



GRANITE FALLS

group fitness schedule

MARCH at The Falls...

- NEW!** - Check out the new Class Description Info on the back of this Calendar.
- We've added more PM MX4 Small Group Training!
 - Free MX4 101 Intro to MX4 Classes!
(Watch the Fitness Board for dates and times!)

Over 150 FREE Classes this month!

**Be sure to watch the Group Fitness schedule closely as several class times have been changed and new classes have been added!*

MARCH



SPECIAL!!!

Get **HALF OFF** MX4 Small Group Training during the month of March!

This offer is valid for members only. See the Front Desk for details!

Sign up is required for all Cycle classes. Sign-up online or by calling the Front Desk. Sign ups for 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. Classes with an (*) such as Hapkido and MX4 require registration and have an additional fee. Register online or at the Front Desk.

MONDAY 2/25	TUESDAY 2/26	WEDNESDAY 2/27	THURSDAY 2/28	FRIDAY 3/1	SATURDAY 3/2
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	7:45a / 8:15a MX4* Aubrey	5:35a Muscle Betsy	5:35a / 6:15a MX4* Michelle	7:00a / 7:45a MX4* Sarah	8:15a INSANITY Live Michelle
6:45a / 7:30a MX4* Michelle	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	7:30a Mindful Mvmt. Josh	8:30a The MIX Aubrey	9:05a Bootcamp Phillip
8:30a Total Body Strength Phillip	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	8:30a INSANITY Michelle	9:30a Kickbox Aubrey	10:00a / 10:40 a MX4* Aubrey
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:20a / 10:00a MX4* Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Ext. Laura	11:30a Back to Basics Sarah	11:45a / 12:20p MX4* Howie	10:45a BYO Foam Roll Josh	11:45a / 12:30p MX4* Shannon	
	4:15p Teen Athletic Geraldine		11:40p / 12:20p MX4* Marisa		CYCLE Studio
4:30p KidZ Fit (3-6) Brandon	4:30p KidZ Zumba(3-6) Sue	4:30p KidZ Yoga (3-6) Geraldine			8:30a Cycle Chris
5:00p KidZ Fit (7-10) Brandon	5:00p KidZ Zumba(7-10) Sue	4:55p KidZ Yoga (7-10) Geraldine	4:15p Teen Athletic Geraldine		9:45a Cycle Express Mia
5:40p MX4* Geraldine	5:30p Kick & Sculpt Marisa	5:40p MX4* Geraldine	5:30p Hapkido* (9-14) Master J		POOL
6:20p Bootcamp Geraldine	6:20p Crossover Fit Michelle	6:20p Muscle Strength Mia	6:15p Hapkido* (15+) Master J	6:00p / 6:40p MX4* Geraldine	9:00a Aqua Fit Cheryl
7:10p Pilates Carol	7:10p Hapkido* (15+) Master J	7:10p Zumba Sue	7:15 Yoga Carol		
		8:00p Pilates Carol			SUNDAY 3/3
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine	5:35a Cycle Betsy	12:45p Cycle Express Geraldine	5:35a Cycle Tricia	5:35a Cycle Strength Janice	2:05p Cardio & Core Jamie
	9:30a Cycle Sarah	30/45 min class	6:00p Cycle Chris	9:30a Cycle Geraldine	3:05p Yoga Paige
	6:00p Cycle Geraldine				
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Cheryl	10:00a Whitewater Shearon	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	
	7:05p Aqua Intervals Cheryl				

