

This month @ the Falls...

* **MONDAY 9:30am WALK FIT is back by popular demand!**

* **BYOR- Bring Your Own Roller- Thursday 5- 5:30pm 30 min class with Stacy**

* **TWO CYCLE CLASSES ADDED!!!
Wednesday Express 12:30p-1p, Saturday 10:10am-11:10am**

* **THURSDAY 5:40pm BOOT CAMP with Heather -new class!**

* **TUESDAY 4:30 & 5:00pm KidsZFUNK class with Tammy**

* **Modified class schedule on Tuesday, Oct 3 1st. HAPPY HALLOWEEN !!!**



SUNDAY 10/1	
GX Studio	
2:05p STRONG- HIIT	Carolina
3:05p Yoga	Tiffany C

MONDAY 10/2		TUESDAY 10/3		WEDNESDAY 10/4		THURSDAY 10/5		FRIDAY 10/6		SATURDAY 10/7	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a 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	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W			10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah								
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl						
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl	5:00p BYOR	Stacy				
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather				
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol				
7:10p Pilates	Stacy			7:10p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p PiYO Live	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL		POOL	
9:00a Water Explosion	Cheryl			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 10/9		TUESDAY 10/10		WEDNESDAY 10/11		THURSDAY 10/12		FRIDAY 10/13		SATURDAY 10/14	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a 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	Marisa	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Amanda	10:30a Yoga	Jen W			10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl	5:00p BYOR	Stacy			10:10a Cycle	Chris
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			OUTDOOR POOL	
6:20p Bootcamp	Geraldine	6:20p Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Shearon
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 10/15	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Paige
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 10/16		TUESDAY 10/17		WEDNESDAY 10/18		THURSDAY 10/19		FRIDAY 10/20		SATURDAY 10/21	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a 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 Kickbox	Aubrey
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Geraldine	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W			10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Sarah
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl	5:00p BYOR	Stacy			10:10a Cycle	Phillip
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			OUTDOOR POOL	
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Rachael
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 10/22	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 10/23		TUESDAY 10/24		WEDNESDAY 10/25		THURSDAY 10/26		FRIDAY 10/27		SATURDAY 10/28	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Janice					8:15a INSANITY Live	Marisa
8:30a Boot Camp	Geraldine	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	Marisa	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Amanda	10:30a Yoga	Jen W			10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Chris
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl	5:00p BYOR	Stacy			10:10a Cycle	Tricia
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			POOL	
6:20p Bootcamp	Geraldine	6:20p Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Paula
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 10/29	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p PiYO Live	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 10/30		TUESDAY 10/31	
GX Studio		GX Studio	
5:35a Boot Camp	Michelle		
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah
4:30p KidZFit(3-6)	Cheryl		
5:00p KidZFit(7-10)	Cheryl	CYCLE Studio	
5:30p Teen Athletic	Geraldine	5:35a Cycle	Jen H
6:20p Bootcamp	Geraldine	9:30a Cycle	Sarah
7:10p Pilates	Carol		
CYCLE Studio		NO EVENING CLASSES ENJOY TRICK OR TREATING !!!	
9:30a Cycle	Geraldine		
6:00p Cycle	Sarah		
POOL			
9:00a Water Explosion	Kara		

*** Sign up required for all Cycle classes. 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 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.**

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
- Strong HIIT** 55 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 a fusion of cardio & strength. 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
- BYOR** Bring your own roller, 30 min myofascial release techniques
- 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
- KidzFunk** 25 min of high/low impact cardio dance- with some sass! 2 age groups

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

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