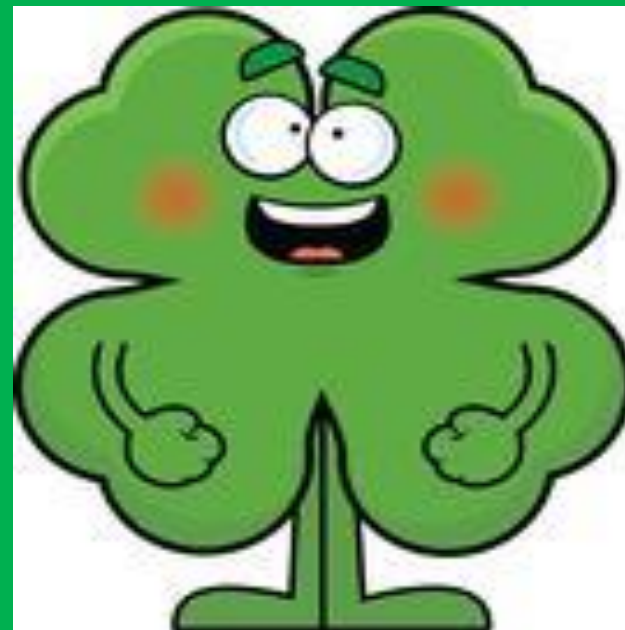


This month @ the Falls...

- * **Cardio & Core Sundays 3/04 & 3/17 with Jamie**
- * **Barbell Strength Mondays 8:30am with Phillip**
- * **Functional Fit Thursdays 8:30am with Josh**
- * **SUNDAY 3/11 2:05pm DANCE FUNK with Tammy**
* **SUNDAY 3/25 2:05pm ZUMBA with Carolina**
- * **Both cycle classes continue on Saturdays @ 8:30am & 9:45am, with rotating instructors**



MONDAY 2/26		TUESDAY 2/27		WEDNESDAY 2/28		THURSDAY 3/1		FRIDAY 3/2		SATURDAY 3/3	
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 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 Boot Camp	Heather
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30a Muscle Strength	Marisa	9:30a INSANITY	Marisa	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	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	Cheryl
7:10p Pilates	Carol			7:10p Pilates	Carol						
										SUNDAY 3/4	
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	Shearon		
		7:00p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 3/5		TUESDAY 3/6		WEDNESDAY 3/7		THURSDAY 3/8		FRIDAY 3/9		SATURDAY 3/10	
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	Phillip
5:30p Teen Athletic	Geraldine	5:30p Cardio Drills	Geraldine	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 3/11	
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 Dance Funk	Tammy
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	Heather		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 3/12		TUESDAY 3/13		WEDNESDAY 3/14		THURSDAY 3/15		FRIDAY 3/16		SATURDAY 3/17	
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 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	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 Cardio Drills	Denae	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 3/18	
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 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	Shearon		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 3/19		TUESDAY 3/20		WEDNESDAY 3/21		THURSDAY 3/22		FRIDAY 3/23		SATURDAY 3/24	
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 Cardio Drills	Geraldine	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 3/25	
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			3:05p Yoga	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Tricia	9:30a Cycle	Janice	Carolina	
POOL		POOL		POOL		POOL		POOL		Tiffany C	
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Shearon		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 3/26		TUESDAY 3/27		WEDNESDAY 3/28		THURSDAY 3/29		FRIDAY 3/30		SATURDAY 3/31	
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 Boot Camp	Phillip
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	9:30a Muscle Strength	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	Geraldine
5:00p KidZFit(7-10)	Cheryl	5:00p KidZFit(7-10)	Tammy	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Tricia
5:30p Teen Athletic	Geraldine	5:30p Cardio Drills	Denae	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	Cheryl
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 4/1	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		Happy Easter! Club CLOSED	
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	Janice	9:30a Cycle	Janice		
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Cheryl		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	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!