MONDAY 3/4		TUESDAY 3/5		WEDNESDAY 3/6		THURSDAY 3/7		FRIDAY 3/8		SATURDAY 3/9	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	7:45a / 8:15a MX4*	Aubrey	5:35a Muscle	Betsy	5:35a / 6:15a MX4*	Michelle	7:00a / 7:45a MX4*	Sarah	8:15a INSANITY Live	Aubrey
6:45a / 7:30a MX4*	Michelle	8:45a Extreme Cardio	Aubrey	8:30a Crossover Fit	Michelle	7:30a Mindful Mvmt.	Josh	8:30a The MIX	Aubrey	9:05a Kickbox	Aubrey
8:30a Total Body Strength	Phillip	9:30a Zumba	Carolina	9:30a Muscle Strength	Marisa	8:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	10:00a / 10:40 a MX4*	Aubrey
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	10:30a Yoga	Marla	9:20a / 10:00a MX4*	Michelle	10:30a Yoga	Paige		
10:30a Yoga Flow Ext.	Laura	11:30a Back to Basics	Sarah	11:45a / 12:20p MX4*	Howie	10:45a BYO Foam Roll	Josh	11:45a / 12:30p MX4*	Shannon		
						11:40p / 12:20p MX4*	Marisa				
4:30p KidZ Fit (3-6)	Brandon	4:15p Teen Athletic	Geraldine	4:30p KidZ Yoga (3-6)	Geraldine	4:15p Teen Athletic	Geraldine			CYCLE Studio	
5:00p KidZ Fit (7-10)	Brandon	4:30p KidZ Zumba(3-6)	Sue	4:55p KidZ Yoga (7-10)	Geraldine	5:30p Hapkido* (9-14)	Master J			8:30a Cycle	Becky
5:40p Bootcamp	Geraldine	5:00p KidZ Zumba(7-10)	Sue	5:40p MX4*	Denae	6:15p Hapkido* (15+)	Master J			9:45a Cycle Express	Tricia
6:30p MX4*	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Denae	7:15 Yoga	Carol	6:00p / 6:40p MX4*		POOL	
7:10p Pilates	Carol	7:10p Hapkido* (15+)	Master J	7:10p Zumba	Sue					9:00a Aqua Fit	Heather
		8:15p MX4*		8:00p Pilates	Carol						
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio	
9:30a Cycle	Phillip	5:35a Cycle	Betsy	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	2:05p Dance Funk	Tammy
6:00p Cycle	Betsy	9:30a Cycle	Sarah			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine	3:05p Yoga	Paige
		6:00p Cycle	Geraldine			6:00p Cycle	Tricia				
POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL		
9:00a Water Explosion	Shearon	9:00a Whitewater	Shearon	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			8:00p Aqua Restore	Cheryl				

MONDAY 3/11		TUESDAY 3/12		WEDNESDAY 3/13		THURSDAY 3/14		FRIDAY 3/15		SATURDAY 3/16	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	7:45a / 8:15a MX4*	Aubrey	5:35a Muscle	Betsy	5:35a / 6:15a MX4*	Michelle	7:00a / 7:45a MX4*	Sarah	8:15a INSANITY Live	Aubrey
6:45a / 7:30a MX4*	Michelle	8:45a Extreme Cardio	Aubrey	8:30a Crossover Fit	Michelle	7:30a Mindful Mvmt.	Josh	8:30a The MIX	Aubrey	9:05a Kickbox	Jamie
8:30a Total Body Strength	Phillip	9:30a Zumba	Carolina	9:30a Muscle Strength	Geraldine	8:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	10:00a / 10:40 a MX4*	Aubrey
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	10:30a Yoga	Marla	9:20a / 10:00a MX4*	Michelle	10:30a Yoga	Paige		
10:30a Yoga Flow Ext.	Laura	11:30a Back to Basics	Sarah	11:45a / 12:20p MX4*	Howie	10:45a BYO Foam Roll	Josh	11:45a / 12:30p MX4*	Shannon		
						11:40p / 12:20p MX4*	Marisa				
4:30p KidZ Fit (3-6)	Brandon	4:15p Teen Athletic	Geraldine	4:30p KidZ Yoga (3-6)	Geraldine	4:15p Teen Athletic	Geraldine			CYCLE Studio	
5:00p KidZ Fit (7-10)	Brandon	4:30p KidZ Zumba(3-6)	Sue	4:55p KidZ Yoga (7-10)	Geraldine	5:30p Hapkido* (9-14)	Master J			8:30a Cycle	Phillip
5:40p Bootcamp	Geraldine	5:00p KidZ Zumba(7-10)	Sue	5:40p MX4*		6:15p Hapkido* (15+)	Master J	6:00p / 6:40p MX4*		9:45a Cycle Express	Phillip
6:30p MX4*	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Mia	7:15 Yoga	Carol			POOL	
7:10p Pilates	Carol	7:10p Hapkido* (15+)	Master J	7:10p Zumba	Sue					9:00a Aqua Fit	Shearon
		8:15p MX4*		8:00p Pilates	Carol						
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio	
9:30a Cycle	Phillip	5:35a Cycle	Betsy	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	2:05p Cardio Core	Jamie
6:00p Cycle	Betsy	9:30a Cycle	Sarah			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine	3:05p Yoga	Tiffany C
		6:00p Cycle	Geraldine			6:00p Cycle	Tricia				
POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL	POOL		
9:00a Water Explosion	Shearon	9:00a Whitewater	Shearon	9:00a Water Explosion	Heather	7:05p Aqua Circuits	Cheryl	9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			8:00p Aqua Restore	Cheryl				

