



GRANITE FALLS

group fitness schedule

The **POOL** is **OPEN!**

This Month at Granite Falls

- Against the Current (ATC) is back with 5 classes a week!
- Try the new Tai Chi for Health class!
- Now TWO Back 2 Basics Classes!

NOTE: SUNDAY TIME CHANGES! 1:05pm and 2:05pm

As Always...Over 150 FREE Classes this month!

JUNE



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 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		8:15a INSANITY Live Michelle
6:45a MX4* Michelle	7:45a MX4* Aubrey		7:30a Mindful Mvmt. Josh	7:45a MX4* Janice	9:05a Bootcamp Phillip
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a HIIT Michelle	8:30a The MIX Aubrey	10:00a MX4* Aubrey
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	9:20a MX4* Michelle	9:30a Kickbox Aubrey	
10:30a Yoga Flow Ext. Laura	10:30a Barre Heather	10:30a Yoga Laura	10:45a BYO Foam Roll Josh	10:30a Yoga Paige	
10:30a Tai Chi Shearon			11:30a Back to basics Sarah		CYCLE Studio
	12:30p MX4* Geraldine	12:20p MX4* Howie	12:30p MX4 Marisa	12:30p MX4* Shannon	8:30a Cycle Chris
Memorial Day No evening classes.	4:15p Teen Athletic Geraldine	4:30p KidZ Yoga (3-6) Janice			POOL
	4:30p KidZ Zumba(3-6) Sue	4:55p KidZ Yoga (7-10) Janice			9:00a ATC/Aqua fit Heather
	5:00p KidZ Zumba(7-10) Sue	6:20p Muscle Strength Jamie	4:15p Teen Athletic Geraldine		
	5:30p Kick & Sculpt Marisa	7:10p Zumba Sue	7:15 Yoga Carol		
	6:20p Crossover Fit Michelle	8:00p Pilates Carol			SUNDAY 6/2
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine	5:35a Cycle Betsy	12:00p Cycle Express Geraldine	5:35a Cycle Tricia	5:35a Cycle Strength Janice	1:05p Cardio and Core Aubrey
No evening classes.	9:30a Cycle Janice		8:30a Cycle Express Geraldine	9:30a Cycle Geraldine	2:05p Yoga Paige
	6:00p Cycle Geraldine		6:00p Cycle Chris		
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 6/3		TUESDAY 6/4		WEDNESDAY 6/5		THURSDAY 6/6		FRIDAY 6/7		SATURDAY 6/8	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	7:45a MX4*	Aubrey	5:35a Muscle	Heather	6:15a MX4	Michelle	7:45a MX4*	Geraldine	8:15a INSANITY Live	Aubrey
6:45a MX4*	Michelle	8:45a Extreme Cardio	Aubrey	8:30a Crossover Fit	Michelle			8:30a The MIX	Aubrey	9:05a Bootcamp	Phillip
8:30a Total Body Strength	Phillip	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	Paige		
10:30a Tai Chi	Shearon	11:30a Back to Basics	Shannon			10:45a Back to basics	Becky				
10:30a Yoga flow	Laura										
		12:30p MX4*	Geraldine	12:20p MX4*	Howie	12:30p MX4	Marisa	12:30p MX4*	Shannon	CYCLE Studio	
4:30p KidZ Fit (3-6)	Brandon	4:15p Teen Athletic	Geraldine							8:30a Cycle	Geraldine
5:00p KidZ Fit (7-10)	Brandon			4:30p KidZ Yoga (5-7)	Janice	4:15p Teen Athletic	Geraldine			POOL	
5:40p Bootcamp	Geraldine			4:55p KidZ Yoga (8-12)	Janice					9:00a ATC/Aqua fit	Shearon
6:30p MX4*	Geraldine	5:30p Kick & Sculpt	Marisa	6:20p Muscle Strength	Mia						
7:10p Pilates	Carol	6:20p Crossover Fit	Michelle	7:10p Zumba	Sue	7:15 Yoga	Carol				
				8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Janice	5:35a Cycle	Betsy	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	1:05p Cardio and Core	Jamie
6:00p Cycle	Betsy	9:30a Cycle	Heather			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine	2:05p Yoga	Tiffany
		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	9:00a ATC	Cheryl	9:00a Aqua Fitness	Rachael		
7:45p ATC	Cheryl	9:00a ATC	Cheryl	7:45p ATC	Cheryl	7:05p Aqua Circuits	Cheryl				

