



# GRANITE FALLS

group fitness schedule

*New for July!*



- ✓ *July 4<sup>th</sup> Celebration Morning of Classes with Aubrey & Geraldine*
- ✓ *New class Turbo Kick LIVE*
- ✓ *New Thursday morning & evening classes*

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

MONDAY 7/1	TUESDAY 7/2	WEDNESDAY 7/3	THURSDAY 7/4	FRIDAY 7/5	SATURDAY 7/6
<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	7:45a MX4* Aubrey	5:35a Muscle Heather	8:15a Cardio drills Aubrey	8:30a The MIX Aubrey	8:15a INSANITY Live Aubrey
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:45a Kickbox Aubrey	9:30a Kickbox Aubrey	9:05a Kickbox Aubrey
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	9:20a Muscle Strength Geraldine	10:30a Yoga Paige	
10:30a Yoga Flow Laura	10:30a Yoga Carol	10:30a Yoga Laura			
10:30a Tai Chi Shearon	11:30a Foundation STR Tricia S	12:20p MX4* Howie		12:30p MX4* Shannon	<b>CYCLE Studio</b>
4:30p KidZ Fit (3-6) Brandon	12:30p MX4* Geraldine				8:30a Cycle Phillip
5:00p KidZ Fit (7-10) Brandon		6:20p Muscle Strength Mia			<b>POOL</b>
5:40p MX4* Geraldine	5:30p TurboKick Live Marisa	7:10p Zumba Sue			9:00a ATC/Aqua fit Cheryl
6:20p Boot Camp Geraldine	6:20p Crossover Fit Michelle	8:00p Pilates Carol	No Evening Classes		
7:10p Pilates Carol					<b>SUNDAY 7/7</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 Heather	5:35a Cycle Betsy	12:00p Cycle Express Geraldine	8:15a Holiday Cycle Geraldine	5:35a Cycle Strength Janice	1:05p Cardio and core Jamie
6:00p Cycle Betsy	9:30a Cycle Janice			9:30a Cycle Geraldine	2:05p Yoga Paige
	6:00p Cycle Geraldine				
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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			

MONDAY 7/8	TUESDAY 7/9	WEDNESDAY 7/10	THURSDAY 7/11	FRIDAY 7/12	SATURDAY 7/13
<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	7:45a MX4* Aubrey	5:35a Muscle Heather			8:15a INSANITY Live Michelle
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a HIIT Nidia	8:30a The MIX Aubrey	9:05a Bootcamp Phillip
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	9:30a Extreme Circuits Michelle	9:30a Kickbox Aubrey	
10:30a Yoga Carol	10:30a Barre Heather	10:30a Yoga Tiffany	10:30a Back to Basics Sarah	10:30a Yoga Paige	
10:30a Tai Chi Shearon	11:30a Foundation STR Tricia S				
	12:30p MX4* Geraldine	12:20p MX4* Howie		12:30p MX4* Shannon	<b>CYCLE Studio</b>
4:30p KidZ Fit (3-6) Brandon			4:15p Teen Athletic Geraldine		8:30a Cycle Mia
5:00p KidZ Fit (7-10) Brandon			5:30p PIYO/Barre Tricia S		<b>POOL</b>
5:40p MX4* Geraldine		6:20p Muscle Strength Denae	6:15p Power and Core Tricia S		9:00a ATC/Aqua fit Heather
6:20p Boot Camp Geraldine	5:30p Interval Training Michelle	7:10p Zumba Sue	7:15 Yoga Carol		
7:10p Pilates Carol	6:20p Crossover Fit Michelle	8:00p Pilates Carol			
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 7/14</b>
9:30a Cycle Heather	5:35a Cycle Betsy	12:00p Cycle Express Geraldine	5:35a Cycle Chris	5:35a Cycle Strength Janice	1:05p Dance Funk Tammy
6:00p Cycle Betsy	9:30a Cycle Janice		8:30a Cycle Express Geraldine	9:30a Cycle Geraldine	2:05p Yoga Tiffany
	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	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		

MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19	SATURDAY 7/20
<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	7:45a MX4* Aubrey	5:35a Muscle Heather			8:15a INSANITY Live Aubrey
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a HIIT Nidia		8:30a The MIX Aubrey	9:05a Step Nidia
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Marisa	8:30a HIIT Nidia	9:30a Kickbox Aubrey	
10:30a Tai Chi Shearon	10:30a PiYO Live Amanda	10:30a Yoga Laura	9:30a Insanity Marisa	10:30a Yoga Paige	
10:30a Yoga Marla	11:30a Foundation STR TBA		10:30a Back to Basics Sarah		
	12:30p MX4* Geraldine	12:20p MX4* Howie		12:30p MX4* Shannon	<b>CYCLE Studio</b>
4:30p KidZ Fit (3-6) Brandon			4:15p Teen Athletic Geraldine		8:30a Cycle Geraldine
5:00p KidZ Fit (7-10) Brandon			5:30p PIYO/Barre Tricia S		<b>POOL</b>
5:40p MX4* Geraldine		6:20p Muscle Strength Mia	6:15p Power and Core Tricia S		9:00a ATC/Aqua fit Cheryl
6:20p Boot Camp Geraldine	5:30p Turbokick Live Marisa	7:10p Zumba Sue	7:15 Yoga Carol		
7:10p Pilates Carol	6:20p Cardio Drills Nidia	8:00p Pilates Carol			
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 7/21</b>
9:30a Cycle Heather	5:35a Cycle Betsy	12:00p Cycle Express Geraldine	5:35a Cycle Chris	5:35a Cycle Strength Janice	1:05p Zumba Carolina
6:00p Cycle Betsy	9:30a Cycle Janice		8:30a Cycle Express Geraldine	9:30a Cycle Geraldine	2:05p Yoga Tiffany
	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	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		

<b>MONDAY 7/22</b>	<b>TUESDAY 7/23</b>	<b>WEDNESDAY 7/24</b>	<b>THURSDAY 7/25</b>	<b>FRIDAY 7/26</b>	<b>SATURDAY 7/27</b>
<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 Janice	7:45a MX4* Aubrey	5:35a Muscle Heather			8:15a INSANITY Live Marisa
	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle		8:30a The MIX Aubrey	9:05a Kickbox Marisa
8:30a Total Body Strength Phillip	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	8:30a HIIT Nidia	9:30a Kickbox Aubrey	
9:30a Kickbox Aubrey	10:30a Piyo Live Amanda	10:30a Yoga Laura	9:30a Extreme Circuits Michelle	10:30a Yoga Paige	
10:30a Tai Chi Shearon	11:30a Foundation STR Tricia S		10:30a Back to Basics Sarah		
10:30a Yoga Marla					<b>CYCLE Studio</b>
	12:30p MX4* Geraldine	12:20p MX4* Howie		12:30p MX4* Shannon	8:30a Cycle Chris
4:30p KidZ Fit (3-6) Brandon			4:15p Teen Athletic Geraldine		<b>POOL</b>
5:00p KidZ Fit (7-10) Brandon			5:30p PIYO/Barre Tricia S		9:00a ATC/Aqua fit Rachael
5:40p MX4* Geraldine			6:15p Power and Core Tricia S		
6:20p Boot Camp Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Jamie	7:15 Yoga Carol		
7:10p Pilates Carol	6:20p Crossover Fit Michelle	7:10p Zumba Sue			
		8:00p Pilates Carol			
					<b>SUNDAY 7/28</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 Heather	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 Janice		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		
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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		