MONDAY 3/18	TUESDAY 3/19	WEDNESDAY 3/20	THURSDAY 3/21	FRIDAY 3/22	SATURDAY 3/23
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	7:45a / 8:15a MX4* Aubrey	5:35a Muscle Betsy	5:35a / 6:15a MX4* Michelle	7:00a / 7:45a MX4* Sarah	8:15a INSANITY Live Marisa
6:45a / 7:30a MX4* Michelle	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	7:30a Mindful Mvmt. Josh	8:30a The MIX Aubrey	9:05a Kick & Sculpt Marisa
8:30a Total Body Strength Phillip	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	8:30a INSANITY Michelle	9:30a Kickbox Aubrey	10:00a / 10:40 a MX4* Aubrey
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:20a / 10:00a MX4* Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Ext. Laura	11:30a Back to Basics Sarah	11:45a / 12:20p MX4* Howie	10:45a BYO Foam Roll Josh	11:45a / 12:30p MX4* Shannon	
	12:30p MX4* Geraldine		11:40p / 12:20p MX4* Marisa		CYCLE Studio
	4:15p Teen Athletic Geraldine				8:30a Cycle Geraldine
4:30p KidZ Fit (3-6) Brandon	4:30p KidZ Zumba(3-6) Sue	4:30p KidZ Yoga (3-6) Geraldine	4:15p Teen Athletic Geraldine		9:45a Cycle Express Mia
5:00p KidZ Fit (7-10) Brandon	5:00p KidZ Zumba(7-10) Sue	4:55p KidZ Yoga (7-10) Geraldine			POOL
5:40p Bootcamp Geraldine	5:30p Kick & Sculpt Marisa	5:40p MX4* Denae	5:30p Hapkido* (9-14) Master J		9:00a Aqua Fit Paula
6:30p MX4* Geraldine	6:20p Crossover Fit Michelle	6:20p Muscle Strength Denae	6:15p Hapkido* (15+) Master J	6:00p / 6:40p MX4*	
7:10p Pilates Carol	7:10p Hapkido* (15+) Master J	7:10p Zumba Sue	7:15 Yoga Carol		
	8:15p MX4*	8:00p Pilates Carol			SUNDAY 3/24
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Phillip	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		8:30a Cycle Express Geraldine	9:30a Cycle Geraldine	3:05p Yoga Paige
6:00p Cycle Tricia	6:00p Cycle Geraldine		6:00p Cycle Tricia		
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	
	7:05p Aqua Intervals Cheryl		8:00p Aqua Restore Cheryl		

MONDAY 3/25	TUESDAY 3/26	WEDNESDAY 3/27	THURSDAY 3/28	FRIDAY 3/29	SATURDAY 3/30
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	7:45a / 8:15a MX4* Aubrey	5:35a Muscle Betsy	5:35a / 6:15a MX4* Michelle	7:00a / 7:45a MX4* Sarah	8:15a INSANITY Live Michelle
6:45a / 7:30a MX4* Michelle	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	7:30a Mindful Mvmt. Josh	8:30a The MIX Aubrey	9:05a Bootcamp Phillip
8:30a Total Body Strength Phillip	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	8:30a INSANITY Michelle	9:30a Kickbox Aubrey	10:00a / 10:40 a MX4* Aubrey
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:20a / 10:00a MX4* Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Ext. Laura	11:30a Back to Basics Sarah	11:45a / 12:20p MX4* Howie	10:45a BYO Foam Roll Josh	11:45a / 12:30p MX4* Shannon	
	4:15p Teen Athletic Geraldine		11:40p / 12:20p MX4* Marisa		CYCLE Studio
	4:30p KidZ Zumba(3-6) Sue	4:30p KidZ Yoga (3-6) Geraldine			8:30a Cycle Chris
4:30p KidZ Fit (3-6) Brandon	4:30p KidZ Zumba(3-6) Sue	4:55p KidZ Yoga (7-10) Geraldine	4:15p Teen Athletic Geraldine		9:45a Cycle Express Mia
5:00p KidZ Fit (7-10) Brandon	5:00p KidZ Zumba(7-10) Sue				POOL
5:40p Bootcamp Geraldine	5:30p Kick & Sculpt Marisa	5:40p MX4* Mia	5:30p Hapkido* (9-14) Master J		9:00a Aqua Fit Cheryl
6:30p MX4* Geraldine	6:20p Crossover Fit Michelle	6:20p Muscle Strength Mia	6:15p Hapkido* (15+) Master J	6:00p / 6:40p MX4*	
7:10p Pilates Carol	7:10p Hapkido* (15+) Master J	7:10p Zumba Sue	7:15 Yoga Carol		
	8:15p MX4*	8:00p Pilates Carol			SUNDAY 3/31
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine	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		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		
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Fitness Rachael	
	7:05p Aqua Intervals Cheryl		8:00p Aqua Restore Cheryl		

STRENGTH

MUSCLE ●

Class solely focused on strength training so there is no high impact cardio instruction. You choose your level of weights and pace.

MUSCLE STRENGTH ●

Full body workout that will focus on reps and correct form using dumbbells, barbells, benches, bands and more.

