

This month @ the Falls...

- * **FREE TRIAL!!! Functional Movement with Josh Goguen**
THURSDAY 10:50am May 4th or SATURDAY 10:40am May 6th
- * **SATURDAY 9:05am 80's STEP with Jen H. May 6th & May 20th**
- * **SUNDAY 2:05pm Kick N Sculpt with Marisa May 7th & May 21st**
- * **MEMORIAL DAY MONDAY 8:30-10:00am Killer Cardio Boot Camp with Aubrey & Phillip. NO 545am Boot Camp. NO Eveing Classes or KidZone.**
- * **TUESDAY & SATURDAY 9:00am Against The Current is back on May 20th**



MONDAY 5/1	TUESDAY 5/2	WEDNESDAY 5/3	THURSDAY 5/4	FRIDAY 5/5	SATURDAY 5/6
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 Zumba Carolina	8:30a Crossover Fit Michelle	9:30a INSANITY(45min) Michelle	9:30a Kickbox Aubrey	9:05a 80's Step Jen H
9:30a Kickbox Aubrey	10:30a PiYO Live Marisa	9:30 Rip'dUpRockBottom Marisa	10:30a Walk Fit Sarah	10:30a Yoga Tiffany C	10:40a FREE TRIAL! FUNCTIONAL MOVEMENT with JOSH
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Liz	10:50a FREE TRIAL! FUNCTIONAL MOVEMENT with JOSH		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 Becky
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	7:10p Yoga Carol		POOL
6:20p Bootcamp Kim	6:20p Strength Kara	6:20p Crossover Fit Michelle			9:00a Aqua Fitness Heather
7:10p Pilates Carol		7:10p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 5/7
9:30a Cycle Geraldine	5:45a Cycle Jen H		5:45a Cycle Chris	5:45a CC & More Jen H	GX Studio
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Janice	9:30a Cycle Janice	2:05p Kick n Sculpt Marisa
POOL	POOL	POOL	POOL	POOL	3:05p Yoga Tiffany C.
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 5/8		TUESDAY 5/9		WEDNESDAY 5/10		THURSDAY 5/11		FRIDAY 5/12		SATURDAY 5/13	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Geraldine	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 Zumba	Carolina	8:30a Crossover Fit	Denae	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	9:05a Kickbox	Aubrey
9:30a Kickbox	Aubrey	10:30a Pilates	Carol	9:30 Rip'dUpRockBottom	Geraldine	10:30a Walk Fit	Sarah	10:30a Yoga	Paige	10:40a Pilates	Stacy
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					9:00a Cycle	Phillip
5:00p KidZFit(7-10)	Cheryl	5:00p Zumba Kids(7-12)	Dawn	5:00p KidzYoga(7-10)	Cheryl					10:10a Cycle	Sarah
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	Mia	6:20p Crossover Fit	Denae	6:20p HIIT Extreme	Geraldine			9:00a Aqua Fitness	Cheryl
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			SUNDAY 5/14	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		2:05p PIYO LIVE Marisa	
9:30a Cycle	Geraldine	5:45a Cycle	Jen H			5:45a Cycle	Chris	5:45a CC & More	Jen H	3:05p Yoga	Tiffany C
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	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 5/15		TUESDAY 5/16		WEDNESDAY 5/17		THURSDAY 5/18		FRIDAY 5/19		SATURDAY 5/20	
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	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	9:05a 80's Step	Jen H
9:30a Kickbox	Aubrey	10:30a PiYO Live	Marisa	9:30 Rip'dUpRockBottom	Marisa	10:30a Walk Fit	Sarah	10:30a Yoga	Tiffany C	10:40a Pilates	Stacy
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					9:00a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	5:00p Zumba Kids(7-12)	Dawn	5:00p KidzYoga(7-10)	Cheryl					10:10a Cycle	Sarah
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			OUTDOOR POOL	
6:20p Bootcamp	Kim	6:20p Strength	Kara	6:20p Crossover Fit	Michelle	6:20p HIIT Extreme	Geraldine			9:00a Aqua Fit/ATC	Rachael
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			SUNDAY 5/21	
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	2:05p Kick n Sculpt	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Pilates	Stacy
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 5/22	TUESDAY 5/23	WEDNESDAY 5/24	THURSDAY 5/25	FRIDAY 5/26	SATURDAY 5/27
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 Zumba Carolina	8:30a Crossover Fit Michelle	9:30a INSANITY(45min) Michelle	9:30a Kickbox Aubrey	9:05a Boot Camp Phillip
9:30a Kickbox Aubrey	10:30a PiYO Live Marisa	9:30 Rip'dUpRockBottom Geraldine	10:30a Walk Fit Sarah	10:30a Yoga Paige	10:40a Pilates Stacy
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			9:00a Cycle Chris
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl			10:10a Cycle Jen H
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice	5:30p Strength&Sculpt Jamie		OUTDOOR POOL
6:20p Bootcamp Kim	6:20p Strength Mia	6:20p Crossover Fit Michelle	6:20p HIIT Extreme Geraldine		9:00a Aqua Fit/ATC Paula
7:10p Pilates Carol		7:10p Pilates Carol	7:10p Yoga Carol		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 5/28
9:30a Cycle Geraldine	5:45a Cycle Jen H		5:45a Cycle Chris	5:45a CC & More Jen H	GX Studio
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Janice	9:30a Cycle Janice	2:05p PIYO LIVE Marisa
					3:05p Yoga Tiffany C
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	9:00a ATC(Lazy River) Rachael	9:00a Water Explosion Heather	7:00p Aqua Interval Cheryl	9:00a Aqua Fitness Rachael	
	7:00p Aqua Interval Cheryl				

MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31	* 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.
GX Studio	GX Studio	GX Studio	
NO 535am class today		5:35a KB/DB/BB Muscle Janice	
8:30-10am KILLER Cardio Boot Camp with Phillip & Aubrey	8:30a Cardio & Core Aubrey	8:30a Crossover Fit Michelle	
10:30a Yoga Flow with Laura	9:30a Zumba Carolina	9:30 Rip'dUpRockBottom Marisa	
Happy Memorial Day No evening classes or Kidzone	10:30a PiYO Live Marisa	10:30a Yoga Liz	
	11:30a Back to Basics Sarah		
	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl	
	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl	
	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice	
	6:20p Strength Kara	6:20p Crossover Fit Michelle	
		7:10p Pilates Carol	
CYCLE Studio	CYCLE Studio	CYCLE Studio	
9:30a Cycle Geraldine	5:45a Cycle Jen H		
	9:30a Cycle Sarah		
POOL	POOL	POOL	
9:00a Water Explosion Heather	9:00a ATC(Lazy River) Cheryl	9:00a Water Explosion Heather	
	7:00p Aqua Interval Cheryl		

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
- ## COMBO/FUSION
- 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.

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!