

**This month @ the Falls...**

- \* **THURSDAY** night Yoga with Carol now at 6:30p, during Kidzone hours!!!
- \* **TUESDAY & THURSDAY** Cycle now earlier at 5:35am
- \* **SATURDAY 8/12, & 8/26 9:05am 80's STEP** with Jen H.
- \* **SUNDAY 2:05pm** now rotating: **PiYO live, STRONG- HIIT, Kickbox, & Power Core**



MONDAY 7/31	TUESDAY 8/1	WEDNESDAY 8/2	THURSDAY 8/3	FRIDAY 8/4	SATURDAY 8/5
<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 Boot Camp Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Marisa 11:30a Back to Basics Sarah	5:35a KB/DB/BB Muscle Janice 8:30a Crossover Fit Michelle 9:30 Rip'dUpRockBottom Geraldine 10:30a Yoga Jen W	8:30a Muscle&Release Janice 9:30a INSANITY Michelle	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a INSANITY Live Marisa 9:05a Kickbox Marisa 10:40a Pilates Stacy
4:30p KidZFit(3-6) Cheryl 5:00p KidZFit(7-10) Cheryl 5:30p Teen Athletic Janice 6:20p Bootcamp Kim 7:10p Pilates Carol	5:30p Kickbox Aubrey 6:20p Strength Kara	4:30p KidzYoga(3-6) Cheryl 5:00p KidzYoga(7-10) Cheryl 5:30p Teen Athletic Janice 6:20p Crossover Fit Michelle 7:10p Pilates Carol	5:30p Strength&Sculpt Jamie 6:30p Yoga Carol		<b>CYCLE Studio</b> 9:00a Cycle Geraldine
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>
9:30a Cycle Geraldine 6:00p Cycle Sarah	5:35a Cycle Jen H 9:30a Cycle Sarah		5:35a Cycle Chris 6:00p Cycle Janice	9:30a Cycle Janice	<b>POOL</b> <b>NO CLASS-- MAKOS EVENT</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>SUNDAY 8/6</b>
9:00a Water Explosion Cheryl	9:00a ATC(Lazy River) Rachael 7:00p Aqua Interval Cheryl	9:00a Water Explosion Heather	9:00a ATC(Lazy River) Cheryl 7:00p Aqua Interval Cheryl	9:00a Aqua Fitness Rachael	<b>GX Studio</b> 2:05p PiYO Live Marisa 3:05p Yoga Tiffany C

MONDAY 8/7		TUESDAY 8/8		WEDNESDAY 8/9		THURSDAY 8/10		FRIDAY 8/11		SATURDAY 8/12	
<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	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 Yoga	Jen W	10:30a Yoga	Paige	10:40a Pilates	Stacy
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Jen W						
4:30p KidZFit(3-6)	Cheryl			4:30p KidzYoga(3-6)	Cheryl					<b>CYCLE Studio</b>	
5:00p KidZFit(7-10)	Cheryl			5:00p KidzYoga(7-10)	Cheryl					NO CLASS--CYCLEATHON DAY!	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Brandi			<b>OUTDOOR POOL</b>	
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit/ATC	Rachael
7:10p Pilates	Carol			7:10p Pilates	Carol					<b>SUNDAY 8/13</b>	
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>GX Studio</b>	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H			5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p STRONG- HIIT	Carolina
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice			3:05p Yoga	Tiffany C
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Rachael	9:00a Water Explosion	Heather	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Kara				

