



# GRANITE FALLS

group fitness schedule

*New for August!*



- ✓ *Ultimate abdominals with Aubrey - Tues @ 8.15am*
- ✓ *Cycle & strength with Geraldine - Tues @ 6pm (to include 30 mins strength @ 6.30pm)*
- ✓ *Total HIIT (30 mins) followed by Butts & Guts - Thurs @ 8.30am with Nidia*
- ✓ *Body Blast (cardio/strength) followed by power & core with Tammy - Thurs @ 5.30pm*
- ✓ *Kidz Zumba Tuesdays 4.25 (3-7), 4.55 (7-11)*
- ✓ *New time Teen Athletic Monday and Wednesdays 5-545pm (11-15)*
- ✓ *Kidz Fit: New Time, Mondays 4-4.30pm (3-6), 4.30-5pm (7-10)*

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

MONDAY 7/29	TUESDAY 7/30	WEDNESDAY 7/31	THURSDAY 8/1	FRIDAY 8/2	SATURDAY 8/3
<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	8:30a Total HIIT Nidia	8:30a The MIX Aubrey	8:15a Muscle Strength Nidia
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Marisa	9:00a Butts and Guts Nidia	9:30a Kickbox Aubrey	9:05a 80s Step Nidia
9:30a Kickbox Aubrey	9:30a Zumba Sue	9:30a Muscle Strength Marla	9:30a Extreme Circuits Michelle	10:30a Yoga Paige	
10:30a Tai Chi Shearon	10:30a PiYO Live Amanda	10:30a Yoga Marla	10:30a Back to Basics Sarah		
10:30a Yoga Flow Laura	11:30a Foundation Strength 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 Chris
5:00p KidZ Fit (7-10) Brandon			5:30p Body Blast Tammy		<b>POOL</b>
5:40p MX4* Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Denae	6:15p Power and Core Tammy		9:00a ATC/Aqua fit Cheryl
6:20p Boot Camp Geraldine	6:20p Crossover Fit Michelle	7:10p Zumba Sue	7:15 Restorative Yoga Carol		
7:10p Pilates Carol		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 8/4</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
6:00p Cycle Betsy	9:30a Cycle Tricia S		6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Paige
<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 8/5	TUESDAY 8/6	WEDNESDAY 8/7	THURSDAY 8/8	FRIDAY 8/9	SATURDAY 8/10
<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	8:30a Total HIIT Nidia	8:30a The MIX Aubrey	8:15a Bootcamp Geraldine
8:30a Total Body Strength Phillip	8:15a Ultimate Abdominals Aubrey	8:30a Crossover Fit Michelle	9:00a Butts and Guts Nidia	9:30a Kickbox Aubrey	9:05a Kickbox Jamie
9:30a Kickbox Aubrey	8:45a Extreme Cardio Aubrey	9:30a Muscle Strength Geraldine	9:30a Extreme circuits Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Laura	9:30a Zumba Carolina	10:30a Yoga Marla	10:30a Back to Basics Sarah		
10:30a Tai Chi Shearon	10:30a PiYo Live Amanda				
	11:30a Foundation Strength Tricia S				
	12:30p MX4* Geraldine				<b>CYCLE Studio</b>
4:00p Kidz Fit (3-6) Brandon		12:20p MX4* Howie		12:30p MX4* Shannon	No Cycle
4:30p Kidz Fit (7-10) Brandon	4:25p Kidz Zumba(3-7) Sue				2019 Cycleathon
5:00p Teen Athletic Geraldine	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine			<b>POOL</b>
5:45p MX4 Geraldine	5:30p Kickbox Jamie	6:20p Muscle Strength Denae	5:30p Body Blast Tammy		9:00a ATC/Aqua fit Heather
6:20p Boot Camp Geraldine	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue	6:15p Power and Core Tammy		
7:10p Pilates Carol		8:00p Pilates Carol	7:15 Restorative yoga Carol		
