

This month @ the Falls...

*** Fourth of JULY Specials**

8:30am Star-Spangled Zumba with Sue

9:00am Cycle Special with Phillip

*** 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**



					SUNDAY 7/1		
					GX Studio		
					2:05p Cardio & Core Jamie		
					3:05p Yoga Tiffany C		
MONDAY 7/2	TUESDAY 7/3	WEDNESDAY 7/4	THURSDAY 7/5	FRIDAY 7/6	SATURDAY 7/7		
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio		
5:35a Boot Camp Michelle					8:15a INSANITY Live Marisa		
8:30a Barbell Strength Phillip	8:30a Cardio & Core Michelle	8:30-9:30am Star Spangled Zumba with Sue	8:30a Functional Fit Josh	8:30a The MIX Heather	9:05a 80's Step Jen H		
9:30a Cardio Drills Michelle	9:30a Zumba Carolina	9:00-10:00am Cycle Special with Phillip	9:30a INSANITY Michelle	9:30a Cardio Drills Heather	CYCLE Studio		
10:30a Yoga Flow Laura	10:30a PiYO Live Amanda		10:45a BYO Foam Roll Stacy	10:30a Yoga Paige	8:30a Cycle Tricia		
	11:30a Back to Basics Sarah	Happy Independence Day No evening classes or Kidzone			POOL		
4:30p KidZ Functional Fit(3-6) Josh	4:30p KidZBoot Camp(3-6) Howie			5:40p Bootcamp(45 min) Heather		9:00a ATC/Aqua Fit Heather	
5:00p KidZ Functional Fit(7-11) Josh	5:00p KidZBoot Camp(7-10) Howie			6:30p Yoga Carol		OUTDOOR POOL AREA	
5:30p Teen Athletic Geraldine	5:30p Zumba Sue					SUNDAY 7/8	
6:20p Bootcamp Geraldine	6:20p Muscle Strength Mia					GX Studio	
7:10p Pilates Carol						2:05p Zumba Carolina	
					3:05p Yoga Paige		
CYCLE Studio	CYCLE Studio		CYCLE Studio	CYCLE Studio			
9:30a Cycle Geraldine	5:35a Cycle Jen H		5:35a Cycle Chris				
6:00p Cycle Sarah	9:30a Cycle Sarah		6:00p Cycle Tricia	9:30a Cycle Sarah			
POOL	POOL		POOL	POOL			
9:00a Water Explosion Kara	9:00a ATC-Lazy River Rachael Shearon		9:00a ATC-Lazy River Rachael Shearon	9:00a Aqua Fitness Rachael			
	7:05p Aqua Intervals		7:05p Aqua Circuits				

MONDAY 7/9		TUESDAY 7/10		WEDNESDAY 7/11		THURSDAY 7/12		FRIDAY 7/13		SATURDAY 7/14	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	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	Amanda	9:30a Muscle Strength	Marisa	10:45a BYO Foam Roll	Josh	10:30a Gentle Yoga	Janice	CYCLE Studio	
10:30a Yoga Flow	Carol	11:30a Back to Basics	Sarah	10:30a Yoga	Marla					8:30a Cycle	Chris
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie							POOL	
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:30p Teen Athletic	Cheryl	5:40p Bootcamp(45 min)	Heather			9:00a ATC/Aqua Fit	Cheryl
5:30p Teen Athletic	Josh	5:30p Zumba	Sue	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			OUTDOOR POOL AREA	
6:20p Bootcamp	Janice	6:20p Muscle Strength	Denae	7:10p Pilates	Carol					SUNDAY 7/15	
7:10p Pilates	Carol									GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Heather	5:35a Cycle	Jen H	12:00p Cycle Express	Kara	5:35a Cycle	Chris			2:05p Cardio & Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	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 Intervals	Shearon			7:05p Aqua Circuits	Cheryl				

MONDAY 7/16		TUESDAY 7/17		WEDNESDAY 7/18		THURSDAY 7/19		FRIDAY 7/20		SATURDAY 7/21	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	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 PiYO Live	Marisa
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Geraldine	NO BYO Foam Roll class today		10:30a Yoga	Paige	CYCLE Studio	
10:30a Yoga Flow	Tiffany C.	11:30a Back to Basics	Sarah	10:30a Yoga	Marla					8:30a Cycle	Phillip
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie							POOL	
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a ATC/Aqua Fit	Shearon
5:30p Teen Athletic	Brandi	5:30p Zumba	Sue	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			OUTDOOR POOL AREA	
6:20p Bootcamp	Jamie	6:20p Muscle Strength	Denae	7:10p Pilates	Carol					SUNDAY 7/22	
7:10p Pilates	Carol									2:05p Dance Funk	Tammy
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Heather	5:35a Cycle	Jen H	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris			3:05p Yoga	Paige
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Janice	9:30a Cycle	Janice		
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara	9:00a ATC-Lazy River	Cheryl	9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Cheryl	9:00a Aqua Fitness	Rachael		
		7:05P NO CLASS- Gators Meet!				7:05p Aqua Circuits	Cheryl				

MONDAY 7/23		TUESDAY 7/24		WEDNESDAY 7/25		THURSDAY 7/26		FRIDAY 7/27		SATURDAY 7/28	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	8:30a Functional Fit	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Barbell Strength	Phillip	9:30a Zumba	Tammy	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Boot Camp	Phillip
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Geraldine	10:45a BYO Foam Roll	Laura	10:30a Yoga	Paige	CYCLE Studio	
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					8:30a Cycle	
4:30p KidZ Fit(3-6)	Kara	4:30p KidZBoot Camp(3-6)	Howie							POOL	
5:00p KidZ Fit(7-10)	Kara	5:00p KidZBoot Camp(7-10)	Howie	5:30p Teen Athletic	Geraldine	5:40p Bootcamp(45 min)	Heather			9:00a ATC/Aqua Fit	
5:30p Teen Athletic	Geraldine	5:30p Zumba	Tammy	6:20p Crossover Fit	Michelle	6:30p Yoga	Carol			OUTDOOR POOL AREA	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Mia	7:10p Pilates	Carol					SUNDAY 7/29	
7:10p Pilates	Carol									GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio			
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Cardio & Core	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia	9:30a Cycle	Sarah	3:05p Yoga	
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara	9:00a ATC-Lazy River	Cheryl	9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Rachael	9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Shearon				

MONDAY 7/30		TUESDAY 7/31	
GX Studio		GX Studio	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-10)	Howie
5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Denae
7:10p Pilates	Carol		
CYCLE Studio		CYCLE Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H
6:00p Cycle	Sarah	9:30a Cycle	Sarah
POOL		POOL	
9:00a Water Explosion	Kara	9:00a ATC-Lazy River	Kara
		7:05p Aqua Intervals	Shearon

* 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 membership.

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!