

This month @ the Falls...

* **Cycle Express moved to 12PM on WEDNESDAYS**

* **TUES & THURS 9:00am ATC- Lazy River with Rachael & Cheryl**

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

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

* **Kidz Yoga Wednesdays on Summer Break...back in September**

* **SUNDAY ROTATION: 2:05pm**

6/3 & 6/17 Cardio & Core with Jamie

6/10 Zumba with Carolina

6/24 DANCE FUNK with Tammy



* **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.**

| WEDNESDAY 5/30 | | THURSDAY 5/31 | | FRIDAY 6/1 | | SATURDAY 6/2 | |
|-----------------------|-----------|------------------------|----------|---------------------|---------|----------------------------|--|
| GX Studio | | GX Studio | | GX Studio | | GX Studio | |
| 5:35a Muscle | Janice | | | | | 8:15a INSANITY Live Aubrey | |
| 8:30a Crossover Fit | Michelle | 8:30a Functional Fit | Josh | 8:30a The MIX | Aubrey | 9:05a Boot Camp Phillip | |
| 9:30a Muscle Strength | Geraldine | 9:30a INSANITY | Michelle | 9:30a Kickbox | Aubrey | | |
| 10:30a Yoga | Laura | 10:45a BYO Foam Roll | Stacy | 10:30a Yoga | Paige | | |
| | | | | | | CYCLE Studio | |
| 4:30p KidzYoga(3-6) | Cheryl | | | | | 8:30a Cycle Becky | |
| 5:00p KidzYoga(7-10) | Cheryl | | | | | POOL | |
| 5:30p Teen Athletic | Geraldine | 5:40p Bootcamp(45 min) | Heather | | | 9:00a ATC/Aqua Fit Cheryl | |
| 6:20p Crossover Fit | Michelle | 6:30p Yoga | Carol | | | OUTDOOR POOL AREA | |
| 7:10p Pilates | Carol | | | | | SUNDAY 6/3 | |
| CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | GX Studio | |
| 12:30p Cycle Express | Geraldine | 5:35a Cycle | Chris | | | 2:05p Cardio & Core Jamie | |
| 30 min class | | 6:00p Cycle | Janice | 9:30a Cycle | Janice | 3:05p Yoga Paige | |
| POOL | | POOL | | POOL | | | |
| 9:00a Water Explosion | Heather | 9:00a ATC-Lazy River | Cheryl | 9:00a Aqua Fitness | Rachael | | |
| | | 7:05p Aqua Circuits | Cheryl | | | | |

| MONDAY 6/4 | | TUESDAY 6/5 | | WEDNESDAY 6/6 | | THURSDAY 6/7 | | FRIDAY 6/8 | | SATURDAY 6/9 | |
|---------------------------------|-----------|---------------------------|-----------|---|-----------|------------------------|----------|---------------------|---------|--------------------------|-----------|
| 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 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 | | |
| 10:30a Yoga Flow | Laura | 10:30a PiYO Live | Amanda | 10:30a Yoga | Laura | 10:45a BYO Foam Roll | Stacy | 10:30a Yoga | Tammy | | |
| | | 11:30a Back to Basics | Sarah | | | | | | | CYCLE Studio | |
| 4:30p KidZ Functional Fit(3-6) | Josh | 4:30p KidZBoot Camp(3-6) | Howie | KidZ Yoga on Summer Break!!! We will be back in the Fall | | | | | | 8:30a Cycle | Tricia |
| 5:00p KidZ Functional Fit(7-11) | Josh | 5:00p KidZBoot Camp(7-10) | Howie | | | | | | | POOL | |
| 5:30p Teen Athletic | Geraldine | 5:30p Zumba | Sue | 5:30p Teen Athletic | Geraldine | 5:40p Bootcamp(45 min) | Heather | | | 9:00a ATC/Aqua Fit | Heather |
| 6:20p Bootcamp | Geraldine | 6:20p Muscle Strength | Denae | 6:20p Crossover Fit | Michelle | 6:30p Yoga | Carol | | | OUTDOOR POOL AREA | |
| 7:10p Pilates | Carol | | | 7:10p Pilates | Carol | | | | | SUNDAY 6/10 | |
| CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | GX Studio | |
| 9:30a Cycle | Geraldine | 5:35a Cycle | Jen H | 12:00p Cycle Express | Geraldine | 5:35a Cycle | Chris | | | 2:05p Zumba | Carolina |
| 6:00p Cycle | Janice | 9:30a Cycle | Geraldine | 30/45 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 ATC-Lazy River | Rachael | 9:00a Water Explosion | Heather | 9:00a ATC-Lazy River | Cheryl | 9:00a Aqua Fitness | Rachael | | |
| | | | | | | 7:05p Aqua Circuits | Cheryl | | | | |

