

Land Class Descriptions

Back to Basics: This is a low-impact muscle and cardio class for all ages who desire a good workout but with a variety of levels. Whether you are just starting out or just want/need a lower impact, lighter workout, come try this class. Chairs are available upon request.

BARRE: High repetition full body workout with 5 high intensity intervals, an hour of core foundation. The 8pm class will feature a guided meditation at the end.

JILLIAN MICHAELS BODYSHRED™: Define muscles and condition for peak performance using Jillian's 3-2-1 interval/circuit training approach – 3 minutes of strength, 2 minutes of cardio and 1 minute of abs, all packed into an intense 30-minute workout.

Boot Camp: A high intensity workout sure to make you sweat and target many muscle groups by using basic calisthenics and tries to get you in the best physical shape.

Cardio and Core: An awesome combination of cardiovascular exercise and core based moves.

Crossover Fitness: A high Intensity class which incorporates strength, agility & speed. Each class will have a Workout of the night (WON) for you to complete while being timed. You are competing with yourself to become a better **stronger version of you.**

CIZE LIVE: A professional dance class for everyday people! CIZE LIVE breaks down professionally choreographed routines, step-by-step. Before you know it, you'll be bustin' out hip moves to the hottest music around. It's so fun, you'll forget you're working out!

Core & Flexibility: A class for all levels to increase their core strength and muscle agility.

Family Fitness: This amazing 1 hour class Circuit is designed for the Family (6 and up).

HIIT Strength: This class uses the principals of High Intensity Interval Training, and couples it with challenging strength movements for an amazing workout.

INSANITY LIVE: Cardio Class based on max interval training which will burn more calories even AFTER class is over! Modifications offered at all times. Athletic/plyometric drills with intervals of strength, power, resistance, and core training. You don't have to be in extreme shape, or even have rhythm! Come try it out!

Kickboxing: A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced participants. Come try it! After one class you will become addicted.

***KidzFit:** An amazing 30 minute class for the kids of Granite Falls including upbeat exercise, fun games, and health/fitness vignettes on wellness-related topics.

Muscle: Want to improve muscular strength and endurance? Try strength training in a group format. Resistance equipment is utilized. Appropriate for various ability levels

Muscle & Release: 30 min Muscle and 30 min focusing on stretching and strengthening smaller muscles that are prone to injury

Pilates: This class strengthens the body CORE by developing abdominal control and torso flexibility while using focused breathing to define all movement. You will strengthen and lengthen all muscles, improve posture and flexibility, find proper body alignment, increase your range of motion.

**Sign up is required. 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. KidzFit opens one week before class at 7am. Please call to cancel at least 30 min before class. A \$25.00 fee will be charged for a "No Show" or late cancellation. Open spots will be filled up to 30 min before class by online and phone only. After that time, KidzFit openings will not be filled and Cycle openings will be filled, at the instructor's discretion, by waitlisted members in the order they're listed. These classes are only open to members or prospective members who are currently working with a membership representative.*

Unless otherwise noted, all classes are 55 minutes.

PiYo LIVE: A music-driven athletic workout that incorporates flexibility, strength training, conditioning, and dynamic movement. For all levels.

Strength: A 45 minute class using the bars, weighted plates and free weights. This class's main Focus is to generate more strength for lower body to the top. A great total body workout.

Teen Athletics: This awesome class will help your 11 and up year old to get in great physical shape. Teen Athletics is taught by one of our Personal trainers and if offered two times per week, sign up not needed.

The Mix: This class is a Mix of HITT, Tabata, Pilates Fusion, and many of the top ways to train all combined in a 55 minute class format. This class is a mix of cardio and strength, and best suited for intermediate to advanced participants.

Yin Yoga: A more meditative style of yoga, poses can be held for up to 5 minutes. Focuses is on breath work and "playing the edge" of yoga poses. Targets the connective tissues, such as ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of yoga. A perfect complement to the dynamic and muscular styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. Great for all health levels.

Yoga: Focuses on breathing, basic Yoga poses, strength, flexibility and relaxation. Postures increase in intensity and difficulty as strength and endurance develops. Preparation and assistance for more advanced inversions are included.

Zumba: Exercise in disguise! So ditch the workout and join the fun. It's the craze of the Latin beat and the excitement of shouting and moving those body parts you had forgotten about. This is a cardio workout aimed to please all levels.

Zumba Kids: These 45 minute classes are designed exclusively for kids (ages 5-12) and are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love. Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing self-esteem.

Aqua Class Descriptions

Aqua Aerobics: A mix of cardio and tone. A fast-paced workout to burn calories.

AQUA INTERVAL: Uses the basic components of a water class but adds in the variation of Interval training.

Athletic Water (Swim Skills Required): A boot camp style swimming class mixing intervals and swimming techniques. You won't want to miss this class if you are training.

Water Explosion: Water Aerobics at a slower pace. Dumbbells and noodles are used to offer resistance and core work. This class is for all levels of physical ability.

Cycle Class Descriptions

***Cycle:** If you are serious about sweating then this is the class for you! You cycle at your own resistance, to get the level of work out you need

Thursday March 17th
wear green for Luck!!

