



# GRANITE FALLS

## group fitness schedule



Check out the **BRAND NEW** state of the art **MATRIX** bikes in the Cycle Studio!

COMING next month!  
NEW GF-X Functional Fitness Classes!

### JANUARY at The Falls...

A NEW YEAR brings NEW CLASSES!

*\*Be sure to watch the Group Fitness schedule closely as class times may be moving and new classes are added over the next couple months!*

- NEW!** - Integrated Hapkido with Master Jeremy!
- NEW!** - Friday Cycle and Strength with Janice!
- NEW!** - More Cycle classes with our trainers!

150+ FREE CLASSES this month!

# JANUARY

Sign up required for Cycle classes. You may sign-up online at <http://www.granitefallsclub.com> or by calling the Front Desk. Sign ups open at 7am the day before the class. Please call to cancel at least 30 minutes before any 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. An additional fee applies to Integrated Hapkido classes.

| MONDAY 12/31  | TUESDAY 1/1               | WEDNESDAY 1/2  | THURSDAY 1/3   | FRIDAY 1/4   | SATURDAY 1/5  |
|---|---------------------------|--|--|--|---|
| <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<br>Michelle<br>8:30a Total Body Strength<br>Phillip<br>9:30a Kickbox<br>Marisa<br>10:30a Yoga Flow Ext. (75 min.)<br>Laura<br><br>Close at 5:00<br>No Evening Classes |                           | 5:35a Muscle<br>Heather<br>8:30a Crossover Fit<br>Michelle<br>9:30a Muscle Strength<br>Janice<br>10:30a Yoga<br>Marla<br><br>4:30p KidZ Yoga (3-6)<br>Cheryl<br>5:00p KidZ Yoga (7-10)<br>Cheryl<br><br>6:20p Muscle Strength<br>Denae<br>7:10p Pilates<br>Carol | 8:30a Mindful Movement<br>Josh<br>9:30a INSANITY<br>Michelle<br>10:45a BYO Foam Roll<br>Stacy<br><br>5:30p Zumba<br>Sue<br>6:30p Yoga<br>Carol | 8:30a The MIX<br>Aubrey<br>9:30a Kickbox<br>Aubrey<br>10:30a Yoga<br>Paige | 8:15a INSANITY Live<br>Aubrey<br>9:05a Yoga<br>Tiffany<br><br><b>CYCLE Studio</b><br>8:30a Cycle<br>Becky<br><br><b>POOL</b><br>9:00a Aqua Fit<br>Shearon |
|   | Closed<br>Happy New Year! |  |  |  | <b>SUNDAY 1/6</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<br>Janice   |                           | 12:45p Cycle Express<br>30/45 min class<br>Janice  | 5:35a Cycle<br>Chris<br>6:00p Cycle<br>Tricia  | 5:35a Cycle Strength<br>Janice<br>9:30a Cycle<br>Janice                    | 2:05p Cardio & Core<br>Jamie<br>3:05p Yoga<br>Paige   |
| <b>POOL</b>   | <b>POOL</b>               | <b>POOL</b>  | <b>POOL</b>  | <b>POOL</b>  |   |
| 9:00a Water Explosion<br>Cheryl   |                           | 9:00a Water Explosion<br>Heather   | Cancelled - Swim Meet  | 9:00a Aqua Fitness<br>Rachael  |   |

