

This month @ the Falls...

- * **Get ready to rock the new year! STILL TIME LEFT to register for the Biggest Chooser 2018**
- * **NEW Yoga Express, Come give it a try! Wednesday 10:30am-- 45 min class with Laura**
- * **NEW Functional Fit Thursday 8:30am with Josh**
- * **SUNDAY 1/7 2:05pm ZUMBA with Carolina**
SUNDAY 1/21 2:05pm DANCE FUNK with Tammy
- * **Kid's & Teen classes Monday thru Wed... check one out!!!**
- * **Club closed 1/1 - Happy New Year!!!**



**HAPPY
NEW
YEAR!!!!**

MONDAY 1/1	TUESDAY 1/2	WEDNESDAY 1/3	THURSDAY 1/4	FRIDAY 1/5	SATURDAY 1/6
	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Marisa 11:30a Back to Basics Sarah 4:30p KidZFit(3-6) Tammy 5:00p KidZFit(7-10) Tammy 5:30p Kickbox Aubrey 6:20p Strength Mia	5:35a Muscle Janice 8:30a Crossover Fit Michelle 9:30 Rip'dUpRockBottom Marisa 10:30a Yoga Express(45min) Laura 4:30p KidzYoga(3-6) Cheryl 5:00p KidzYoga(7-10) Cheryl 5:30p Teen Athletic Cheryl 6:20p Crossover Fit Michelle 7:10p Pilates Carol	8:30a Functional Fit Josh 9:30a INSANITY Michelle 10:45a BYO Foam Roll Stacy 5:40p Bootcamp(45 min) Heather 6:30p Yoga Carol	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a INSANITY Live Aubrey 9:05a Boot Camp Phillip
	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
	5:35a Cycle Jen H 9:30a Cycle Sarah	12:30p Cycle Express Heather 30 min class	5:35a Cycle Chris 6:00p Cycle Janice	9:30a Cycle Janice	9:00a Cycle Becky
	POOL	POOL	POOL	POOL	POOL
	7:00p Aqua Interval Cheryl	9:00a Water Explosion Heather	7:00p Aqua Interval Cheryl	9:00a Aqua Fitness Rachael	9:00a Aqua Fit Cheryl
					SUNDAY 1/7
					GX Studio
					2:05p Zumba Carolina 3:05p Yoga Tricia

MONDAY 1/8		TUESDAY 1/9		WEDNESDAY 1/10		THURSDAY 1/11		FRIDAY 1/12		SATURDAY 1/13	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Janice					8:15a INSANITY Live	Marisa
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Functional Fit	Josh	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	Michelle	9:30a Kickbox	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Amanda	10:30a Yoga Express(45min)	Laura	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFit(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					POOL	
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	Michelle	6:30p Yoga	Carol			SUNDAY 1/14	
7:10p Pilates	Carol			7:10p Pilates	Carol					GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
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
POOL		POOL		POOL		POOL		POOL			
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 1/15		TUESDAY 1/16		WEDNESDAY 1/17		THURSDAY 1/18		FRIDAY 1/19		SATURDAY 1/20	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
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 Functional Fit	Josh	8:30a The MIX	Aubrey	9:05a Kickbox	Aubrey
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Geraldine	9:30a INSANITY	Michelle	9:30a Boot Camp	Aubrey		
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga Express(45min)	Laura	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFit(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Chris
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					POOL	
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	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			SUNDAY 1/21	
7:10p Pilates	Carol			7:10p Pilates	Carol					GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Dance Funk	Tammy
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Sarah	9:30a Cycle	Janice	3:05p Yoga	Laura
POOL		POOL		POOL		POOL		POOL			
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 1/22		TUESDAY 1/23		WEDNESDAY 1/24		THURSDAY 1/25		FRIDAY 1/26		SATURDAY 1/27	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Janice					8:15a INSANITY Live	Marisa
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Functional Fit	Josh	8:30a The MIX	Aubrey	9:05a PiYO Live	Marisa
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	Amanda	10:30a Yoga Express(45min)	Laura	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah							CYCLE Studio	
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFit(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl					9:00a Cycle	Tricia
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					POOL	
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a Aqua Fit	Heather
6:20p Bootcamp	Geraldine	6:20p Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			SUNDAY 1/28	
7:10p Pilates	Carol			7:10p Pilates	Carol					2:05p Barre	Heather
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		3:05p Yoga	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris				
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Sarah	9:30a Cycle	Janice		
POOL		POOL		POOL		POOL		POOL			
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 1/29		TUESDAY 1/30		WEDNESDAY 1/31	
GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Janice
8:30a Boot Camp	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30 Rip'dUpRockBottom	Marisa
9:30a Walk Fit	Sarah	10:30a PiYO Live	Marisa	10:30a Yoga Express(45min)	Laura
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah		
4:30p KidZFit(3-6)	Cheryl	4:30p KidZFit(3-6)	Tammy	4:30p KidzYoga(3-6)	Cheryl
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine
6:20p Bootcamp	Geraldine	6:20p Strength	Denae	6:20p Crossover Fit	Michelle
7:10p Pilates	Carol			7:10p Pilates	Carol
CYCLE Studio		CYCLE Studio		CYCLE Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class	
POOL		POOL		POOL	
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather
		7:00p Aqua Interval	Cheryl		

*** Sign up required for all Cycle classes. 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 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.**

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

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