drills with modifications for all levels
Kickboxing High intensity. Mod-high impact cardio-box class. All levels
Walk Fit 55 min instructor led walk around Rolesville area near the club
Zumba Kids 30 min class of Zumba designed exclusively for Kids (ages 3-6,7-11)
Zumba dance class inspired by the music & movement of Latin beats

STRENGTH

Ripped Up/Rock Bottom 30 min of upper & 30 min of lower body weight training
Strength&Sculpt total body workout using weight, gliders, bands, BOSUs & more
Strength 45 min class using barbells, plates, & free weights to create more strength
Kettlebell(KB),Dumbbell(DB),Barbell(BB) Muscle strength using named equip

COMBO/FUSION

HIIT Extreme 45 min cardio/strength for athletes looking to take it to the next level
Back to Basics low impact muscle/cardio class for all ages. Chair use optional.
Boot Camp High intensity workout usings calisthenics to get you in the best shape
Crossover Fitness 45 min high intensity class of strength, endurance, agility, & speed
HIIT Strength High Intensity Interval timed bouts of strength/cardio
KidzFit 30 min class of upbeat exercise & fun games. Two age level options
Muscle & Release 30 min muscle & 30 min stretch/strengthening injury prone areas
Teen Athletics group physical conditioning lead by a personal trainer. Ages 11 & up
The MIX Cardio /strength. Combos of HIIT,Tabata, Pilates & more. Intermed. To Adv.

MIND / BODY

Pilates mat class designed to strengthen the CORE by developing control & flexibility
PiYO Live music driven workout with flexibility, strength, & dynamic movement
Yoga breath & basic Yoga poses: achieve strength, flexibility, & relaxation. All levels.
Yoga Flow a more fluid version where poses are intergrated in to seamless mvmt
KidzYoga 30 min class of Yoga designed just for kids. Two age level options.

AQUATIC/POOL

Against the Current water aerobic mvmt in the Lazy River againstthe flow
Aqua Fitness Mix of cardio/muscle. Fast-paced to burn more calories
Aqua Interval timed high intensity bouts of cardio/strength water exercise moves
Water Explosion Slower paced water class. Dumbbells&noodles are used. All levels

CYCLE CLASSES

***Cycle** instructor led pace. Train at your own level by setting the resistance you need.
***Cycle, Core, & More** cycle class with the added bonus of CORE training

*Sign up req. You may sign up online at <http://www.granitefallsclub.com> or by calling the Front Desk. Cycle sign ups open at 7am the day before class. Please call to cancel at least 30 min before class. A \$25.00 fee will be charged for a "No Show" or late cancellation. These classes are open to Members & prospective Members working with a membership representative. Thank You!