

This month @ the Falls...

*** THURSDAY 7:05pm AQUA CIRCUITS with Cheryl**

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

*** Kidz Functional Fit Mondays 4:30 & 5:00pm with Josh**

*** Kidz Boot Camp Tuesdays 4:30 & 5:00 pm with Howie**

*** Kidz Yoga Wednesdays 4:30 & 5:00pm with Cheryl**

*** SUNDAY 4/8 2:05pm ZUMBA with Carolina**

*** SUNDAY 4/29 2:05-3:35pm Balance for Beginners Yoga with Tiffany C**



MONDAY 4/2		TUESDAY 4/3		WEDNESDAY 4/4		THURSDAY 4/5		FRIDAY 4/6		SATURDAY 4/7	
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 Geraldine		9:30a INSANITY Michelle		9:30a Kickbox Aubrey			
9:30a Walk Fit Sarah	10:30a PiYO Live Marisa			10:30a Yoga Express(45min) Carol		10:45a BYO Foam Roll Stacy		10:30a Yoga Paige			
10:30a Yoga Flow Carol	11:30a Back to Basics Sarah										
4:30p KidZ Functional Fit(3-6) Josh	4:30p KidZBoot Camp(3-6) Howie			4:30p KidzYoga(3-6) Cheryl						CYCLE Studio	
5:00p KidZ Functional Fit(7-11) Josh	5:00p KidZBoot Camp(7-10) Howie			5:00p KidzYoga(7-10) Cheryl						8:30a Cycle Tricia	
5:30p Teen Athletic Geraldine	5:30p Kickbox Aubrey			5:30p Teen Athletic Geraldine		5:40p Bootcamp(45 min) Heather				9:45a Cycle Heather	
6:20p Bootcamp Geraldine	6:20p Muscle Strength Mia			6:20p Crossover Fit Michelle		6:30p Yoga Carol				POOL	
7:10p Pilates Carol				7:10p Pilates Carol						9:00a Aqua Bootcamp Cheryl	
										SUNDAY 4/8	
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 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	
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 4/9		TUESDAY 4/10		WEDNESDAY 4/11		THURSDAY 4/12		FRIDAY 4/13		SATURDAY 4/14	
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	Marisa	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 KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					8:30a Cycle	Becky
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Phillip
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 Muscle Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Heather
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 4/15	
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	Tiffany C
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Kara		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 4/16		TUESDAY 4/17		WEDNESDAY 4/18		THURSDAY 4/19		FRIDAY 4/20		SATURDAY 4/21	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Heather					8:15a INSANITY Live	Aubrey
8:30a Barbell Strength	Phillip	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a NO CLASS THIS WEEK		8:30a The MIX	Aubrey	9:05a Kickbox	Aubrey
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	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 KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					8:30a Cycle	Chris
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Phillip
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 Muscle Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Paula
7:10p Pilates	Carol			7:10p Pilates	Carol					SUNDAY 4/22	
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	Laura
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara			9:00a Water Explosion	Heather			9:00a Aqua Fitness	Kara		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 4/23		TUESDAY 4/24		WEDNESDAY 4/25		THURSDAY 4/26		FRIDAY 4/27		SATURDAY 4/28	
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	Marisa	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 KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					8:30a Cycle	Geraldine
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:00p KidzYoga(7-10)	Cheryl					9:45a Cycle	Chris
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 Muscle Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Fit	Shearon
7:10p Pilates	Carol			7:10p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 4/29	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:30p Cycle Express	Sarah	5:35a Cycle	Chris			Special Yoga class offering!!! Balance for Beginners 2:05-3:35pm with Tiffany C	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Tricia	9:30a Cycle	Janice		
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 4/30	
GX Studio	
5:35a Boot Camp	Michelle
8:30a Barbell Strength	Phillip
9:30a Kickbox	Aubrey
9:30a Walk Fit	Sarah
10:30a Yoga Flow	Laura
4:30p KidZ Functional Fit(3-6)	Josh
5:00p KidZ Functional Fit(7-11)	Josh
5:30p Teen Athletic	Geraldine
6:20p Bootcamp	Geraldine
7:10p Pilates	Carol
CYCLE Studio	
9:30a Cycle	Geraldine
6:00p Cycle	Sarah
POOL	
9:00a Water Explosion	Kara

* 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

*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!