

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

**\* NEW!!! ZUMBA Tuesdays 5:30pm with Sue**

**\* TUES & THURS 9:00am ATC- Lazy River with Rachael & Cheryl STARTS MAY 29th!!!**

**\* 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 ROTATION: 2:05pm**

**5/6 & 5/20 Cardio & Core with Jamie**

**5/13 & 5/27 DANCE FUNK with Tammy**



MONDAY 4/30		TUESDAY 5/1		WEDNESDAY 5/2		THURSDAY 5/3		FRIDAY 5/4		SATURDAY 5/5	
<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 Barbell Strength	Heather	8:30a Cardio & Core	Aubrey	8:30a Crossover Fit	Michelle	8:30a Functional Fit	Josh	8:30a The MIX	Aubrey	9:05a Boot Camp	Brandi
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	Laura	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 KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					8:30a Cycle	Tricia
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 Zumba	Sue	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			<b>POOL</b>	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			9:00a Aqua Bootcamp	Cheryl
7:10p Pilates	Carol			7:10p Pilates	Carol						
										<b>SUNDAY 5/6</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 Cardio & Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30 min class		6:00p Cycle	Tricia	9:30a Cycle	Geraldine	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		
		7:05p Aqua Interval	Cheryl			7:05p Aqua Circuits	Cheryl				

<b>MONDAY 5/7</b>		<b>TUESDAY 5/8</b>		<b>WEDNESDAY 5/9</b>		<b>THURSDAY 5/10</b>		<b>FRIDAY 5/11</b>		<b>SATURDAY 5/12</b>	
<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	8:30a Cardio & Core	Aubrey	5:35a Muscle	Janice	8:30a Functional Fit	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Marisa
8:30a Barbell Strength	Denae	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a 80's Step	Jen H
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Marisa	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige	<b>CYCLE Studio</b>	
9:30a Walk Fit	Denae	11:30a Back to Basics	Cheryl	10:30a Yoga	Laura					8:30a Cycle	Becky
10:30a Yoga Flow	Laura	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					9:45a Cycle	Phillip
4:30p KidZ Functional Fit(3-6)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:00p KidZ Functional Fit(7-11)	Josh	5:30p Zumba	Sue	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Jamie			9:00a Aqua Fit	Heather
5:30p Teen Athletic	Geraldine	6:20p Muscle Strength	Denae	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			<b>SUNDAY 5/13</b>	
6:20p Bootcamp	Geraldine			7:10p Pilates	Carol					<b>GX Studio</b>	
7:10p Pilates	Carol									2:05p Dance Funk	Tammy
<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	9:30a Cycle	Janice	3:05p Yoga	Tammy
6:00p Cycle	Amy	9:30a Cycle	Geraldine	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	7:05p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		

<b>MONDAY 5/14</b>		<b>TUESDAY 5/15</b>		<b>WEDNESDAY 5/16</b>		<b>THURSDAY 5/17</b>		<b>FRIDAY 5/18</b>		<b>SATURDAY 5/19</b>	
<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	8:30a Cardio & Core	Aubrey	5:35a Muscle	Janice	8:30a Functional Fit	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Kickbox	Aubrey
9:30a Kickbox	Aubrey	10:30a PiYO Live	Marisa	9:30a Muscle Strength	Geraldine	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Tammy	<b>CYCLE Studio</b>	
9:30a Walk Fit	Sarah	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					8:30a Cycle	Chris
10:30a Yoga Flow	Laura	4:30p KidZBoot Camp(3-6)	Howie	4:30p KidzYoga(3-6)	Cheryl					9:45a Cycle	Phillip
4:30p KidZ Functional Fit(3-6)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:00p KidZ Functional Fit(7-11)	Josh	5:30p Zumba	Sue	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a Aqua Fit	Paula
5:30p Teen Athletic	Geraldine	6:20p Muscle Strength	Mia	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			<b>SUNDAY 5/20</b>	
6:20p Bootcamp	Geraldine			7:10p Pilates	Carol					<b>GX Studio</b>	
7:10p Pilates	Carol									2:05p Cardio & Core	Jamie
<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	9:30a Cycle	Janice	3:05p Yoga	Tiffany C
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	7:05p Aqua Interval	Cheryl	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 5/21	TUESDAY 5/22	WEDNESDAY 5/23	THURSDAY 5/24	FRIDAY 5/25	SATURDAY 5/26
<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 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 Laura	10:45a BYO Foam Roll Stacy	10:30a Yoga Tiffany	
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah				<b>CYCLE Studio</b>
4:30p KidZFit(3-6) Tammy	4:30p KidZBoot Camp(3-6) Howie	4:30p KidzYoga(3-6) Cheryl			8:30a Cycle Geraldine
5:00p KidZFit(7-10) Tammy	5:00p KidZBoot Camp(7-10) Howie	5:00p KidzYoga(7-10) Cheryl			9:45a Cycle Heather
5:30p Teen Athletic Geraldine	5:30p Zumba Sue	5:30p Teen Athletic Geraldine	5:40p Bootcamp(45 min) Heather		<b>POOL</b>
6:20p Bootcamp Geraldine	6:20p Muscle Strength Denae	6:20p Crossover Fit Michelle	6:30p Yoga Carol		9:00a ATC/Aqua Fit Shearon
7:10p Pilates Carol		7:10p Pilates Carol			OUTDOOR POOL AREA
					<b>SUNDAY 5/27</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	2:05p Dance Funk Tammy
9:30a Cycle Geraldine	5:35a Cycle Jen H	12:30p Cycle Express Geraldine	5:35a Cycle Chris		3:05p Yoga Tammy
6:00p Cycle Sarah	9:30a Cycle Sarah	30 min class	6:00p Cycle Tricia	9:30a 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	
	7:05p Aqua Interval Cheryl		7:05p Aqua Circuits Cheryl		

MONDAY 5/28	TUESDAY 5/29	WEDNESDAY 5/30	THURSDAY 5/31	* Sign up required for all Cycle classes. You may sign-up online at <a href="http://www.granitefallsclub.com">http://www.granitefallsclub.com</a> 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.
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	
NO 535am class today		5:35a Muscle Janice		
8:30-10am KILLER Cardio Boot Camp with Phillip & Aubrey	8:30a Cardio & Core Aubrey	8:30a Crossover Fit Michelle	8:30a Functional Fit Josh	
	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	9:30a INSANITY Michelle	
	10:30a PiYO Live Marisa	10:30a Yoga Laura	10:45a BYO Foam Roll Stacy	
Happy Memorial Day No evening classes or Kidzone	11:30a Back to Basics Sarah			
	4:30p KidZBoot Camp(3-6) Howie	4:30p KidzYoga(3-6) Cheryl		
	5:00p KidZBoot Camp(7-10) Howie	5:00p KidzYoga(7-10) Cheryl		
	5:30p Zumba Sue	5:30p Teen Athletic Geraldine	5:40p Bootcamp(45 min) Heather	
	6:20p Muscle Strength Mia	6:20p Crossover Fit Michelle	6:30p Yoga Carol	
		7:10p Pilates Carol		
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	
9:30a Cycle Geraldine	5:35a Cycle Jen H	12:30p Cycle Express Geraldine	5:35a Cycle Chris	
	9:30a Cycle Sarah	30 min class	6:00p Cycle Janice	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Kara	9:00a ATC-Lazy River Rachael	9:00a Water Explosion Heather	9:00a ATC-Lazy River 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!