PiYO Live ●

Music driven workout that works flexibility, strength and dynamic movements.

TOTAL BODY STRENGTH ●

Whole body strength building class using barbells, dumbbells, steps and more.

CARDIO

CARDIO and CORE ●

Cardiovascular conditioning integrated with core based movements.

CYCLE ●

Instructor led pace. Set your own resistance. Simulated hills to climb, sprints to get you ahead of the pack, and keeping pace while battling headwinds along your course.

CYCLE EXPRESS ●

A 30 to 45 minute condensed Cycle class that doesn't skimp on challenge.

DANCE FUNK ●

A fun, choreographed, cardio dance class.

EXTREME CARDIO ●

Like the name states, a class what will push your cardiovascular limits!

KICK and SCULPT ●

Cardio Kickbox style interval class.

ZUMBA ●

The ultimate dance-fitness party. Non verbal cues and easy to follow routines allow even the most inexperienced participant to learn quickly.

CARDIO/STRENGTH FUSION

AQUA INTERVALS ●

Timed bouts of cardio and strength exercises using water as resistance.

BACK TO BASICS (B2B) ●

Low impact muscle building and cardio class for all ages. Chair use available.

BOOT CAMP ●

High intensity training program incorporating strength and cardio exercises and using steps, barbells, bands, and more!

CARDIO KICKBOX ●

High intensity cardio class utilizing interval training, boxing drills, and plyometric movements to take your heart rate on a crazy ride.

CROSSOVER FIT ●

High intensity class of strength, endurance, agility, and speed.

CYCLE and STRENGTH ●

Work strength training into your cycle workouts by adding dumbbells, bands and more!

INSANITY LIVE ●

Insanity Live as seen on TV is an intense cardio and strength workout.

KICK and SCULPT ●

Cardio Kickbox style interval class.

MX4** ●

Periodized 30 minute functional movement HIIT workouts in a small group format. Using the Matrix Connexus system as well as slam balls, ropes, landmines, TRX, kettlebells, rowers and more.

THE MIX ●

This class uses the Tabata and HIIT principals in order to help you to build strength and get lean.

WHITewater ●

Amped up water class that will challenge your muscles and cardio.



GRANITE FALLS

MIND/BODY

BRING YOUR OWN FOAM ROLLER (BYOR) ●

45-minute class will have you walking away feeling lighter, more flexible, and with less tension in your body. It can help prevent injury or overuse in everyday life.

INTEGRATED HAPKIDO** ●

A blend of traditional martial arts and modern self defense.

MINDFUL MOVEMENT ●

Improve quality of movement with attention to balance, coordination and efficiency.

PILATES ●

Mat class designed to strengthen the core by developing control and flexibility.

PiYO Live ●

Music driven workout that works flexibility, strength and dynamic movements.

YOGA ●

Achieve strength, flexibility, and relaxation by focusing on breath and basic Yoga poses.

YOGA FLOW ●

A more fluid version of Yoga where poses are integrated into seamless movement.

KIDS

INTEGRATED HAPKIDO YOUTH** ●

45 minutes teaching martial arts skills, self defense, and positive character.

KidZ FIT ●

Upbeat 30 minute class with fun exercises and games. (Two age groups offered.)

KidZ YOGA ●

30 minute calming and breathing class using yoga poses. (Two age groups offered.)

KidZ ZUMBA ●

30 minutes of cardio dance! (Two age groups offered.)

TEEN ATHLETICS ●

Group physical conditioning using a fusion of cardio and strength exercises.

AQUATIC

AGAINST the CURRENT ●

Aerobic movement against the flow of the Lazy River.

AQUA CIRCUITS ●

Circuit training in the water that will challenge your strength and endurance.

AQUA FITNESS ●

Fast-paced water class to burn more calories.

AQUA INTERVALS ●

Fast-paced, heart-pumping, muscle-burning, high-intensity fitness intervals in the water!

AQUA RESTORE ●

A calming, restful way to stretch, slow down, and unwind in the water.

WATER EXPLOSION ●

Slower-paced water class using dumbbells and noodles.

WHITEWATER ●

Amped up water class that will challenge your muscles and cardio.

● = GROUP FITNESS ROOM (GX)

● = CYCLE STUDIO

● = POOL or LAZY RIVER

For more detailed class information on a specific class, please see the Front Desk.

*Sign Up is Required. You may sign up at www.GraniteFallsClub.com or by calling the front desk. Cycle sign ups open at 7:00 am the day before class. Please call to cancel at least 30 minutes before class. A \$25 fee will be charged for a "No Show" or late cancellation.

**Extra Fee Applies. Sign up is also required. For more information regarding these classes visit www.GraniteFallsClub.com or call the front desk.

Classes are open to members and prospective members working with a membership representative. Thank you!



GRANITE FALLS