

This month @ the Falls...

*** NEW TIME & extra class added:**

8:30 & 9:45 AM Cycle classes on SATURDAY!!!!

*** NEW! Cardio & Core Sundays 2/04 & 2/11 with Jamie**

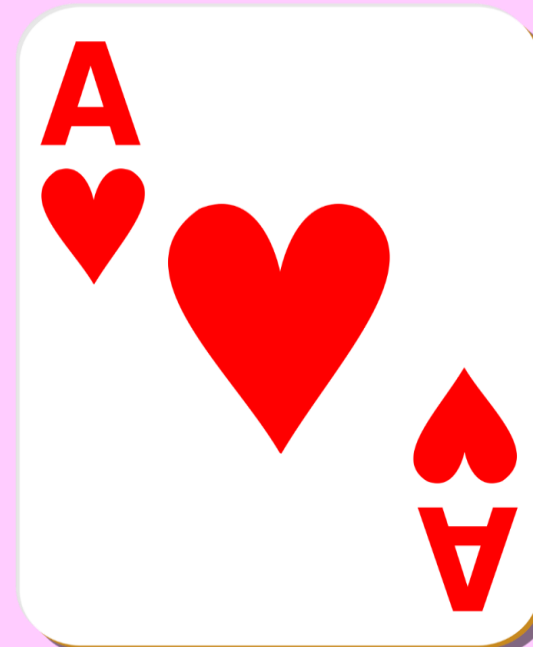
*** NEW! Barbell Strength Mondays 8:30am with Phillip**

*** Functional Fit Thursdays 8:30am with Josh**

*** SUNDAY 2/25 2:05pm ZUMBA with Carolina**

SUNDAY 2/18 2:05pm DANCE FUNK with Tammy

*** Kid's & Teen classes Monday thru Wed... check it out!!!**



MONDAY 1/29		TUESDAY 1/30		WEDNESDAY 1/31		THURSDAY 2/1		FRIDAY 2/2		SATURDAY 2/3	
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 Boot Camp	Phillip
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30a Rip'dup/Rock Bottom	Marisa	9:30a INSANITY	Michelle	9:30a Kickbox	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					8:30a Cycle	Becky
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Amy
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Aubrey	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			POOL	
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						
										SUNDAY 2/4	
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 Cardio & Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
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 2/5		TUESDAY 2/6		WEDNESDAY 2/7		THURSDAY 2/8		FRIDAY 2/9		SATURDAY 2/10	
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 Barbell Strength	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	9:30a Muscle Strength	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					8:30a Cycle	Geraldine
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Geraldine
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Jamie	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			POOL	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Heather
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 2/11	
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 Cardio & Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Tricia	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 2/12		TUESDAY 2/13		WEDNESDAY 2/14		THURSDAY 2/15		FRIDAY 2/16		SATURDAY 2/17	
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 Barbell Strength	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	9:30a Muscle Strength	Marisa	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					8:30a Cycle	Chris
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Phillip
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Jamie	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			POOL	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Paula
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 2/18	
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	Janice	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
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 2/19		TUESDAY 2/20		WEDNESDAY 2/21		THURSDAY 2/22		FRIDAY 2/23		SATURDAY 2/24	
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 Barbell Strength	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	9:30a Muscle Strength	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					8:30a Cycle	Tricia
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Chris
5:30p Teen Athletic	Geraldine	5:30p Kickbox	Jamie	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			POOL	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Shearon
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 2/25	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		2:05p Zumba	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Geraldine	5:35a Cycle	Chris			Carolina	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Tricia	9:30a Cycle	Janice	3:05p Yoga	
										Tiffany C	
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 2/26		TUESDAY 2/27		WEDNESDAY 2/28	
GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Janice
8:30a Barbell Strength	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30a Muscle Strength	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	Jamie	5:30p Teen Athletic	Geraldine
6:20p Bootcamp	Geraldine	6:20p Muscle 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 Interval Training powered by the beat of great music
- 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(Barbell)** 45 min class using barbells, plates, & free weights to build power
- Muscle** strength using a variety of tools to create resitance/build tone/definition

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
- Funtional Fitness** reconnect with your body's natural ability to move & balance
- 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, 45 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 Express** 30 min more intense version of the regular cycle class

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