

**This month @ the Falls:**

- \*\*\* Saturday @ 10:40am Pilates with Stacy is back!!!!
- \*\*\* Sunday @ 2:05pm Kick N' Sculpt or PiYO Live with Marisa
- \*\*\* Mon, Tues, & Wed @ 4:30 & 5:00 pm Kidz Fit, Zumba Kids, & Kidz Yoga
- \*\*\* Join the Party! 80's Step Saturday, 4/8 & Saturday, 4/22
- \*\*\* Club Closed on Easter Sunday, April 16th

**New to the gym or looking for starter Group Fit classes?**

Try our Intro classes:



**Mon, Wed, Fri 9am Water Explosion,  
Mon 7:10p Pilates, Tue 11:30a Back to Basics  
Thu 8:30am Muscle & Release, Thur 10:30a Walk Fit**



**SATURDAY 4/1**

<b>GX Studio</b>	
8:15a INSANITY Live	Aubrey
9:05a Kickbox	Aubrey
10:40a Pilates	Stacy

**CYCLE Studio**

9:00a Cycle	Phillip
10:10a Cycle	Geraldine

**POOL**

9:00a Aqua Fitness	Paula
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**SUNDAY 4/2**

<b>GX Studio</b>	
2:05p Kick n Sculpt	Marisa
3:05p Yoga	Tiffany C.

<b>MONDAY 4/3</b>	<b>TUESDAY 4/4</b>	<b>WEDNESDAY 4/5</b>	<b>THURSDAY 4/6</b>	<b>FRIDAY 4/7</b>	<b>SATURDAY 4/8</b>
<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>	
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 Paige	10:40a Pilates Stacy
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Liz			
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 Kara	6:20p Crossover Fit Michelle	6:20p HIIT Extreme Geraldine		
7:10p Pilates Carol		7:10p Pilates Carol	7:10p Yoga Carol		
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>	
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	
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>	
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	
					<b>SUNDAY 4/9</b>
					<b>GX Studio</b>
					2:05p PiYO Live Marisa
					3:05p Yoga Tiffany C.
					<b>Granite Falls Triathlon THIS AM!!!!</b>

<b>MONDAY 4/10</b>	<b>TUESDAY 4/11</b>	<b>WEDNESDAY 4/12</b>	<b>THURSDAY 4/13</b>	<b>FRIDAY 4/14</b>	<b>SATURDAY 4/15</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
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 Jen W	11:30a Back to Basics Sarah	10:30a Yoga Tiffany C			
4:30p KidZFit(3-6) Cheryl	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl			<b>CYCLE Studio</b>
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl			9:00a Cycle Becky
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice	5:30p Strength&Sculpt Jamie		10:10a Cycle Phillip
6:20p Bootcamp Brandi	6:20p Strength Mia	6:20p Crossover Fit Michelle	6:20p HIIT Extreme Geraldine		<b>POOL</b>
7:10p Pilates Carol		7:10p Pilates Carol	7:10p Yoga Carol		9:00a Aqua Fitness Rachael
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 4/16</b> <b>HAPPY EASTER CLUB CLOSED</b>
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	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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	

<b>MONDAY 4/17</b>	<b>TUESDAY 4/18</b>	<b>WEDNESDAY 4/19</b>	<b>THURSDAY 4/20</b>	<b>FRIDAY 4/21</b>	<b>SATURDAY 4/22</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
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 Paige	10:40a Pilates Stacy
10:30a Yoga Flow Jen W	11:30a Back to Basics Sarah	10:30a Yoga Liz			
4:30p KidZFit(3-6) Cheryl	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl			<b>CYCLE Studio</b>
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl			9:00a Cycle Geraldine
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice	5:30p Strength&Sculpt Denae		10:10a Cycle Chris
6:20p Bootcamp Kim	6:20p Strength Kara	6:20p Crossover Fit Michelle	6:20p HIIT Extreme Geraldine		<b>POOL</b>
7:10p Pilates Carol		7:10p PiYO Live Marisa	7:10p Yoga Paige		9:00a Aqua Fitness Paula
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 4/23</b> <b>GX Studio</b>
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	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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	2:05p Kick n Sculpt Marisa
					3:05p Yoga Paige

<b>MONDAY 4/24</b>	<b>TUESDAY 4/25</b>	<b>WEDNESDAY 4/26</b>	<b>THURSDAY 4/27</b>	<b>FRIDAY 4/28</b>	<b>SATURDAY 4/29</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35a Boot Camp Michelle	8:30a Cardio & Core Aubrey	5:35a KB/DB/BB Muscle Janice	8:30a Muscle&Release Michelle	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 Kick n Sculpt Marisa
9:30a Kickbox Aubrey	10:30a PiYO Live Marisa	9:30 Rip'dUpRockBottom Geraldine	10:30a Walk Fit Geraldine	10:30a Yoga Paige	10:40a Pilates Stacy
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Liz			
4:30p KidZFit(3-6) Cheryl	4:30p Zumba Kids (3-6) Dawn	4:30p KidzYoga(3-6) Cheryl			<b>CYCLE Studio</b>
5:00p KidZFit(7-10) Cheryl	5:00p Zumba Kids(7-12) Dawn	5:00p KidzYoga(7-10) Cheryl			9:00a Cycle Chris
5:30p Teen Athletic Janice	5:30p Kickbox Aubrey	5:30p Teen Athletic Janice	5:30p Strength&Sculpt Jamie		10:10a Cycle Jen H
6:20p Bootcamp Kim	6:20p Strength Mia	6:20p Crossover Fit Michelle	6:20p HIIT Extreme Kim		<b>POOL</b>
7:10p Pilates Carol		7:10p Pilates Carol	7:10p Yoga Carol		9:00a Aqua Fitness Cheryl
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 4/30</b>
9:30a Cycle Geraldine	5:45a Cycle Jen H		5:45a Cycle Chris	5:45a CC & More Jen H	<b>GX Studio</b>
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Geraldine	9:30a Cycle Janice	2:05p PiYO Live Marisa
					3:05p Yoga Tiffany C
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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	

\* 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.

# 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!