MARCH

BRING A FRIEND!!
Saturday, March 19th
Ever wanted to share how much you love taking classes at Granite Falls? The 3rd Saturday in March we encourage you to bring a friend you want to share a great work-out with.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4	5	6
LAND	A M		5:45 INSANITY LIVE: Michelle 9:30 Zumba: Carolina 10:30 PiYo LIVE: Amanda 11:30 Back to Basics: Jacque	8:30 BODYSHRED: Jacque 9:30 Muscle: Janice 10:30 CIZE LIVE: Amanda 11:30 Yoga: Liz	5:45 HIIT Strength : Phillip 8:30 BARRE: Kristen 9:30 Cardio & Core: Jacque 10:30 Pilates (Int/Adv): Stacy 11:30 Muscle & Release: Janice (Focus: Calves & Plantar Fascia)	8:30 THE MIX: Aubrey 9:30 Kickbox: Aubrey 10:30 Yoga: Paige	8:15 INSANITY LIVE: Marisa 9:05 Strength: Phillip 10:05 Pilates: Stacy	
	P M		4:30 Zumba Kids (5-12): Tiffney 5:30 Kickbox: Aubrey 6:20 Strength: Marisa 7:10 Yoga Flow: Jen W 8:10 YIN YOGA: Laura	*4:00 KidzFit (2½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 BODYSHRED: Jacque 7:10 Crossover Fitness: Michelle 8:00 BARRE: Brandi	4:30 Family Fitness: Cheryl 5:30 CIZE LIVE: Jamie 6:20 INSANITY LIVE: Michelle 7:10 Yoga: Carol			2:00 Barre: Kim 3:00 Yoga: Tiffney
CYCLE	A M		5:45 Cycle: Brooke 10:30 Cycle: Sarah	5:45 Cycle: Jen H		5:45 Cycle: Jen H 9:30 Cycle: Janice	9:00 Cycle: Chris 10:05 Cycle: Tiffney	
	P M				6:00 Cycle: Janice			
WATER	A M		9:30 Athletic Water: Janice	9:00 Water Explosion: Heather		9:00 Aqua Aerobics: Sue	9:00 Aqua Aerobics Heather	
	P M			7:00 Aqua Aerobics: Cheryl				

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7	8	9	10	11	12	13
LAND	A M	5:45 Boot Camp: Kim 8:30 Boot Camp: Phillip 9:30 Kickbox: Aubrey 10:30 Yoga Flow: Laura	5:45 INSANITY LIVE: Aubrey 9:30 Zumba: Carolina 10:30 PiYo LIVE: Amanda 11:30 Back to Basics: Sarah	8:30 BODYSHRED: Jacque 9:30 Muscle: Janice 10:30 CIZE LIVE: Amanda 11:30 Yoga:Liz	5:45 HIIT Strength : Phillip 8:30 BARRE: Kristen 9:30 Cardio & Core: Jacque 10:30 Pilates (Int/Adv): Stacy 11:30 Muscle & Release: Janice Focus: Rotator Cuff	8:30 THE MIX: Aubrey 9:30 Kickbox: Aubrey 10:30 Yoga: Paige	8:15 INSANITY LIVE: Aubrey 9:05 Kick Box: Aubrey 10:05 Pilates: Stacy	
	P M	*4:00 KidzFit (2½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 Boot Camp: Kim 7:10 Crossover Fitness: Kara 8:00 Pilates: Carol	4:30 Zumba Kids (5-12): Sandra 5:30 Kickbox: Aubrey 6:20 Strength: Marisa 7:10 Yoga Flow: Jen W 8:10 YIN YOGA: JenW	*4:00 KidzFit (2½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 BODYSHRED: Jacque 7:10 Crossover Fit: Kim 8:00 BARRE: Brandi	4:30 Family Fitness: Cheryl 5:30 CIZE LIVE: Jamie 6:20 INSANITY LIVE: Aubrey 7:10 Yoga: Carol			2:05 BARRE: Brandi 3:00 Yoga: Tiffney
CYCLE	A M	5:45 Cycle: Chris 9:30 Cycle: Sarah	5:45 Cycle: Brooke 10:30 Cycle: Sarah	5:45 Cycle: Jen H		5:45 Cycle: Jen H 9:30 Cycle: Janice	9:00 Cycle: Becky 10:05 Chris	
	P M	6:00 Cycle: Sarah			6:00 Cycle: Janice			
WATE	A M	9:00 Water Explosion: Heather	9:30 Athletic Water: Janice	9:00 Water Explosion: Heather		9:00 Aqua Aerobics: Sue	9:00 Aqua Aerobics: Kristi	
	P M	7:00 Aqua interval: Cheryl		7:00 Aqua Aerobics: Cheryl				
		14	15	16	17	18	19	20
LAND	A M	5:45 Boot Camp: Kim 8:30 Boot Camp: Phillip 9:30 Kickbox: Aubrey 10:30 Yoga Flow: Laura	5:45 INSANITY LIVE: Michelle 9:30 Zumba: Carolina 10:30 PiYo LIVE: Amanda 11:30 Back to Basics: Jacque	8:30 BODYSHRED: Jacque 9:30 Muscle: Janice 10:30 CIZE LIVE: Amanda 11:30 Yoga: Liz	5:45HIIT Strength: Phillip 8:30 BARRE: Kristen 9:30 Cardio & Core: Jacque 10:30 Pilates (Int/Adv): Stacy 11:30 Muscle &Release: Janice Focus: Hips	8:30 THE MIX: Aubrey 9:30 Kickbox: Aubrey 10:30 Yoga: Paige	8:15 INSANITY LIVE: Aubrey 9:05 Boot Camp: Jacque 10:05 Pilates: Stacy	
	P M	*4:00 KidzFit (2½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Jacque 6:20 Boot Camp: Kim 7:10 Crossover Fitness: Mia 8:00 Pilates: Carol	4:30 Zumba Kids (5-12): Sandra 5:30 Kickbox: Aubrey 6:20 Strength: Marisa 7:10 Yoga Flow: Jen W 8:10 YIN YOGA: Laura	*4:00 KidzFit (2½-3):Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 BODYSHRED: Jacque 7:10 Crossover Fit: Michelle 8:00 BARRE: Brandi	4:30 Family Fitness: Cheryl 5:30 CIZE LIVE: Jamie 6:20 INSANITY LIVE: Michelle 7:10 Yoga: Carol			2:05 Pilates: Stacy 3:00 Yoga : Tiffney
CYCLE	A M	5:45 Cycle: Chris 9:30 Cycle: Sarah	5:45 Cycle: Brooke 10:30 Cycle: Janice	5:45 Cycle Jen H		5:45 Cycle: Jen H 9:30 Cycle: Janice	9:00 Cycle: Jen 10:05 Cycle: Phillip	
	P M	6:00 Cycle: Sarah			6:00 Cycle: Janice			
WATE	A M	9:00 Water Explosion: Heather	9:30 Athletic Water: Janice	9:00 Water Explosion: Heather		9:00 Aqua Aerobics: Sue	9:00 Aqua Aerobics: Paula	
	P M	7:00 Aqua Interval: Kara		7:00 Aqua Aerobics: Cheryl				

