

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

**\* Get ready to rock the new year!**

**Register for the Biggest Chooser 2018-starting December 1st.**

**\* BYO Foam Roller- Bring your own please! Thursday 10:45am  
45 min class with Stacy**

**\* SUNDAY 12/10 2:05pm WEEKEND ZUMBA!!!  
with Carolina**

**\* SATURDAY 12/23 9:05am HOLIDAY POWER YOGA  
with Tammy**

**\* SUNDAY 12/31 Specials: 2:05pm Boot Camp & 3:05pm Yoga**



MONDAY 11/27		TUESDAY 11/28		WEDNESDAY 11/29		THURSDAY 11/30		FRIDAY 12/1		SATURDAY 12/2	
<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 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 Boot Camp	Phillip
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Geraldine	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							<b>CYCLE Studio</b>	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Becky
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a Aqua Fit	Cheryl
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol				
7:10p Pilates	Carol			7:10p Pilates	Carol					<b>SUNDAY 12/3</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	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p PiYO Live	Marisa
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Paige
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Kara		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 12/4		TUESDAY 12/5		WEDNESDAY 12/6		THURSDAY 12/7		FRIDAY 12/8		SATURDAY 12/9	
<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	Heather			5:35a Muscle	Janice					8:15a INSANITY Live	Marisa
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Geraldine	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	Marisa	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga	Jen W	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							<b>CYCLE Studio</b>	
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					<b>POOL</b>	
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a Aqua Fit	Shearon
6:20p Bootcamp	Geraldine	6:20p Strength	Denae	6:20p Crossover Fit	Jamie	6:30p Yoga	Carol				
7:10p Pilates	Carol			7:10p Pilates	Carol					<b>SUNDAY 12/10</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	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Zumba	Carolina
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Paige
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 12/11		TUESDAY 12/12		WEDNESDAY 12/13		THURSDAY 12/14		FRIDAY 12/15		SATURDAY 12/16	
<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 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 Kickbox	Aubrey
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Marisa	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Amanda	10:30a Yoga	Jen W	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							<b>CYCLE Studio</b>	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFUNK(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Sarah
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFUNK(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a Aqua Fit	Paula
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol				
7:10p Pilates	Carol			7:10p Pilates	Carol					<b>SUNDAY 12/17</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	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Power Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Paige
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:00p Aqua Interval	Cheryl			7:00p Aqua Interval	Cheryl				

MONDAY 12/18	TUESDAY 12/19	WEDNESDAY 12/20	THURSDAY 12/21	FRIDAY 12/22	SATURDAY 12/23
<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 Muscle Janice			8:15a INSANITY Live Michelle
8:30a Boot Camp Phillip	8:30a Cardio & Core Geraldine	8:30a Crossover Fit Michelle	8:30a Muscle&Release Janice	8:30a The MIX Denae	<b>9:05a Holiday Power Yoga with Tammy</b>
9:30a Cardio Drills Denae	9:30a Zumba Tammy	9:30 Rip'dUpRockBottom Geraldine	9:30a INSANITY Michelle	9:30a Boot Camp Heather	
9:30a Walk Fit Sarah	10:30a PiYO Live Amanda	10:30a Yoga Jen W	10:45a BYO Foam Roll Janice	10:30a Yoga Paige	
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah				<b>CYCLE Studio</b>
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			
5:30p Teen Athletic Geraldine	5:30p Cardio Drills Jamie	5:30p Teen Athletic Geraldine	5:40p Bootcamp(45 min) Heather		<b>POOL</b>
6:20p Bootcamp Geraldine	6:20p Strength Denae	6:20p Crossover Fit Michelle	6:30p Yoga Carol		9:00a Aqua Fit Cheryl
7:10p Pilates Carol		7:10p Pilates Carol			
					<b>SUNDAY 12/24</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>Christmas Eve Club Closed</b>
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		
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Kara		9:00a Water Explosion Heather		9:00a Aqua Fitness Rachael	
	7:00p Aqua Interval Cheryl		7:00p Aqua Interval Cheryl		

MONDAY 12/25	TUESDAY 12/26	WEDNESDAY 12/27	THURSDAY 12/28	FRIDAY 12/29	SATURDAY 12/30
<b>MERRY CHRISTMAS CLUB CLOSED</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
		5:35a Muscle Janice			8:15a INSANITY Live Aubrey
	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 Zumba Carolina	9:30 Rip'dUpRockBottom Janice	9:30a INSANITY Michelle	9:30a Kickbox Aubrey	
	10:30a Pilates Brandi	10:30a Yoga Jen W	10:45a BYO Foam Roll Janice	10:30a Yoga Paige	<b>CYCLE Studio</b>
	11:30a Back to Basics Janice				9:00a Cycle Tricia
	4:30p KidZFUNK(3-6) Tammy	4:30p KidzYoga(3-6) Cheryl			<b>POOL</b>
	5:00p KidZFUNK(7-10) Tammy	5:00p KidzYoga(7-10) Cheryl	5:40p Bootcamp(45 min) TBA		<b>NO AQUA TODAY Makos swim meet</b>
	5:30p Kickbox Aubrey	5:30p Teen Athletic Cheryl	6:30p Yoga Carol		<b>SUNDAY 12/31</b>
	6:20p Strength Mia	6:20p Crossover Fit Michelle			<b>GX Studio</b>
	7:10p Pilates Carol				
					<b>Happy New Year's Eve!</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	2:05p Don't Drop the (Big) Ball Bootcamp with Rachael
5:35a Cycle Jen H	12:30p Cycle Express Heather	5:35a Cycle Chris	5:35a Cycle Chris	9:30a Cycle Janice	3:05p Yoga with Laura
9:30a Cycle Janice	30 min class	6:00p Cycle Janice	6:00p Cycle Janice		
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
	9:00a Water Explosion Heather		9:00a Aqua Fitness Rachael	9:00a Aqua Fitness Rachael	
7:00p Aqua Interval Tricia		7:00p Aqua Interval 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
- Strong HIIT** 55 min cardio/strength for athletes looking to take it to the next level
- 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, 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!**