

## This month at The Falls...

- \* Moving ALL water classes indoors.
- \* KidZ Functional Fit, Zumba, and Yoga Classes!
- \* NEW EXTENDED 75min. Yoga Flow Class on Mondays!

### TIP: Mix It Up!

Granite Falls offers classes to pump up your strength, stamina, and flexibility. Or unwind and find your Zen again in one of our restorative Yoga or Foam Roller classes.

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



MONDAY 10/1	TUESDAY 10/2	WEDNESDAY 10/3	THURSDAY 10/4	FRIDAY 10/5	SATURDAY 10/6
<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 Total Body Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Flow Ext. (75 min.) Laura	8:30a Cardio & Core Aubrey 9:30a Zumba Phillip 10:30a PiYO Live Aubrey 11:30a Back to Basics Sarah	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Marla	8:30a Mindful Movement Geraldine 9:30a INSANITY Michelle 10:30a Walk Fit Sarah 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 Bootcamp Geraldine <b>CYCLE Studio</b> 8:30a Cycle Tricia
4:30p KidZ Functional Fit(3-6) Geraldine 5:00p KidZ Functional Fit(7-10) Geraldine 5:30p Teen Athletic Geraldine 6:20p Bootcamp Geraldine 7:10p Pilates Carol	4:30p KidZ Zumba(3-6) Sue 5:00p KidZ Zumba(7-10) Sue 5:30p Kick & Sculpt Marisa 6:20p Crossover Fit Michelle	4:30p KidZ Yoga (3-6) Cheryl 5:00p KidZ Yoga (7-10) Cheryl 5:30p Teen Athletic Geraldine 6:20p Muscle Strength Denae 7:10p Pilates Carol	5:30p Zumba Sue 6:30p Yoga Carol		8:30a Cycle Tricia
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>
9:30a Cycle Geraldine 6:00p Cycle Sarah	5:35a Cycle Tricia 9:30a Cycle Sarah	12:45p Cycle Express Geraldine 30/45 min class	5:35a Cycle Chris 6:00p Cycle Tricia	9:30a Cycle Janice	9:00a Aqua Fit Rachael
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>
9:00a Water Explosion Shearon	7:05p Aqua Intervals Cheryl	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	8:30a Cycle Tricia
					<b>SUNDAY 10/7</b>
					<b>GX Studio</b>
					2:05p Cardio & Core Jamie 3:05p Yoga Tiffany C

MONDAY 10/8		TUESDAY 10/9		WEDNESDAY 10/10		THURSDAY 10/11		FRIDAY 10/12		SATURDAY 10/13	
<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	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Total Body 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	10:30a Walk Fit	Sarah	10:30a Yoga	Paige		
10:30a Yoga Flow Ext. (75 min.)	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Marla	10:45a BYO Foam Roll	Stacy				
										<b>CYCLE Studio</b>	
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	4:30p KidZ Yoga (3-6)	Cheryl					8:30a Cycle	Becky
5:00p KidZ Functional Fit(7-10)	Josh	5:00p KidZ Zumba(7-10)	Sue	5:00p KidZ Yoga (7-10)	Cheryl						
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Marisa	5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue			<b>POOL</b>	
6:20p Bootcamp	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Mia	6:30p Yoga	Carol			9:00a Aqua Fit	Heather
7:10p Pilates	Carol			7:10p Pilates	Carol						
										<b>SUNDAY 10/14</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	Geraldine	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p Dance Funk	Tammy
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Janice			3:05p Yoga	Tiffany C
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon	7:05p Aqua Intervals	Cheryl	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 10/15		TUESDAY 10/16		WEDNESDAY 10/17		THURSDAY 10/18		FRIDAY 10/19		SATURDAY 10/20	
<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	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Marisa
8:30a Total Body 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	10:30a Walk Fit	Sarah	10:30a Yoga	Paige		
10:30a Yoga Flow Ext. (75 min.)	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Marla	10:45a BYO Foam Roll	Stacy				
										<b>CYCLE Studio</b>	
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	4:30p KidZ Yoga (3-6)	Cheryl					8:30a Cycle	Phillip
5:00p KidZ Functional Fit(7-10)	Josh	5:00p KidZ Zumba(7-10)	Sue	5:00p KidZ Yoga (7-10)	Cheryl						
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Marisa	5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue			<b>POOL</b>	
6:20p Bootcamp	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Denae	6:30p Yoga	Carol			9:00a Aqua Fit	Shearon
7:10p Pilates	Carol			7:10p Pilates	Carol						
										<b>SUNDAY 10/21</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	Sarah	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p Dance Funk	Tammy
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia			3:05p Yoga	Paige
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon	7:05p Aqua Intervals	Cheryl	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		

MONDAY 10/22		TUESDAY 10/23		WEDNESDAY 10/24		THURSDAY 10/25		FRIDAY 10/26		SATURDAY 10/27	
<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	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Total Body 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	Marisa	10:30a Walk Fit	Sarah	10:30a Yoga	Paige		
10:30a Yoga Flow Ext. (75 min.)	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Marla	10:45a BYO Foam Roll	Stacy				
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	4:30p KidZ Yoga (3-6)	Cheryl						
5:00p KidZ Functional Fit(7-10)	Josh	5:00p KidZ Zumba(7-10)	Sue	5:00p KidZ Yoga (7-10)	Cheryl						
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						
<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	Geraldine	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p Zumba	Carolina
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Janice			3:05p Yoga	Tiffany C
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon	7:05p Aqua Intervals	Heather	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		
										<b>SUNDAY 10/28</b>	

MONDAY 10/29		TUESDAY 10/30		WEDNESDAY 10/31		THURSDAY 11/1		FRIDAY 11/2		SATURDAY 11/3	
<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	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Marisa
8:30a Total Body Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Bootcamp	Phillip
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Geraldine	10:30a Walk Fit	Sarah	10:30a Yoga	Paige		
10:30a Yoga Flow Ext. (75 min.)	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Marla	10:45a BYO Foam Roll	Stacy				
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	<b>Halloween Evening No Regular Classes</b>							
5:00p KidZ Functional Fit(7-10)	Josh	5:00p KidZ Zumba(7-10)	Sue								
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Marisa				5:30p Zumba	Sue			
6:20p Bootcamp	Geraldine	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>		<b>CYCLE Studio</b>		<b>GX Studio</b>	
9:30a Cycle	Geraldine	5:35a Cycle	Tricia	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	9:30a Cycle	Janice	2:05p Cardio & Core	Jamie
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia			3:05p Yoga	Tiffany C
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Sharon	7:05p Aqua Intervals	Cheryl	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		
										<b>SUNDAY 11/4</b>	

# 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!