| MONDAY 1/7   | TUESDAY 1/8  | WEDNESDAY 1/9   | THURSDAY 1/10   | FRIDAY 1/11  | SATURDAY 1/12  |
|--|--|---|---|--|--|
| <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<br>Michelle<br>8:30a Total Body Strength<br>Phillip<br>9:30a Kickbox<br>Aubrey<br>10:30a Yoga Flow Ext. (75 min.)<br>Laura | 8:30a Cardio & Core<br>Aubrey<br>9:30a Zumba<br>Carolina<br>10:30a PiYO Live<br>Amanda<br>11:30a Back to Basics<br>Sarah   | 5:35a Muscle<br>Heather<br>8:30a Crossover Fit<br>Michelle<br>9:30a Muscle Strength<br>Marisa<br>10:30a Yoga<br>Marla           | 8:30a Mindful Movement<br>Josh<br>9:30a INSANITY<br>Michelle<br>10:45a BYO Foam Roll<br>Stacy                                 | 8:30a The MIX<br>Aubrey<br>9:30a Kickbox<br>Aubrey<br>10:30a Yoga<br>Paige | 8:15a INSANITY Live<br>Aubrey<br>9:05a Kickbox<br>Aubrey |
| 4:30p KidZ Functional Fit(3-6)<br>TBA<br>5:00p KidZ Functional Fit(7-10)<br>TBA<br>6:20p Bootcamp<br>Geraldine<br>7:10p Pilates<br>Carol   | 3:45p Teen Athletic<br>Geraldine<br>4:30p KidZ Zumba(3-6)<br>Sue<br>5:00p KidZ Zumba(7-10)<br>Sue<br>5:30p Kick & Sculpt<br>Marisa<br>6:20p Crossover Fit<br>Michelle<br>7:00p Hapkido<br>Master J | 4:30p KidZ Yoga (3-6)<br>Cheryl<br>5:00p KidZ Yoga (7-10)<br>Cheryl<br>6:20p Muscle Strength<br>Denae<br>7:10p Pilates<br>Carol | 4:15p Teen Athletic<br>Geraldine<br>5:30p Hapkido (9-14)<br>Master J<br>6:15p Hapkido (15+)<br>Master J<br>7:15 Yoga<br>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<br>Geraldine<br>6:00p Cycle<br>Betsy   | 5:35a Cycle<br>Betsy<br>9:30a Cycle<br>Sarah<br>6:00p Cycle<br>Geraldine   | 12:45p Cycle Express<br>Geraldine<br>30/45 min class  | 5:35a Cycle<br>Chris<br>8:30a Cycle Express<br>Geraldine<br>6:00p Cycle<br>Tricia   | 5:35a Cycle Strength<br>Janice<br>9:30a Cycle<br>Janice                    | 2:05p Dance Funk<br>Tammy<br>3:05p Yoga<br>Tiffany       |
| <b>POOL</b>  | <b>POOL</b>  | <b>POOL</b>   | <b>POOL</b>   | <b>POOL</b>  |  |
| 9:00a Water Explosion<br>Shearon   | 7:05p Aqua Intervals<br>Cheryl   | 9:00a Water Explosion<br>Heather  | 7:05p Aqua Circuits<br>Cheryl   | 9:00a Aqua Fitness<br>Rachael  |  |
|  |  |   |   |  | <b>SUNDAY 1/13</b>                                       |
|  |  |   |   |  | <b>GX Studio</b>   |
|  |  |   |   |  | 8:30a Cycle<br>Becky                                     |
|  |  |   |   |  | <b>POOL</b>  |
|  |  |   |   |  | 9:00a Aqua Fit<br>Heather                                |