MONDAY 8/14		TUESDAY 8/15		WEDNESDAY 8/16		THURSDAY 8/17		FRIDAY 8/18		SATURDAY 8/19	
<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	Michelle	9:30a Kickbox	Aubrey	9:05a Kickbox	Aubrey
9:30a Kickbox	Aubrey	10:30a PiYO Live	Marisa	9:30 Rip'dUpRockBottom	Geraldine	10:30a Yoga	Jen W	10:30a Yoga	Paige	10:40a Pilates	Stacy
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Jen W						
4:30p KidZFit(3-6)	Cheryl			4:30p KidzYoga(3-6)	Cheryl					<b>CYCLE Studio</b>	
5:00p KidZFit(7-10)	Cheryl			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			<b>OUTDOOR POOL</b>	
6:20p Bootcamp	Geraldine	6:20p Strength	Kara	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit/ATC	Paula
7:10p Pilates	Carol			7:10p Pilates	Carol					<b>SUNDAY 8/20</b>	
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>GX Studio</b>	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H			5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p Kickbox	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice			3:05p Yoga	Tiffany C
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Cheryl	9:00a ATC(Lazy River)	Rachael	9:00a Water Explosion	Heather	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 8/21	TUESDAY 8/22	WEDNESDAY 8/23	THURSDAY 8/24	FRIDAY 8/25	SATURDAY 8/26
<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 Boot Camp Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura  4:30p KidZFit(3-6) Geraldine 5:00p KidZFit(7-10) Geraldine 5:30p Teen Athletic Janice 6:20p Bootcamp Geraldine 7:10p Pilates Carol	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Marisa 11:30a Back to Basics Sarah  5:30p Kickbox Aubrey 6:20p Strength Mia	5:35a KB/DB/BB Muscle Janice 8:30a Crossover Fit Michelle 9:30 Rip'dUpRockBottom Marisa 10:30a Yoga Jen W  4:30p KidzYoga(3-6) Geraldine 5:00p KidzYoga(7-10) Geraldine 5:30p Teen Athletic Janice 6:20p Crossover Fit Michelle 7:10p Pilates Carol	8:30a Muscle&Release Janice 9:30a INSANITY Michelle  5:30p Strength&Sculpt Jamie 6:30p Yoga Carol	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a INSANITY Live Marisa 9:05a 80's Step Jen H 10:40a Pilates/Yoga Amy B Fusion  <b>CYCLE Studio</b> 9:00a Cycle Phillip  <b>POOL</b> 9:00a Aqua Fit/ATC Heather  <b>SUNDAY 8/27</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
9:30a Cycle Geraldine 6:00p Cycle Sarah	5:35a Cycle Jen H 9:30a Cycle Sarah		5:35a Cycle Chris 6:00p Cycle Janice	9:30a Cycle Janice	2:05p Power Core Jamie 3:05p Yoga Paige
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Shearon	9:00a ATC(Lazy River) Rachael 7:00p Aqua Interval Tricia	9:00a Water Explosion Heather	9:00a ATC(Lazy River) Shearon 7:00p Aqua Interval Kara	9:00a Aqua Fitness TBD	

MONDAY 8/28	TUESDAY 8/29	WEDNESDAY 8/30	THURSDAY 8/31	* Sign up required for all Cycle classes. You may sign-up on our App, online at <a href="http://www.granitefallsclub.com">http://www.granitefallsclub.com</a> , 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". 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 lose their reserved bike.
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	
5:35a Boot Camp Michelle 8:30a Boot Camp Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura  4:30p KidZFit(3-6) Cheryl 5:00p KidZFit(7-10) Cheryl 5:30p Teen Athletic Janice 6:20p Bootcamp Geraldine 7:10p Pilates Carol	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Marisa 11:30a Back to Basics Sarah  5:30p Kickbox Aubrey 6:20p Strength Kara	5:35a KB/DB/BB Muscle Janice 8:30a Crossover Fit Michelle 9:30 Rip'dUpRockBottom Geraldine 10:30a Yoga Jen W  4:30p KidzYoga(3-6) Cheryl 5:00p KidzYoga(7-10) Cheryl 5:30p Teen Athletic Janice 6:20p Crossover Fit Michelle 7:10p Pilates Carol	8:30a Muscle&Release Janice 9:30a INSANITY Michelle  5:30p Strength&Sculpt Jamie 6:30p Yoga Carol	
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	
9:30a Cycle Geraldine 6:00p Cycle Sarah	5:35a Cycle Jen H 9:30a Cycle Sarah		5:35a Cycle Chris 6:00p Cycle Janice	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Cheryl	9:00a ATC(Lazy River) Rachael 7:00p Aqua Interval Cheryl	9:00a Water Explosion Heather	9:00a ATC(Lazy River) Cheryl 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
- 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)
- Zumba** dance class inspired by the music & movement of Latin beats

## 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

- HIIT 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
- 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

- 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
- KidzYoga** 30 min class of Yoga designed just for kids. Two age level options.

## AQUATIC/POOL

- Against the Current** water aerobic mvmt in the Lazy River againstthe 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

\*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!