

This month @ the Falls...

- * **Crossover Fit moved to Tuesday nights @ 6:20pm**
- * **Muscle Strength moved to Wednesday nights @ 6:20pm**
- * **NEW!!! TUESDAY 5:30pm Kick & Sculpt with Marisa**
- * **NEW!!! THURSDAY 5:30pm Zumba with Sue**
- * **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 break...back in September**



MONDAY 7/30		TUESDAY 7/31		WEDNESDAY 8/1		THURSDAY 8/2		FRIDAY 8/3		SATURDAY 8/4	
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	Jen H	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Michelle
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Step	Tricia
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Marisa	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige	CYCLE Studio	
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					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	5:30p Zumba	Sue			9:00a ATC/Aqua Fit	Heather
5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue	6:20p Muscle Strength	Mia	6:30p Yoga	Carol			OUTDOOR POOL AREA	
6:20p Bootcamp	Geraldine	6:20p Muscle Strength	Denae	7:10p Pilates	Carol					SUNDAY 8/5	
7:10p Pilates	Carol									GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		2:05p Zumba	
9:30a Cycle	Geraldine	5:35a Cycle	Jen H	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris			3:05p Yoga	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia	9:30a Cycle	Sarah	Tiffany C	
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Kara	9:00a ATC-Lazy River	Kara	9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Rachael	9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Shearon			7:05p Aqua Circuits	Shearon				

MONDAY 8/6	TUESDAY 8/7	WEDNESDAY 8/8	THURSDAY 8/9	FRIDAY 8/10	SATURDAY 8/11
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 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	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Amanda 11:30a Back to Basics Sarah 4:30p KidZBoot Camp(3-6) Howie 5:00p KidZBoot Camp(7-10) Howie 5:30p Kick & Sculpt Jen H 6:20p Crossover Fit Michelle	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Laura 5:30p Teen Athletic Geraldine 6:20p Muscle Strength Michelle 7:10p Pilates Carol	8:30a Mindful Movement Josh 9:30a INSANITY Michelle 10:45a BYO Foam Roll Stacy 5:30p Zumba Sue 6:30p Yoga Carol	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a Cardio Drills Jamie 9:05a Muscle Heather CYCLE Studio M.A.C. Cycle -a- thon Outdoor Cabana POOL 9:00a ATC/Aqua Fit Cheryl OUTDOOR POOL AREA SUNDAY 8/12
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine 6:00p Cycle Janice	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	2:05p Cardio & Core Jamie 3:05p Yoga Paige
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a ATC-Lazy River Rachael 7:05p Aqua Intervals Shearon	9:00a Water Explosion Heather	9:00a ATC-Lazy River Rachael 7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	

MONDAY 8/13	TUESDAY 8/14	WEDNESDAY 8/15	THURSDAY 8/16	FRIDAY 8/17	SATURDAY 8/18
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 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	8:30a Cardio & Core Aubrey 9:30a Zumba Carolina 10:30a PiYO Live Amanda 11:30a Back to Basics Sarah 4:30p KidZBoot Camp(3-6) Howie 5:00p KidZBoot Camp(7-10) Howie 5:30p Kick & Sculpt Marisa 6:20p Crossover Fit Michelle	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Marisa 10:30a Yoga Laura 5:30p Teen Athletic Geraldine 6:20p Muscle Strength Mia 7:10p Pilates Carol	8:30a Mindful Movement Josh 9:30a INSANITY Michelle 10:45a BYO Foam Roll Stacy 5:30p Zumba Sue 6:30p Yoga Carol	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a INSANITY Live Marisa 9:05a PiYO Live Marisa CYCLE Studio 8:30a Cycle Phillip POOL 9:00a ATC/Aqua Fit Shearon OUTDOOR POOL AREA SUNDAY 8/19
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine 6:00p Cycle Janice	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 Cheryl	9:00a ATC-Lazy River Cheryl 7:05p Aqua Intervals Cheryl	9:00a Water Explosion Heather	9:00a ATC-Lazy River Rachael 7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	

MONDAY 8/20	TUESDAY 8/21	WEDNESDAY 8/22	THURSDAY 8/23	FRIDAY 8/24	SATURDAY 8/25
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 Mindful Movement 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 Boot Camp Phillip
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	9:30a Muscle Strength Geraldine	10:45a BYO Foam Roll Stacy	10:30a Yoga Tiffany C	
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Laura			CYCLE Studio
4:30p KidZ Functional Fit(3-6) Josh	4:30p KidZBoot Camp(3-6) Howie				8:30a Cycle Geraldine
5:00p KidZ Functional Fit(7-11) Josh	5:00p KidZBoot Camp(7-10) Howie				POOL
5:30p Teen Athletic Geraldine	5:30p Kick & Sculpt Marisa	5:30p Teen Athletic Geraldine	5:30p Zumba Sue		9:00a ATC/Aqua Fit Paula
6:20p Bootcamp Geraldine	6:20p Crossover Fit Michelle	6:20p Muscle Strength Denae	6:30p Yoga Carol		OUTDOOR POOL AREA
7:10p Pilates Carol		7:10p Pilates Carol			SUNDAY 8/26
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 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 Cheryl	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 Cheryl		

MONDAY 8/27	TUESDAY 8/28	WEDNESDAY 8/29	THURSDAY 8/30	FRIDAY 8/31	* 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.
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 Mindful Movement Josh	8:30a The MIX Aubrey	
8:30a Barbell Strength Phillip	9:30a Zumba Carolina	8:30a Crossover Fit Michelle	9:30a INSANITY Michelle	9:30a Kickbox Aubrey	
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	9:30a Muscle Strength Marisa	10:45a BYO Foam Roll Stacy	10:30a Yoga Paige	
10:30a Yoga Flow Laura	11:30a Back to Basics Sarah	10:30a Yoga Laura			
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 Kick & Sculpt Marisa	5:30p Teen Athletic Geraldine	5:30p Zumba Sue		
6:20p Bootcamp Geraldine	6:20p Crossover Fit Michelle	6:20p Muscle Strength Mia	6:30p Yoga Carol		
7:10p Pilates Carol		7:10p Pilates Carol			
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		
6:00p Cycle Sarah	9:30a Cycle Sarah	30/45 min class	6:00p Cycle Tricia	9:30a Cycle Janice	
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	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 Cheryl		

Granite Falls Group Exercise Class MENU

CARDIO

Step Cardio/interval class 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 Interval Training powered by the beat of great music

Turbokick Live 55 min kickbox interval class,at 30 min mark Turbo drill

STRENGTH

Muscle Strength total body workout using weight, gliders, bands, BOSUs & more

Strength(Barbell) 45 min class using barbells, plates, & free weights to build power

Muscle strength using a variety of tools to create resitance/build tone/definition

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

Funtional Fitness reconnect with your body's natural ability to move & balance

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, 45 min myofascial release techniques

KidzYoga 30 min class of Yoga designed just for kids. Two age level options.

Mindful Movement An exploration of balance, strength, flexibility and mobility.

DANCE

Zumba dance class inspired by the music & movement of Latin beats

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 Express 30 min more intense version of the regular cycle class

*Sign up req. You may sign up online at <http://www.granitfallsclub.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!