| MONDAY 1/14  | TUESDAY 1/15   | WEDNESDAY 1/16  | THURSDAY 1/17   | FRIDAY 1/18  | SATURDAY 1/19   |
|--|--|---|---|--|---|
| <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<br>Janice<br>8:30a Total Body Strength<br>Phillip<br>9:30a Kickbox<br>Aubrey<br>10:30a Yoga Flow Ext. (75 min.)<br>Laura | 8:30a Cardio & Core<br>Aubrey<br>9:30a Zumba<br>Carolina<br>10:30a PiYO Live<br>Amanda<br>11:30a Back to Basics<br>Sarah   | 5:35a Muscle<br>Betsy<br>8:30a Crossover Fit<br>Janice<br>9:30a Muscle Strength<br>Geraldine<br>10:30a Yoga<br>Marla            | 8:30a Mindful Movement<br>Josh<br>9:30a INSANITY<br>Michelle<br>10:45a BYO Foam Roll<br>Stacy                                 | 8:30a The MIX<br>Aubrey<br>9:30a Kickbox<br>Aubrey<br>10:30a Yoga<br>Paige | 8:15a INSANITY Live<br>TBA<br>9:05a Kickbox<br>Betsy  |
| 4:30p KidZ Functional Fit(3-6)<br>TBA<br>5:00p KidZ Functional Fit(7-10)<br>TBA<br>6:20p Bootcamp<br>Geraldine<br>7:10p Pilates<br>Carol | 3:45p Teen Athletic<br>Geraldine<br>4:30p KidZ Zumba(3-6)<br>Sue<br>5:00p KidZ Zumba(7-10)<br>Sue<br>5:30p Kick & Sculpt<br>Marisa<br>6:20p Crossover Fit<br>Michelle<br>7:00p Hapkido<br>Master J | 4:30p KidZ Yoga (3-6)<br>Cheryl<br>5:00p KidZ Yoga (7-10)<br>Cheryl<br>6:20p Muscle Strength<br>Denae<br>7:10p Pilates<br>Carol | 4:15p Teen Athletic<br>Geraldine<br>5:30p Hapkido (9-14)<br>Master J<br>6:15p Hapkido (15+)<br>Master J<br>7:15 Yoga<br>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<br>Janice<br>6:00p Cycle<br>Betsy  | 5:35a Cycle<br>Betsy<br>9:30a Cycle<br>Sarah<br>6:00p Cycle<br>Geraldine   | 12:45p Cycle Express<br>Geraldine<br>30/45 min class  | 5:35a Cycle<br>Chris<br>8:30a Cycle Express<br>Geraldine<br>6:00p Cycle<br>Tricia   | 5:35a Cycle Strength<br>Janice<br>9:30a Cycle<br>Geraldine                 | 2:05p Cardio Core<br>Jamie<br>3:05p Yoga<br>Tiffany C |
| <b>POOL</b>  | <b>POOL</b>  | <b>POOL</b>   | <b>POOL</b>   | <b>POOL</b>  |   |
| 9:00a Water Explosion<br>Shearon   | 7:05p Aqua Intervals<br>Cheryl   | 9:00a Water Explosion<br>Heather  | 7:05p Aqua Circuits<br>Cheryl   | 9:00a Aqua Fitness<br>Rachael  |   |
|  |  |   |   |  | <b>SUNDAY 1/20</b>                                    |
|  |  |   |   |  | <b>GX Studio</b>                                      |
|  |  |   |   |  | 8:30a Cycle<br>Phillip                                |
|  |  |   |   |  | <b>POOL</b>   |
|  |  |   |   |  | 9:00a Aqua Fit<br>Paula                               |

| MONDAY 1/21                     |           | TUESDAY 1/22           |           | WEDNESDAY 1/23         |           | THURSDAY 1/24                |           | FRIDAY 1/25          |           | SATURDAY 1/26       |           |
|---------------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------------|-----------|----------------------|-----------|---------------------|-----------|
| <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  | 8:30a Cardio & Core    | Aubrey    | 5:35a Muscle           | Betsy     | 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 Boot Camp     | Phillip   |
| 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 Ext. (75 min.) | Carol     | 11:30a Back to Basics  | Sarah     | 10:30a Yoga            | Marla     |                              |           |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                              |           |                      |           | <b>CYCLE Studio</b> |           |
|                                 |           |                        |           |                        |           |                              |           |                      |           | 8:30a Cycle         | Geraldine |
|                                 |           |                        |           |                        |           |                              |           |                      |           | <b>POOL</b>         |           |
| 4:30p KidZ Functional Fit(3-6)  | TBA       | 3:45p Teen Athletic    | Geraldine | 4:30p KidZ Yoga (3-6)  | Cheryl    | 4:15p Teen Athletic          | Geraldine |                      |           | 9:00a Aqua Fit      | Paula     |
| 5:00p KidZ Functional Fit(7-10) | TBA       | 4:30p KidZ Zumba(3-6)  | Sue       | 5:00p KidZ Yoga (7-10) | Cheryl    |                              |           |                      |           |                     |           |
| 6:20p Bootcamp                  | Geraldine | 5:00p KidZ Zumba(7-10) | Sue       | 6:20p Muscle Strength  | Denae     | 5:30p Hapkido (9-14)         | Master J  |                      |           |                     |           |
| 7:10p Pilates                   | Carol     | 6:20p Crossover Fit    | Michelle  | 7:10p Pilates          | Carol     | 6:15p Hapkido (15+)          | Master J  |                      |           |                     |           |
|                                 |           | 7:00p Hapkido          | Master J  |                        |           | 7:15 Yoga                    | Carol     |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                              |           |                      |           | <b>SUNDAY 1/27</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                     | Janice    | 5:35a Cycle            | Betsy     | 12:45p Cycle Express   | Geraldine | 5:35a Cycle                  | Chris     | 5:35a Cycle Strength | Janice    | 2:05p Zumba         | Carolina  |
|                                 |           | 9:30a Cycle            | Sarah     | 30/45 min class        |           | 8:30a Cycle Express          | Geraldine | 9:30a Cycle          | Geraldine | 3:05p Yoga          | Tiffany C |
| 6:00p Cycle                     | Betsy     | 6:00p Cycle            | Geraldine |                        |           | 6:00p Cycle                  | Tricia    |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                              |           |                      |           |                     |           |
| <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   | <b>Cancelled - Swim Meet</b> |           | 9:00a Aqua Fitness   | Rachael   |                     |           |