MONDAY 6/10		TUESDAY 6/11		WEDNESDAY 6/12		THURSDAY 6/13		FRIDAY 6/14		SATURDAY 6/15	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	7:45a MX4*	Aubrey	5:35a Muscle	Heather	6:15a MX4	Michelle	7:45a MX4*	Geraldine	8:15a Cardio Drills	Nidia
6:45a MX4*	Michelle	8:45a Extreme Cardio	Aubrey	8:30a Crossover Fit	Michelle			8:30a The MIX	Aubrey	9:05a Strength	Nidia
8:30a Total Body Strength	Phillip	9:30a Zumba	Carolina	9:30a Muscle Strength	Geraldine	8:30a HIIT	Michelle	9:30a Kickbox	Aubrey	10:00a MX4*	Shannon
9:30a Kickbox	Aubrey	10:30a Yoga	Carol	10:30a Yoga	Marla	9:20a MX4*	Michelle	10:30a Yoga	Paige		
10:30a Tai Chi	Shearon	11:30a Back to Basics	Shannon			10:45a Back to basics	Sarah				
10:30a Yoga flow	Laura									CYCLE Studio	
		12:30p MX4*	Geraldine	12:20p MX4*	Howie	12:30p MX4	Geraldine	12:30p MX4*	Shannon	8:30a Cycle	Phillip
4:30p KidZ Fit (3-6)	Brandon	4:15p Teen Athletic	Geraldine							POOL	
5:00p KidZ Fit (7-10)	Brandon			4:30p KidZ Yoga (5-7)	Janice	4:15p Teen Athletic	Geraldine			9:00a ATC/Aqua fit	Shearon
5:40p Bootcamp	Geraldine			4:55p KidZ Yoga (8-12)	Janice						
6:30p MX4*	Geraldine	5:30p Kick & Sculpt	Jamie	6:20p Muscle Strength	Denae						
7:10p Pilates	Carol	6:20p Crossover Fit	Jamie	7:10p Zumba	Janice	7:15 Yoga	Carol				
				8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Janice	5:35a Cycle	Betsy	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	2:05p Yoga	Tiffany
6:00p Cycle	Betsy	9:30a Cycle	Geraldine			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine		
		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	Shearon	9:00a ATC	Rachael	9:00a Aqua Fitness	Rachael		
7:45p ATC	Shearon	9:00a ATC	Rachael	7:45p ATC	Shearon	7:05p Aqua Circuits	Shearon				