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		21	22	23	24	25	26	27
LAND	A M	5:45 Boot Camp: Kim 8:30 Boot Camp: Phillip 9:30 Kickbox: Aubrey 10:30 Yoga Flow: Laura	5:45 INSANITY LIVE: Michelle 9:30 Zumba: Carolina 10:30 PiYo LIVE: Amanda 11:30 Back to Basics: Sarah	8:30 BODYSHRED: Jacque 9:30 Muscle: Janice 10:30 CIZE LIVE: Amanda 11:30 Yoga: Liz	5:45 HIIT Strength: Phillip 8:30 BARRE: Kristen 9:30 Cardio & Core: Jacque 10:30 Pilates (Int/Adv): Stacy 11:30 Muscle & Release: Janice Focus: Low Back	8:30 THE MIX: Aubrey 9:30 KickBox: Aubrey 10:30 Yoga: Paige	8:15 INSANITY LIVE: Marisa 9:05 Boot Camp: Marisa 10:05 Pilates (Beginner): Stacy	
	P M	*4:00 KidzFit (2 ½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 Boot Camp: Kim 7:10 Crossover Fitness: Kara 8:00 Pilates: Carol	4:30 Zumba Kids (5-12): Tiffney 5:30 Kickbox: Aubrey 6:20 Strength: Marisa 7:10 Yoga Flow: Jen W 8:10 YIN YOGA: Jen W	*4:00 KidzFit (2½-3): Kristen *4:30 KidzFit (4-6): Kristen *5:00 KidzFit (7-10): Kristen 5:30 Teen Athletics: Janice 6:20 BODYSHRED: Jacque 7:10 Crossover Fit: Michelle 8:00 BARRE: Brandi	4:30 Family Fitness: Cheryl 5:30 CIZE LIVE : Jamie 6:20 INSANITY LIVE: Aubrey 7:10 Yoga: Carol			CLOSED
CYCLE	A M	5:45 Cycle: Chris 9:30 Cycle: Tiffney	5:45 Cycle: Brooke 10:30 Cycle: Sarah	5:45 Cycle: Jen H		5:45 Cycle: Phillip 9:30 Cycle: Janice	9:00 Cycle: Sarah 10:05 Cycle: Tiffney	
	P M	6:00 Cycle: Sarah			6:00 Cycle: Janice			
WATER	A M	9:00 Water Explosion: Heather	9:30 Athletic Water: Janice	9:00 Water Explosion: Heather		9:00 Aqua Aerobics: Sue	9:00 Aqua Aerobics: Cheryl	
	P M	7:00 Aqua Interval: Chery		7:00 Aqua Aerobics: Cheryl				
		28	29	30	31			
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	P M	6:00 Cycle: Sarah			6:00 Cycle: Janice			
WATE	A M	9:00 Water Explosion: Heather	9:30 Athletic Water: Janice	9:00 Water Explosion: Heather				
	P M	7:00 Aqua Interval: Kara		7:00 Aqua Aerobics: Cheryl				