| MONDAY 6/11 | | TUESDAY 6/12 | | WEDNESDAY 6/13 | | THURSDAY 6/14 | | FRIDAY 6/15 | | SATURDAY 6/16 | |
|---------------------------------|-----------|---------------------------|-----------|-----------------------|-----------|---|----------|---------------------|---------|--------------------------|-----------|
| GX Studio | | GX Studio | | GX Studio | | GX Studio | | GX Studio | | GX Studio | |
| 5:35a Boot Camp | Michelle | | | 5:35a Muscle | Heather | 8:30a Functional Fit NO class today! | | | | 8:15a INSANITY Live | Marisa |
| 8:30a Barbell Strength | Phillip | 8:30a Cardio & Core | Aubrey | 8:30a Crossover Fit | Michelle | | | 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 | | |
| 10:30a Yoga Flow | Laura | 10:30a PiYO Live | Amanda | 10:30a Yoga | Laura | 10:45a BYO Foam Roll | Stacy | 10:30a Yoga | Paige | | |
| | | 11:30a Back to Basics | Geraldine | | | | | | | CYCLE Studio | |
| 4:30p KidZ Functional Fit(3-6) | Josh | 4:30p KidZBoot Camp(3-6) | Howie | | | | | | | 8:30a Cycle | Chris |
| 5:00p KidZ Functional Fit(7-11) | Josh | 5:00p KidZBoot Camp(7-10) | Howie | | | | | | | POOL | |
| 5:30p Teen Athletic | Geraldine | 5:30p Zumba | Sue | 5:30p Teen Athletic | Geraldine | 5:40p Bootcamp(45 min) | Heather | | | 9:00a ATC/Aqua Fit | Paula |
| 6:20p Bootcamp | Geraldine | 6:20p Muscle Strength | Mia | 6:20p Crossover Fit | Michelle | 6:30p Yoga | Carol | | | OUTDOOR POOL AREA | |
| 7:10p Pilates | Carol | | | 7:10p Pilates | Carol | | | | | SUNDAY 6/17 | |
| CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | CYCLE Studio | | GX Studio | |
| 9:30a Cycle | Geraldine | 5:35a Cycle | Jen H | 12:00p Cycle Express | Geraldine | 5:35a Cycle | Chris | | | 2:05p Cardio & Core | Jamie |
| 6:00p Cycle | Janice | 9:30a Cycle | Geraldine | 30/45 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 ATC-Lazy River | Rachael | 9:00a Water Explosion | Heather | 9:00a ATC-Lazy River | Cheryl | 9:00a Aqua Fitness | Rachael | | |
| | | | | | | 7:05p Aqua Circuits | Cheryl | | | | |

| MONDAY 6/18 | TUESDAY 6/19 | WEDNESDAY 6/20 | THURSDAY 6/21 | FRIDAY 6/22 | SATURDAY 6/23 |
|---|--|---|--|---|--|
| GX Studio | GX Studio | GX Studio | GX Studio | GX Studio | GX Studio |
| 5:35a Boot Camp Heather 8:30a Barbell Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura | 8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Amanda 11:30a Back to Basics Sarah | 5:35a Muscle Heather 8:30a Crossover Fit Denae 9:30a Muscle Strength Geraldine 10:30a Yoga Laura | 8:30a Functional Fit Josh 9:30a INSANITY Marisa 10:45a BYO Foam Roll Stacy | 8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige | 8:15a INSANITY Live Aubrey 9:05a Kickbox Aubrey |
| 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 | 4:30p KidZBoot Camp(3-6) Howie 5:00p KidZBoot Camp(7-10) Howie 5:30p Zumba Carolina 6:20p Muscle Strength Denae | 5:30p Teen Athletic Geraldine 6:20p Crossover Fit Geraldine 7:10p Pilates Carol | 5:40p Bootcamp(45 min) Heather 6:30p Yoga Carol | | CYCLE Studio 8:30a Cycle Geraldine |
| CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | GX Studio |
| 9:30a Cycle Geraldine 6:00p Cycle Sarah | 5:35a Cycle Jen H 9:30a Cycle Sarah | 12:00p Cycle Express Geraldine 30/45 min class | 5:35a Cycle Chris 6:00p Cycle Tricia | 9:30a Cycle Janice | 2:05p Dance Funk Tammy 3:05p Yoga Tiffany C |
| POOL | POOL | POOL | POOL | POOL | |
| 9:00a Water Explosion Kara | 9:00a ATC-Lazy River Rachael | 9:00a Water Explosion Shearon | 9:00a ATC-Lazy River Cheryl 7:05p Aqua Circuits Cheryl | 9:00a Aqua Fitness Rachael | |

| MONDAY 6/25 | TUESDAY 6/26 | WEDNESDAY 6/27 | THURSDAY 6/28 | FRIDAY 6/29 | SATURDAY 6/30 |
|---|---|--|--|---|---|
| GX Studio | GX Studio | GX Studio | GX Studio | GX Studio | GX Studio |
| 5:35a Boot Camp Michelle 8:30a Barbell Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Laura | 8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Amanda 11:30a Back to Basics Sarah | 5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Laura | 8:30a Functional Fit Josh 9:30a INSANITY Michelle 10:45a BYO Foam Roll Stacy | 8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige | 8:15a INSANITY Live Michelle 9:05a Boot Camp Phillip |
| 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 | 4:30p KidZBoot Camp(3-6) Tammy 5:00p KidZBoot Camp(7-10) Tammy 5:30p Zumba Sue 6:20p Muscle Strength Mia | 5:30p Teen Athletic Geraldine 6:20p Crossover Fit Michelle 7:10p Pilates Carol | 5:40p Bootcamp(45 min) Heather 6:30p Yoga Carol | | CYCLE Studio 8:30a Cycle Heather |
| CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | CYCLE Studio | POOL |
| 9:30a Cycle Geraldine 6:00p Cycle Sarah | 5:35a Cycle Jen H 9:30a Cycle Sarah | 12:00p Cycle Express Geraldine 30/45 min class | 5:35a Cycle Chris 6:00p Cycle Janice | 9:30a Cycle Janice | 9:00a ATC/Aqua Fit Shearon OUTDOOR POOL AREA |
| POOL | POOL | POOL | POOL | POOL | |
| 9:00a Water Explosion Kara | 9:00a ATC-Lazy River Rachael | 9:00a Water Explosion Heather | 9:00a ATC-Lazy River Rachael 7:05p Aqua Circuits Shearon | 9:00a Aqua Fitness Rachael | |

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!