| MONDAY 1/28                     |           | TUESDAY 1/29           |           | WEDNESDAY 1/30         |           | THURSDAY 1/31          |           | FRIDAY 2/1           |           | SATURDAY 2/2        |           |
|---------------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|----------------------|-----------|---------------------|-----------|
| <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           | Betsy     | 8:30a Mindful Movement | Josh      | 8:30a The MIX        | Janice    | 8:15a INSANITY Live | Michelle  |
| 8:30a Total Body Strength       | Phillip   | 9:30a Zumba            | Carolina  | 8:30a Crossover Fit    | Michelle  | 9:30a INSANITY         | Michelle  | 9:30a Kickbox        | Marisa    | 9:05a Bootcamp      | Phillip   |
| 9:30a Kickbox                   | Aubrey    | 10:30a PiYO Live       | Amanda    | 9:30a Muscle Strength  | Geraldine | 10:45a BYO Foam Roll   | Stacy     | 10:30a Yoga          | Paige     |                     |           |
| 10:30a Yoga Flow Ext. (75 min.) | Laura     | 11:30a Back to Basics  | Sarah     | 10:30a Yoga            | Marla     |                        |           |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                        |           |                      |           | <b>CYCLE Studio</b> |           |
|                                 |           |                        |           |                        |           |                        |           |                      |           | 8:30a Cycle         | Chris     |
|                                 |           |                        |           |                        |           |                        |           |                      |           | <b>POOL</b>         |           |
| 4:30p KidZ Functional Fit(3-6)  | TBA       | 3:45p Teen Athletic    | Geraldine | 4:30p KidZ Yoga (3-6)  | Cheryl    | 4:15p Teen Athletic    | Geraldine |                      |           | 9:00a Aqua Fit      | Cheryl    |
| 5:00p KidZ Functional Fit(7-10) | TBA       | 4:30p KidZ Zumba(3-6)  | Sue       | 5:00p KidZ Yoga (7-10) | Cheryl    |                        |           |                      |           |                     |           |
| 6:20p Bootcamp                  | Geraldine | 5:00p KidZ Zumba(7-10) | Sue       | 6:20p Muscle Strength  | Denae     | 5:30p Hapkido (9-14)   | Master J  |                      |           |                     |           |
| 7:10p Pilates                   | Carol     | 6:20p Crossover Fit    | Michelle  | 7:10p Pilates          | Carol     | 6:15p Hapkido (15+)    | Master J  |                      |           |                     |           |
|                                 |           | 7:00p Hapkido          | Master J  |                        |           | 7:15 Yoga              | Carol     |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                        |           |                      |           | <b>SUNDAY 2/3</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                     | Janice    | 5:35a Cycle            | Betsy     | 12:45p Cycle Express   | Geraldine | 5:35a Cycle            | Chris     | 5:35a Cycle Strength | Janice    | 2:05p Cardio & Core | Jamie     |
|                                 |           | 9:30a Cycle            | Sarah     | 30/45 min class        |           | 8:30a Cycle Express    | Geraldine | 9:30a Cycle          | Geraldine | 3:05p Yoga          | Tiffany C |
| 6:00p Cycle                     | Betsy     | 6:00p Cycle            | Geraldine |                        |           | 6:00p Cycle            | Tricia    |                      |           |                     |           |
|                                 |           |                        |           |                        |           |                        |           |                      |           |                     |           |
| <b>POOL</b>                     |           | <b>POOL</b>            |           | <b>POOL</b>            |           | <b>POOL</b>            |           | <b>POOL</b>          |           |                     |           |
| 9:00a Water Explosion           | Cheryl    | 7:05p Aqua Intervals   | Cheryl    | 9:00a Water Explosion  | Heather   | 7:05p Aqua Circuits    | Cheryl    | 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!