<b>MONDAY 7/29</b>	<b>TUESDAY 7/30</b>	<b>WEDNESDAY 7/31</b>	<b>THURSDAY 8/1</b>	<b>FRIDAY 8/2</b>	<b>SATURDAY 8/3</b>
<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	7:45a MX4* Aubrey	5:35a Muscle Heather			8:15a INSANITY Live Marisa
	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle		8:30a The MIX Aubrey	9:05a Kickbox Jamie
8:30a Total Body Strength Phillip	9:30a Zumba Sue	9:30a Muscle Strength Marisa	8:30a HIIT Nidia	9:30a Kickbox Aubrey	
9:30a Kickbox Aubrey	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:30a Extreme Circuits Michelle	10:30a Yoga Paige	
10:30a Tai Chi Shearon	11:30a Foundation STR Tricia S		10:30a Back to Basics Sarah		
10:30a Yoga Flow Laura					<b>CYCLE Studio</b>
	12:30p MX4* Geraldine	12:20p MX4* Howie		12:30p MX4* Shannon	8:30a Cycle tba
4:30p KidZ Fit (3-6) Brandon			4:15p Teen Athletic Geraldine		<b>POOL</b>
5:00p KidZ Fit (7-10) Brandon			5:30p PIYO/Barre Tricia S		9:00a ATC/Aqua fit Paula
5:40p MX4* Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Denae	6:15p Power and Core Tricia S		
6:20p Boot Camp Geraldine	6:20p Crossover Fit Michelle	7:10p Zumba Sue	7:15 Yoga Carol		
7:10p Pilates Carol		8:00p Pilates Carol			
					<b>SUNDAY 8/4</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 Heather	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 Janice		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		
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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		

# Granite Falls Group Exercise Class MENU

## CARDIO

**Step** Energizing workout using height adjustable step and choreographed movements. This class will use the fat burning systems in a high gear followed by muscle conditioning to tone the body

**Cardio Drills** Unleash your inner athlete, sports related cardiovascular training

**Cardio & Core** Cardiovascular conditioning integrated with core based moves

**Dance Funk** Fun choreographed cardio dance class

**INSANITY Live** max interval cardio training drills with modifications for all levels

**Kickboxing** High intensity. Mod-high impact cardio-box class. All levels

**Extreme Cardio** A class that will push your cardiovascular limits

**Zumba** The ultimate dance fitness party. None verbal cues and easy to follow routines allow even the most inexperienced participant to learn

## 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

**Total Body Strength** Whole body strength building class using barbells, benches and more

**Foundation Strength** Designed for anyone new to exercise, or healthy aging adults, or anyone returning from injury. It will improve strength, balance, core stability and flexibility

**Power and Core** Power is high rep strength training, followed by intense core exercises customized for all fitness levels

## CARDIO / STRENGTH FUSION

**Back to Basics** low impact muscle/cardio class for all ages. Chair use optional.

**Boot Camp** High intensity workout using 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

**TURBOKICK LIVE** Ultimate cardio kick boxing experience combining kickboxing with body - sculpting HIIT moves choreographed to hot music  
**\*\*MX4** Periodized 30 minute functional movement HIIT workouts in a small group format. Using the Matrix Connexus system, as well as slam ball, ropes, landmines, TRX, kettle bells, rowers and more

**Teen Athletics** group physical conditioning lead by a personal trainer. Ages 11 & up

**The MIX** Cardio /strength. Combos of HIIT, Tabata, Pilates & more. Interval

**Extreme Circuits** Full body interval circuits using strength, cardio and combo moves to build lean muscle

## MIND / BODY

**Barre** Total body work out that enhances larger and smaller muscle groups, with repeated high intensity and low impact non weight bearing activities to burn fat and sculpt muscles

**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 of Yoga where poses are integrated into seamless movement

**Tai Chi** The practice of the ancient Chinese martial art to enhance health and relaxation

## AQUATIC/POOL

**Aqua Fitness** Mix of cardio/muscle. Fast-paced to burn more calories

**Aqua Interval** timed high intensity bouts of cardio/strength water exercise moves

**Against the current** Aerobic movement against the lazy river

**Water Explosion** Slower paced water class. Dumbbells & noodles are used. All levels

**Aqua Circuits** Circuit training in the water that will challenge your strength and endurance

**ATC / Aqua Fit** Combination of aqua fitness and against the current

**White Water** Amped up deep end water class that will challenge your muscles and cardiovascular system

## CYCLE CLASSES

**\*Cycle** instructor led pace. Train at your own level by setting the resistance you need.

**\*Cycle express** 30-45 minute condensed cycle class that does not skimp on challenge

**\*Cycle and strength** Work strength training into your cycle workouts by adding dumbbells, bands and more

**\*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.**

**\*\*Extra fee applies. Sign up is also required. For more information regarding these <http://www.granitefallsclub.com> or by calling the Front Desk Classes are open to members and prospective members working with a membership representative.**

Thank You!

