

## This month @ the Falls...

\* **Advanced Teen Certification (paid program)**  
with Janice on **MONDAY 4:00pm**

\* **Functional Movement(paid program)**  
with Josh on **THURSDAY 10:50am**

\* **SATURDAY 7/1, 7/15, & 7/29 9:05am 80's STEP**  
with Jen H.

\* **SUNDAY 7/2 & 7/30 2:05pm STRONG- HIIT intervals**  
with Carolina

\* **TUESDAY 4:30 & 5:00pm ZUMBA Kids**  
on Summer Break back in August



<b>SATURDAY 7/1</b>	
<b>GX Studio</b>	
8:15a INSANITY Live	Aubrey
9:05a 80's Step	Jen H
<b>FREE TRIAL CLASS</b>	
<b>Functional Fitness 10:40AM</b>	
<b>CYCLE Studio</b>	
9:00a Cycle	Chris
<b>POOL</b>	
9:00a Aqua Fit/ATC	Cheryl
<b>SUNDAY 7/2</b>	
<b>GX Studio</b>	
2:05p STRONG-HIIT	Carolina
3:05p Yoga	Tiffany C.

<b>MONDAY 7/3</b>	<b>TUESDAY 7/4</b>	<b>WEDNESDAY 7/5</b>	<b>THURSDAY 7/6</b>	<b>FRIDAY 7/7</b>	<b>SATURDAY 7/8</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 8:30a Boot Camp 9:30a Kickbox 10:30a Yoga Flow	Janice Phillip Aubrey Janice	5:35a KB/DB/BB Muscle 8:30a Crossover Fit 9:30 Rip'dUpRockBottom 10:30a Yoga	Janice Geraldine Marisa Jen W	8:30a Muscle&Release 9:30a INSANITY(45min)	Janice Marisa
4:30p KidZFit(3-6) 5:00p KidZFit(7-10) 5:30p Teen Athletic 6:20p Bootcamp 7:10p Pilates	Cheryl Cheryl Janice Kim Carol	4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Crossover Fit 7:10p Pilates	Cheryl Cheryl Janice Brandi Carol	5:30p Strength&Sculpt 6:20p HIIT Extreme 7:10p Yoga	Jamie Geraldine Carol
<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 6:00p Cycle	Geraldine Sarah	9:30a Cycle	Sarah	5:45a Cycle 6:00p Cycle	Chris Janice
<b>POOL</b>	<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)	Rachael	9:00a ATC(Lazy River)	Cheryl	9:00a ATC(Lazy River)	Kara
9:00a Aqua Fitness	Rachael	9:00a Aqua Fitness	Rachael	9:00a Aqua Fitness	Rachael
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
8:15a INSANITY Live 9:05a Kickbox 10:40a Pilates/Yoga	Aubrey Aubrey Fusion	8:15a INSANITY Live 9:05a Kickbox 10:40a Pilates/Yoga	Aubrey Aubrey	8:30a The MIX 9:30a Kickbox 10:30a Yoga	Aubrey Aubrey Paige
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>
9:00a Cycle	Phillip	9:00a Cycle	Phillip	9:00a Cycle	Phillip
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>
9:00a Aqua Fit/ATC	Paula	9:00a Aqua Fit/ATC	Paula	9:00a Aqua Fit/ATC	Paula
<b>SUNDAY 7/9</b>					
<b>GX Studio</b>					
2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C	2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C	2:05p PiYO Live 3:05p Yoga	Marisa Tiffany C

MONDAY 7/10		TUESDAY 7/11		WEDNESDAY 7/12		THURSDAY 7/13		FRIDAY 7/14		SATURDAY 7/15	
<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			5:35a KB/DB/BB 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	Geraldine	9:30a INSANITY(45min)	Michelle	9:30a Kickbox	Aubrey	10:40a Pilates/Yoga	
10:30a Yoga Flow	Laura	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W			10:30a Yoga	Paige	Fusion	Amy
		11:30a Back to Basics	Sarah							<b>CYCLE Studio</b>	
4:30p KidZFit(3-6)	Cheryl	ZUMBA KIDS ON SUMMER BREAK		4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Sarah
5:00p KidZFit(7-10)	Cheryl	back in AUGUST!!!		5:00p KidzYoga(7-10)	Cheryl					<b>OUTDOOR POOL</b>	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			9:00a Aqua Fit/ATC	Rachael
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>SUNDAY 7/16</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	5:45a Cycle	Jen H			5:45a Cycle	Chris			2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a 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				

MONDAY 7/17		TUESDAY 7/18		WEDNESDAY 7/19		THURSDAY 7/20		FRIDAY 7/21		SATURDAY 7/22	
<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			5:35a KB/DB/BB 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(45min)	Michelle	9:30a Kickbox	Aubrey	10:40a Pilates	Stacy
10:30a Yoga Flow	Laura	10:30a Power Yoga	Tammy	10:30a Yoga	Tiffany C			10:30a Yoga	Paige		
		11:30a Back to Basics	Sarah							<b>CYCLE Studio</b>	
4:30p KidZFit(3-6)	Cheryl	ZUMBA KIDS ON SUMMER BREAK		4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	back in AUGUST!!!		5:00p KidzYoga(7-10)	Cheryl					<b>OUTDOOR POOL</b>	
5:30p Teen Athletic	Janice	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Janice	5:30p Strength&Sculpt	Jamie			9:00a Aqua Fit/ATC	Shearon
6:20p Bootcamp	Kim	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:20p HIIT Extreme	Geraldine				
7:10p Pilates	Carol			7:10p Pilates	Carol	7:10p Yoga	Carol			<b>SUNDAY 7/23</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	5:45a Cycle	Jen H			5:45a Cycle	Chris			2:05p PiYO Live	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah			6:00p Cycle	Janice	9:30a 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	Cheryl	9:00a ATC(Lazy River)	Cheryl	9:00a Aqua Fitness	Rachael		
						7:00p Aqua Interval	Kara				

MONDAY 7/24	TUESDAY 7/25	WEDNESDAY 7/26	THURSDAY 7/27	FRIDAY 7/28	SATURDAY 7/29
<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 Tiffany	8:30a Cardio & Core Aubrey 9:30a Zumba Tammy 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 Marisa 10:30a Yoga Jen W	8:30a Muscle&Release Sarah 9:30a INSANITY(45min) Michelle	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a INSANITY Live Michelle 9:05a 80's Step Jen H 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	ZUMBA KIDS ON SUMMER BREAK back in AUGUST!!!	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 Brandi 6:20p HIIT Extreme Geraldine 7:10p Yoga Carol		<b>CYCLE Studio</b> 9:00a Cycle Becky
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>POOL</b>
9:30a Cycle Geraldine 6:00p Cycle Sarah	5:45a Cycle Jen H 9:30a Cycle Sarah		5:45a Cycle Chris 6:00p Cycle Sarah	9:30a Cycle Sarah	9:00a Aqua Fit/ATC Heather
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>SUNDAY 7/30</b>
9:00a Water Explosion Cheryl	9:00a ATC(Lazy River) TBD	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 STRONG- HIIT Carolina 3:05p Yoga Paige

MONDAY 7/31
<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 Kim 7:10p Pilates Carol
<b>CYCLE Studio</b>
9:30a Cycle Geraldine 6:00p Cycle Sarah
<b>POOL</b>
9:00a Water Explosion Cheryl

**\* 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". 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.**