



GRANITE FALLS

group fitness schedule

Get Moving in May!

May is National Physical Fitness Month!

Take advantage of over 150 FREE Classes during the month of May!

- Cycle, Group Fitness, Aqua
- New MX4 Monthly Repetitive Option!
- New Tai Chi on Monday Mornings!

MAY



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 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3	SATURDAY 5/4
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	7:45a MX4* Aubrey	5:35a Muscle Betsy	6:15a MX4 Michelle	7:45a MX4* Sarah	8:15a INSANITY Live Michelle
6:45a 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 Geraldine	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	8:30a HIIT Michelle	9:30a Kickbox Aubrey	10:00a MX4* Aubrey
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:20a MX4* Michelle	10:30a Yoga Marla	
10:30a Yoga Flow Ext. Laura	11:30a Back to Basics Sarah		10:45a BYO Foam Roll Josh		
	12:30p MX4* Geraldine	12:20p MX4* Howie	12:20p MX4* Marisa	12:30p MX4* Shannon	CYCLE Studio
4:30p KidZ Fit (3-6) Brandon	4:15p Teen Athletic Geraldine	4:30p KidZ Yoga (3-6) TBA	4:15p Teen Athletic Geraldine		8:30a Cycle Chris
5:00p KidZ Fit (7-10) Brandon	4:30p KidZ Zumba(3-6) Sue	4:55p KidZ Yoga (7-10) TBA	5:30p Hapkido* (9-14) Master J		POOL
5:40p Bootcamp Geraldine	5:00p KidZ Zumba(7-10) Sue	6:20p Muscle Strength Denae	6:15p Hapkido* (15+) Master J		
6:30p MX4* Geraldine	5:30p Kick & Sculpt Marisa	7:10p Zumba Sue	7:15 Yoga Carol		
7:10p Pilates Carol	6:20p Crossover Fit Michelle	8:00p Pilates Carol			SUNDAY 5/5
	7:10p Hapkido* (15+) Master J				GX Studio
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE 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
6:00p Cycle Betsy	9:30a Cycle Sarah	30/45 min class	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	
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				

MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24	SATURDAY 5/25
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle		5:35a Muscle Betsy	6.15a MX4 Michelle	7:45a MX4* Sarah	8:15a INSANITY Live Marisa
6:45a MX4* Michelle	7:45a MX4* Aubrey		7:30a Mindful Mvmt. Josh	8:30a The MIX Aubrey	9:05a Kick & Sculpt Marisa
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a HIIT Michelle	9:30a Kickbox Aubrey	10:00a MX4* Aubrey
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	9:20a MX4* Michelle	10:30a Yoga Tiffany	
10:30a Yoga Flow Ext. Laura	10:30a PIYO Live Amanda	10:30a Yoga Marla	10:45a BYO Foam Roll Josh		
10:30a Tai Chi Shearon					
	12:30p MX4* Geraldine	12:20p MX4* Howie	12:20p MX4* Marisa	12:30p MX4* Shannon	CYCLE Studio
4:30p KidZ Fit (3-6) Brandon	4:15p Teen Athletic Geraldine	4:30p KidZ Yoga (3-6) Janice			8:30a Cycle Geraldine
5:00p KidZ Fit (7-10) Brandon	4:30p KidZ Zumba(3-6) Sue	4:55p KidZ Yoga (7-10) Janice			POOL
5:40p Bootcamp Geraldine	5:00p KidZ Zumba(7-10) Sue	6:20p Muscle Strength Mia	4:15p Teen Athletic Geraldine		
6:30p MX4* Geraldine	5:30p Kick & Sculpt Marisa	7:10p Zumba Sue	7:15 Yoga Carol		
7:10p Pilates Carol	6:20p Crossover Fit Michelle	8:00p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
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		8:30a Cycle Express Geraldine	9:30a Cycle Geraldine	3:05p Yoga Tiffany
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				

MONDAY 5/27	TUESDAY 5/28	WEDNESDAY 5/29	THURSDAY 5/30	FRIDAY 5/31	SATURDAY 6/1
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle		5:35a Muscle Betsy	6.15a MX4 Michelle	7:45a MX4* Sarah	8:15a INSANITY Live Michelle
6:45a MX4* Michelle	7:45a MX4* Aubrey		7:30a Mindful Mvmt. Josh	8:30a The MIX Aubrey	9:05a Bootcamp Phillip
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a HIIT Michelle	9:30a Kickbox Aubrey	10:00a MX4* Aubrey
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	9:20a MX4* Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Ext. Laura	10:30a Barre Heather	10:30a Yoga Laura	10:45a BYO Foam Roll Josh		
10:30a Tai Chi Shearon					
	12:30p MX4* Geraldine	12:20p MX4* Howie	12:20p MX4* Marisa	12:30p MX4* Shannon	CYCLE Studio
Memorial Day No evening classes.	4:15p Teen Athletic Geraldine	4:30p KidZ Yoga (3-6) Janice			8:30a Cycle Chris
	4:30p KidZ Zumba(3-6) Sue	4:55p KidZ Yoga (7-10) Janice			POOL
	5:00p KidZ Zumba(7-10) Sue	6:20p Muscle Strength Jamie	4:15p Teen Athletic Geraldine		9:00a Aqua Fit Cheryl
	5:30p Kick & Sculpt Marisa	7:10p Zumba Sue	7:15 Yoga Carol		
	6:20p Crossover Fit Michelle	8:00p Pilates Carol			
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 Paige
No evening classes.	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				

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 skip 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 CIRCUTS ●

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