

This month @ the Falls:

- *** Evening Mind&Body classes: Pilates or Yoga @7:10p Mon-Wed-Thurs nights
- *** Mon & Wed @ 5:30pm Teen Athletics with Janice
- *** Special Saturday, March 4th 11:05am ZUMBA with Dawn
- *** Special Sunday, March 12th 2:00pm Kick N' Sculpt with Marisa
- *** Special Saturday, March 18th 11:05am Earth, Moon, & Stars YOGA with Liz
- *** Special Sunday, March 26th 2:30pm Chakra Yoga with Tiffany & Laura
- *** Tuesday, March 14th 9:30am Strong by Zumba- HIIT class
- *** New to the gym or looking for starter Group Fit classes?

Try our Intro classes: Mon, Wed, Fri 9am Water Explosion,

Mon 7:10p Intro to Yoga, Tue 11:30a Back to Basics

Thu 8:30am Muscle & Release, Thur 10:30a Walk Fit



WISH YOU HAD THE GRANITE
FALLS GROUP FITNESS
CALENDAR AVAILABLE WITH
THE TOUCH OF YOUR
FINGERTIPS ON YOUR
PHONE???
YOU CAN!!!
PLEASE DOWNLOAD OUR NEW
CLUB APP:
SEARCH GRANITE FALLS IN
YOUR IPHONE APP STORE

*** ANDROID APP COMING
SOON...

WEDNESDAY 3/1	THURSDAY 3/2	FRIDAY 3/3	SATURDAY 3/4
GX Studio	GX Studio	GX Studio	GX Studio
5:35a KB/DB/BB Muscle Janice			8:15a INSANITY Live Aubrey
8:30a Crossover Fit Michelle	8:30a Muscle&Release Janice	8:30a The MIX Aubrey	9:05a Kickbox Aubrey
9:30 Rip'dUpRockBottom Geraldine	9:30a INSANITY Live Michelle	9:30a Kickbox Aubrey	11:05-11:45am ZUMBA!!! with Dawn
10:30a Yoga Liz	10:30a Walk Fit Sarah	10:30a Yoga Paige	CYCLE Studio
4:30p KidzYoga(3-6) Cheryl			9:00a Cycle Sarah
5:00p KidzYoga(7-10) Cheryl			10:10a Cycle Phillip
5:30p Teen Athletic Janice	5:30p Strength&Sculpt Jamie		POOL
6:20p Crossover Fit Michelle	6:20p HIIT Extreme Geraldine		9:00a Aqua Fitness Shearon
7:10p Pilates Carol	7:10p Yoga Carol		
			SUNDAY 3/5
CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
	5:45a Cycle Chris	5:45a CC & More Jen H	2:00p PiYO Live Marisa
	6:00p Cycle Janice	9:30a Cycle Janice	3:00p Yoga Tiffany C.
POOL	POOL	POOL	
9:00a Water Explosion Heather	7:00p Aqua Interval Kara	9:00a Aqua Fitness Rachael	

MONDAY 3/6	TUESDAY 3/7	WEDNESDAY 3/8	THURSDAY 3/9	FRIDAY 3/10	SATURDAY 3/11
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:30a Cardio & Core Aubrey	5:35a KB/DB/BB Muscle Janice	8:30a Muscle&Release Janice	8:30a The MIX Aubrey	8:15a INSANITY Live Marisa
8:30a Boot Camp Phillip	9:30a Zumba Gaby	8:30a Crossover Fit Michelle	9:30a INSANITY Live Michelle	9:30a Kickbox Aubrey	9:05a Boot Camp Phillip
9:30a Kickbox Aubrey	10:30a PiYO Live Marisa	9:30 Rip'dUpRockBottom Marisa	10:30a Walk Fit Sarah	10:30a Yoga Paige	
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Liz			CYCLE Studio
4:30p KidZFit(3-6) Cheryl	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl	5:30p Strength&Sculpt Jamie		9:00a Cycle Geraldine
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl	6:20p HIIT Extreme Geraldine		10:10a Cycle Phillip
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice			POOL
6:20p Bootcamp Kim	6:20p Strength Kara	6:20p Crossover Fit Michelle	7:10p Yoga Carol		9:00a Aqua Fitness Cheryl
7:10p Pilates Carol		7:10p Pilates Carol			
					SUNDAY 3/12
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	5:45a CC & More Jen H	2:00-2:55pm Kick N' Sculpt with Marisa
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Janice	9:30a Cycle Janice	3:00p Yoga Tiffany C.
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	7:00p Aqua Interval Cheryl	9:00a Water Explosion Heather	7:00p Aqua Interval Cheryl	9:00a Aqua Fitness Rachael	

BRING A FRIEND TO CLASS FREE!!!! MON, MAR 13TH- SUN, MAR 19TH * Guest must fill out card at the Front desk upon arrival*****

