

MONDAY 9/4	TUESDAY 9/5	WEDNESDAY 9/6	THURSDAY 9/7	FRIDAY 9/8	SATURDAY 9/9					
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio					
END OF SUMMER TRAINING CAMP with Aubrey & Phillip 8:30am-10:00am	8:30a Cardio & Core 9:30a Zumba 10:30a PiYO Live 11:30a Back to Basics 4:30p KidZFUNK(3-6) 5:00p KidZFUNK(7-10) 5:30p Kickbox 6:20p Strength	Aubrey Carolina Amanda Sarah Tammy Tammy Aubrey Denae	5:35a KB/DB/BB Muscle 8:30a Crossover Fit 9:30 Rip'dUpRockBottom 10:30a Yoga 4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Crossover Fit 7:10p Pilates	Janice Michelle Marisa Jen W Cheryl Cheryl Geraldine Michelle Carol	8:30a Muscle&Release 9:30a INSANITY 5:00p BYOR Bring Your Own Roller, 30 min class with instruction in roller technique to target specific muscle groups 5:35p Strength&Sculpt 6:30p Yoga	Janice Michelle Stacy Jamie Carol	8:30a The MIX 9:30a Kickbox 10:30a Yoga	Aubrey Aubrey Paige	8:15a INSANITY Live 9:05a 80's Step 10:40a Pilates/Yoga Fusion	Marisa Jen H Amy B
Yoga Flow with Laura 10:30am-11:30am					CYCLE Studio					
HAPPY LABOR DAY Modified Group Fitness Schedule NO EARLY/EVENING CLASSES					9:00a Cycle 10:10a Cycle					
					OUTDOOR POOL					
					9:00a Aqua Fit/ATC					
					SUNDAY 9/10					
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio					
Cycle with Geraldine 9:30am-10:30am	5:35a Cycle 9:30a Cycle	Jen H Sarah	12:30p Cycle Express 30 min class	Geraldine	5:35a Cycle 6:00p Cycle					
					Chris Janice					
					9:30a Cycle					
					Janice					
POOL	POOL	POOL	POOL	POOL						
Aqua/ATC Outdoors w/ Cheryl 9:00am-10:00am	9:00a ATC(Lazy River) 7:00p Aqua Interval	Rachael Cheryl	9:00a Water Explosion	Heather	9:00a ATC(Lazy River) 7:00p Aqua Interval					
					Cheryl Cheryl					
					9:00a Aqua Fitness					
					Rachael					
					2:05p PiYO Live 3:05p Yoga					
					Marisa Tiffany C					

MONDAY 9/11	TUESDAY 9/12	WEDNESDAY 9/13	THURSDAY 9/14	FRIDAY 9/15	SATURDAY 9/16						
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 4:30p KidZFit(3-6) 5:00p KidZFit(7-10) 5:30p Teen Athletic 6:20p Bootcamp 7:10p Pilates	Michelle Phillip Aubrey Laura Cheryl Cheryl Geraldine Geraldine Carol	8:30a Cardio & Core 9:30a Zumba 10:30a PiYO Live 11:30a Back to Basics 4:30p KidZFUNK(3-6) 5:00p KidZFUNK(7-10) 5:30p Kickbox 6:20p Strength	Aubrey Carolina Marisa Sarah Tammy Tammy Aubrey Denae	5:35a KB/DB/BB Muscle 8:30a Crossover Fit 9:30 Rip'dUpRockBottom 10:30a Yoga 4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Crossover Fit 7:10p Pilates	Janice Michelle Geraldine Jen W Cheryl Cheryl Geraldine Michelle Carol	8:30a Muscle&Release 9:30a INSANITY 5:00p BYOR 5:35p Strength&Sculpt 6:30p Yoga	Janice Michelle Stacy Jamie Carol	8:30a The MIX 9:30a Kickbox 10:30a Yoga	Aubrey Aubrey Paige	8:15a INSANITY Live 9:05a Boot Camp 10:40a Barre Pilates	Aubrey Phillip Heather M
					CYCLE Studio						
					9:00a Cycle 10:10a Cycle						
					OUTDOOR POOL						
					9:00a Aqua Fit/ATC						
					SUNDAY 9/17						
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio						
9:30a Cycle 6:00p Cycle	Geraldine Sarah	5:35a Cycle 9:30a Cycle	Jen H Sarah	12:30p Cycle Express 30 min class	Geraldine						
					Chris Janice						
					9:30a Cycle						
					Janice						
POOL	POOL	POOL	POOL	POOL							
9:00a Water Explosion	Kara	7:00p Aqua Interval	Cheryl	9:00a Water Explosion	Heather						
					Cheryl						
					9:00a Aqua Fitness						
					Rachael						
					2:05p Turbo Kick/PiYO 3:05p Yoga						
					Marisa Tiffany C						

MONDAY 9/18		TUESDAY 9/19		WEDNESDAY 9/20		THURSDAY 9/21		FRIDAY 9/22		SATURDAY 9/23	
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	Michelle	9:30a Kickbox	Aubrey	9:05a 80's Step	Jen H
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30 Rip'dUpRockBottom	Marisa	10:30a Yoga		10:30a Yoga	Paige	10:40a Power Yoga	Tricia
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Jen W					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	Phillip
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:35p Strength&Sculpt	Jamie			POOL	
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Cheryl
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 9/24	
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	9:30a Cycle	Janice	2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice			3:05p Yoga	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara	7:00p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:00p Aqua Interval	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 9/25		TUESDAY 9/26		WEDNESDAY 9/27		THURSDAY 9/28		FRIDAY 9/29		SATURDAY 9/30	
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	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 Yoga		10:30a Yoga	Paige	10:40a Barre Pilates	Heather M
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Jen W					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	Phillip
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:35p Strength&Sculpt	Jamie			OUTDOOR POOL	
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Heather
7:10p Pilates	Carol			7:10p Pilates	Carol						
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	9:30a Cycle	Janice		
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice				
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara	7:00p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:00p Aqua Interval	Cheryl	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
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 Interval Training powered by the beat of great music
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 Express** 30 min more intense version of the regular cycle class

***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!