MONDAY 6/17		TUESDAY 6/18		WEDNESDAY 6/19		THURSDAY 6/20		FRIDAY 6/21		SATURDAY 6/22	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle	7:45a MX4*	Geraldine	5:35a Muscle	Heather	6:15a MX4	Michelle	7:45a MX4*	Geraldine	8:15a INSANITY Live	Marisa
6:45a MX4*	Michelle	8:45a HIIT	Nidia	8:30a Crossover Fit	Michelle			8:30a The MIX	Geraldine	9:05a Kickbox	Jamie
8:30a Total Body Strength	Phillip	9:30a Zumba	Carolina	9:30a Muscle Strength	Marisa	8:30a HIIT	Michelle	9:30a Cardio Drills	Nidia	10:00a MX4*	TBA
9:30a Cardio Drills	Nidia	10:30a PiYO Live	Amanda	10:30a Yoga	Marla	9:20a MX4*	Michelle	10:30a Yoga	Paige		
10:30a Tai Chi	Shearon	11:30a Back to Basics	Shannon			10:45a Back to basics	Sarah				
10:30a Yoga Flow	Laura										
		12:30p MX4*	Geraldine	12:20p MX4*	Howie	12:30p MX4	Marisa	12:30p MX4*	Shannon	CYCLE Studio	
		4:15p Teen Athletic	Geraldine							8:30a Cycle	Geraldine
4:30p KidZ Fit (3-6)	Brandon			4:30p KidZ Yoga (5-7)	Janice					POOL	
5:00p KidZ Fit (7-10)	Brandon			4:55p KidZ Yoga (8-12)	Janice					9:00a ATC/Aqua fit	Paula
5:40p Bootcamp	Geraldine	5:30p Kick & Sculpt	Marisa	6:20p Muscle Strength	Mia	4:15p Teen Athletic	Geraldine				
6:30p MX4*	Geraldine	6:20p Crossover Fit	Michelle	7:10p Zumba	Sue	7:15 Yoga	Carol				
7:10p Pilates	Carol			8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Janice	5:35a Cycle	Betsy	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	1:05p Cardio and core	Jamie
		9:30a Cycle	Heather			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine	2:05p Yoga	Paige
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	9:00a ATC	Cheryl	9:00a Aqua Fitness	Rachael		
7:45p ATC	Heather	9:00a ATC	Rachael	7:45p ATC	Cheryl	7:05p Aqua Circuits	Cheryl				

MONDAY 6/24		TUESDAY 6/25		WEDNESDAY 6/26		THURSDAY 6/27		FRIDAY 6/28		SATURDAY 6/29	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Michelle			5:35a Muscle	Heather	6:15a MX4	Michelle	7:45a MX4*	Geraldine	8:15a INSANITY Live	Aubrey
6:45a MX4*	Michelle	7:45a MX4*	Aubrey	8:30a Crossover Fit	Michelle	8:30a HIIT	Michelle	8:30a The MIX	Aubrey	9:05a Kick & Sculpt	Marisa
8:30a Total Body Strength	Phillip	8:45a Extreme Cardio	Aubrey	9:30a Muscle Strength	Geraldine	9:20a MX4*	Michelle	9:30a Kickbox	Aubrey	10:00a MX4*	Aubrey
9:30a Kickbox	Aubrey	9:30a Zumba	Carolina	10:30a Yoga	Marla	10:45a Back to basics	Sarah	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	10:30a PiYO Live	Amanda								
10:30a Tai Chi	Shearon	11:30a Back to Basics	Shannon								
		12:30p MX4*	Geraldine	12:20p MX4*	Howie	12:30pMX4	Geraldine	12:30p MX4*	Shannon	CYCLE Studio	
		4:15p Teen Athletic	Geraldine							8:30a Cycle	Chris
4:30p KidZ Fit (3-6)	Brandon			4:30p KidZ Yoga (5-7)	Janice					POOL	
5:00p KidZ Fit (7-10)	Brandon			4:55p KidZ Yoga (8-12)	Janice					9:00a ATC/Aqua fit	Cheryl
5:40p Bootcamp	Geraldine	5:30p Kick & Sculpt	Marisa	6:20p Muscle Strength	Mia	4:15p Teen Athletic	Geraldine				
6:30p MX4*	Geraldine	6:20p Crossover Fit	Michelle	7:10p Zumba	Sue	7:15 Yoga	Carol				
7:10p Pilates	Carol			8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Janice	5:35a Cycle	Betsy	12:00p Cycle Express	Geraldine	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	1:05p Zumba	Carolina
		9:30a Cycle	Heather			8:30a Cycle Express	Geraldine	9:30a Cycle	Geraldine	2:05p 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	9:00a ATC	Rachael	9:00a Aqua Fitness	Rachael		
7:45p ATC	Cheryl	9:00a ATC	Cheryl	7:45p ATC	Cheryl	7:05p Aqua Circuits	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