MONDAY 3/13	TUESDAY 3/14	WEDNESDAY 3/15	THURSDAY 3/16	FRIDAY 3/17	SATURDAY 3/18
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:30a Cardio & Core Aubrey	5:35a KB/DB/BB Muscle Janice	8:30a Muscle&Release Janice	8:30a The MIX Aubrey	8:15a INSANITY Live Aubrey
8:30a Boot Camp Phillip	9:30a Strong by Zumba Carolina	8:30a Crossover Fit Michelle	9:30a INSANITY Live Michelle	9:30a Kickbox Aubrey	9:05a Kick n Sculpt Marisa
9:30a Kickbox Aubrey	10:30a PiYO Live Marisa	9:30 Rip'dUpRockBottom Geraldine	10:30a Walk Fit Sarah	10:30a Yoga Paige	11:05a-12:05p Earth, Moon, & Stars Yoga with Liz
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Liz			CYCLE Studio
4:30p KidZFit(3-6) Cheryl	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl	5:30p Strength&Sculpt Jamie		9:00a Cycle Phillip
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl	6:20p HIIT Extreme Geraldine		10:10a Cycle Geraldine
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice			POOL
6:20p Bootcamp Kim	6:20p Strength Mia	6:20p Crossover Fit Michelle	7:10p Yoga Carol		9:00a Aqua Fitness Rachael
7:10p Pilates Carol		7:10p Pilates Carol			
					SUNDAY 3/19
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	5:45a CC & More Jen H	2:00p PiYO Live Marisa
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Janice	9:30a Cycle Janice	3:00p Yoga Paige
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	7:00p Aqua Interval Cheryl	9:00a Water Explosion Heather	7:00p Aqua Interval Kara	9:00a Aqua Fitness Rachael	

MONDAY 3/20		TUESDAY 3/21		WEDNESDAY 3/22		THURSDAY 3/23		FRIDAY 3/24		SATURDAY 3/25	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Phillip			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	Geraldine	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	Marisa	9:30a INSANITY Live	Marisa	9:30a Kickbox	Aubrey		
10:30a Yoga Flow	Laura	10:30a PiYO Live	Marisa	10:30a Yoga	Liz	10:30a Walk Fit	Geraldine	10:30a Yoga	Paige		
		11:30a Back to Basics	Janice							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p Zumba Kids (3-6)	Dawn	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Becky
5:00p KidZFit(7-10)	Cheryl	5:00p Zumba Kids(7-12)	Dawn	5:00p KidzYoga(7-10)	Cheryl					10:10a Cycle	Chris
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			POOL	
6:20p Bootcamp	Kim	6:20p Strength	Geraldine	6:20p Crossover Fit	Jamie	6:20p HIIT Extreme	Geraldine			9:00a Aqua Fitness	Paula
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			SUNDAY 3/26	
										GX Studio	
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	5:45a CC & More	Jen H	2:30-4:00pm CHAKRA YOGA with Tiffany & Laura	
6:00p Cycle	Geraldine	9:30a Cycle	Marisa			6:00p Cycle	Janice	9:30a Cycle	Janice		
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Heather	7:00p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:00p Aqua Interval	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 3/27		TUESDAY 3/28		WEDNESDAY 3/29		THURSDAY 3/30		FRIDAY 3/31		* Sign up required for all Cycle classes. You may sign-up online @ 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.
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 PiYO Live	Marisa	10:30a Yoga	Liz	10:30a Walk Fit	Sarah	10:30a Yoga	Paige	
		11:30a Back to Basics	Sarah							
4:30p KidZFit(3-6)	Cheryl	4:30p Zumba Kids (3-6)	Dawn	4:30p KidzYoga(3-6)	Cheryl					
5:00p KidZFit(7-10)	Cheryl	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	Mia	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	7:00p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:00p Aqua Interval	Kara	9:00a Aqua Fitness	Rachael	

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
- CIZE Live** pro dance class for everyday people. Hip moves to the hottest music
- 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)

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
- 3-2-1 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
- Strong** by ZUMBA combines high intensity int. training w/ synced music motivation
- 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.

COMBO/FUSION

MIND / BODY

- Barre** ballet inspired, high repetition total body workout, an hour of core foundation
- Hip Hop Yoga** class flows to the groove of your fav 80's & 90's Hip Hop classics
- 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.
- Intro to Yoga** 45 min class of Yoga basics. Designed for the beginner.
- KidzYoga** 30 min class of Yoga designed just for kids. Two age level options.
- Chakra Yoga** meditations, poses, & sequences to tune and open energy centers

AQUATIC/POOL

- Aqua Fitness** Mix of cardio/muscle. Fast-paced to burn more calories
- Aqua Interval** timed high intensity bouts of cardio/strength water exercise moves
- Athletic Water** Swim skills req. Mixes intervals with coaching of proper technique
- 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!