

This month @ the Falls...

* **Teen Sports Conditioning(paid program) with Denae**
TUES 8:00am & FRI 10:45am

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

* **SATURDAY 6/3 & 6/17 9:05am 80's STEP**
with Jen H.

* **FRIDAY 6/9 9:30am Cardio Funk !**
with Tammy

* **SUNDAY 6/11 2:05pm ZUMBA**
with Carolina

* **EVERY TUESDAY & SATURDAY 9:00am**
Against The Current (weather/temp permitting)

| THURSDAY 6/1 | FRIDAY 6/2 | SATURDAY 6/3 |
|---|---|--|
| GX Studio | GX Studio | GX Studio |
| 8:30a Muscle&Release Janice 9:30a INSANITY Live Michelle | 8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige | 8:15a INSANITY Live Marisa 9:05a 80's Step Jen H 10:40a PiYO Live Marisa |
| 5:30p Strength&Sculpt Jamie 6:20p HIIT Extreme Denae | | |
| NO YOGA TONIGHT | | |
| CYCLE Studio | CYCLE Studio | CYCLE Studio |
| 5:45a Cycle Chris 6:00p Cycle Janice | 5:45a CC & More Jen H 9:30a Cycle Janice | 9:00a Cycle Sarah |
| POOL | POOL | POOL |
| 7:00p Aqua Interval Cheryl | 9:00a Aqua Fitness Rachael | 9:00a Aqua Fit/ATC Cheryl |
| | | SUNDAY 6/4 |
| | | GX Studio |
| | | 2:05p Kick n Sculpt Marisa 3:05p Yoga Tiffany C. |

| MONDAY 6/5 | TUESDAY 6/6 | WEDNESDAY 6/7 | THURSDAY 6/8 | FRIDAY 6/9 | SATURDAY 6/10 |
|--|--|--|---|--|--|
| GX Studio | GX Studio | GX Studio | GX Studio | GX Studio | GX Studio |
| 5:35a Boot Camp Michelle 8:30a Boot Camp Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura | 8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Marisa 11:30a Back to Basics Sarah | 5:35a KB/DB/BB Muscle Janice 8:30a Crossover Fit Michelle 9:30 Rip'dUpRockBottom Geraldine 10:30a Yoga Flow Jen W | 8:30a Muscle&Release Janice 9:30a INSANITY Live Michelle | 8:30a The MIX Denae 9:30a Cardio Funk! Tammy 10:30a Yoga Paige | 8:15a INSANITY Live Aubrey 9:05a Kickbox Aubrey 10:40a Pilates Stacy |
| 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 | 4:30p Zumba Kids (3-6) Dawn 5:00p Zumba Kids(7-12) Dawn 5:30p Kickbox Aubrey 6:20p Strength Mia | 4:30p KidzYoga(3-6) Cheryl 5:00p KidzYoga(7-10) Cheryl 5:30p Teen Athletic Janice 6:20p Crossover Fit Michelle 7:10p Pilates Carol | 5:30p Strength&Sculpt Jamie 6:20p HIIT Extreme Geraldine 7:10p Yoga Carol | | |
| CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio |
| 9:30a Cycle Geraldine 6:00p Cycle Sarah | 5:45a Cycle Jen H 9:30a Cycle Sarah | | 5:45a Cycle Chris 6:00p Cycle Janice | 5:45a CC & More Jen H 9:30a Cycle Marisa | 9:00a Cycle Phillip |
| POOL | POOL | POOL | POOL | POOL | POOL |
| 9:00a Water Explosion Heather | 9:00a ATC(Lazy River) Rachael 7:00p Aqua Outdoors! Cheryl | 9:00a Water Explosion Heather | 7:00p Aqua Interval Cheryl | 9:00a Aqua Fitness Shearon | 9:00a Aqua Fit/ATC Cheryl |
| | | | | | SUNDAY 6/11 |
| | | | | | GX Studio |
| | | | | | 2:05p ZUMBA Carolina 3:05p Yoga Tiffany C |

| MONDAY 6/26 | | TUESDAY 6/27 | | WEDNESDAY 6/28 | | THURSDAY 6/29 | | FRIDAY 6/30 | |
|-----------------------|-----------|------------------------|----------|------------------------|-----------|-----------------------|-----------|---------------------|---------|
| GX Studio | | GX Studio | | GX Studio | | GX Studio | | GX Studio | |
| 5:35a Boot Camp | Michelle | | | 5:35a KB/DB/BB Muscle | Janice | | | | |
| 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 |
| 9:30a Kickbox | Aubrey | 9:30a Zumba | Carolina | 9:30 Rip'dUpRockBottom | Geraldine | 9:30a INSANITY Live | Michelle | 9:30a Kickbox | Aubrey |
| 10:30a Yoga Flow | Laura | 10:30a Pilates | Brandi | 10:30a Yoga Flow | Jen W | | | 10:30a Yoga | Paige |
| | | 11:30a Back to Basics | Sarah | | | | | | |
| 4:30p KidZFit(3-6) | Geraldine | 4:30p Zumba Kids (3-6) | Dawn | 4:30p KidzYoga(3-6) | Cheryl | | | | |
| 5:00p KidZFit(7-10) | Geraldine | 5:00p Zumba Kids(7-12) | Dawn | 5:00p KidzYoga(7-10) | Cheryl | | | | |
| 5:30p Teen Athletic | Janice | 5:30p Kickbox | Aubrey | 5:30p Teen Athletic | Janice | 5:30p Strength&Sculpt | Jamie | | |
| 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 | | |
| CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | |
| 9:30a Cycle | Geraldine | 5:45a Cycle | Jen H | | | 5:45a Cycle | Chris | 5:45a CC & More | Jen H |
| 6:00p Cycle | Sarah | 9:30a Cycle | Sarah | | | 6:00p Cycle | Janice | 9:30a Cycle | Janice |
| POOL | | POOL | | POOL | | POOL | | POOL | |
| 9:00a Water Explosion | Heather | 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 Outdoors! | CANCEL | | | 7:00p Aqua Interval | 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" or late cancellation. 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
- HIIT** 45 min cardio/strength for athletes looking to take it to the next level
- Turbokick Live** 55 min kickbox interval class,at 30 min mark Turbo drill

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

- 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.

DANCE

- Zumba** dance class inspired by the music & movement of Latin beats
- Zumba Kids** 30 min class of Zumba designed exclusively for Kids (ages 3-6,7-11)
- Cardio Funk** 55 min of high/low impact cardio dance- with some sass!

AQUATIC/POOL

- Against the Current** water aerobic mvmt in the Lazy River against the 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!