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 8/11</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 Tricia S			9:30a Cycle Geraldine	2:05p Yoga Tammy
6:00p Cycle Betsy	6:00p Cycle & strength 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	9:00a Whitewater Heather	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 8/12	TUESDAY 8/13	WEDNESDAY 8/14	THURSDAY 8/15	FRIDAY 8/16	SATURDAY 8/17
<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	8:30a Total HIIT Nidia	8:30a The MIX Aubrey	8:15a INSANITY Live Aubrey
8:30a Total Body Strength Phillip	8:15a Ultimate Abdominals Aubrey	8:30a Crossover Fit Michelle	9:00a Butts and Guts Nidia	9:30a Kickbox Aubrey	9:05a Bootcamp Phillip
9:30a Kickbox Aubrey	8:45a Extreme Cardio Aubrey	9:30a Muscle Strength Geraldine	9:30a Extreme circuits Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Laura	9:30a Zumba Carolina	10:30a Yoga Carol	10:30a Back to Basics Sarah		
10:30a Tai Chi Shearon	10:30a PiYo Live Amanda				
	11:30a Foundation Strength Tricia S				
	12:30p MX4* Geraldine				<b>CYCLE Studio</b>
4:00p Kidz Fit (3-6) Brandon		12:20p MX4* Howie		12:30p MX4* Geraldine	8:30a Cycle Geraldine
4:30p Kidz Fit (7-10) Brandon	4:25p Kidz Zumba(3-7) Sue				<b>POOL</b>
5:00p Teen Athletic Geraldine	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine	5:30p Body Blast Tammy		9:00a ATC/Aqua fit Paula
5:45p MX4 Geraldine	5:30p Kickbox Jamie	6:20p Muscle Strength Mia	6:15p Power and Core Tammy		
6:20p Boot Camp Geraldine	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue	7:15 Restorative yoga Carol		
7:10p Pilates Carol		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 8/18</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
	9:30a Cycle Sarah			9:30a Cycle Geraldine	2:05p Yoga Tiffany
6:00p Cycle Betsy	6:00p Cycle & strength 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 8/19		TUESDAY 8/20		WEDNESDAY 8/21		THURSDAY 8/22		FRIDAY 8/23		SATURDAY 8/24	
<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	8:30a Total HIIT	Nidia	8:30a The MIX	Aubrey	8:15a INSANITY Live	Marisa
8:30a Total Body Strength	Phillip	8:15a Ultimate Abdominals	Aubrey	8:30a Crossover Fit	Michelle	9:00a Butts and Guts	Nidia	9:30a Kickbox	Aubrey	9:05a Muscle strength	Marisa
9:30a Kickbox	Aubrey	8:45a Extreme Cardio	Aubrey	9:30a Muscle Strength	Phillip	9:30a Extreme Circuits	Michelle	10:30a Yoga	Tammy		
10:30a Tai Chi	Shearon	9:30a Zumba	Carolina	10:30a Yoga	Marla	10:30a Back to Basics	Sarah				
10:30a Yoga Flow	Tiffany	10:30a PiYo Live	Amanda								
4:00p Kidz Fit (3-6)	Brandon	11:30a Foundation Strength	Tricia S								
4:30p Kidz Fit (7-10)	Brandon	12:30p MX4*	Geraldine	12:20p MX4*	Howie			12:30p MX4*	Shannon	<b>CYCLE Studio</b>	
5:00p Teen Athletic	Geraldine									8:30a Cycle	Becky
5:45p MX4	Geraldine	4:25p Kidz Zumba(3-7)	Sue	5:00p Teen Athletic	Geraldine	5:30p Body Blast	Tammy			<b>POOL</b>	
6:20p Boot Camp	Geraldine	4:55p Kidz Zumba(8-11)	Sue	6:20p Muscle Strength	Denae	6:15p Power and Core	Tammy			9:00a ATC/Aqua fit	Heather
7:10p Pilates	Carol	5:30p Turbokick Live	Marisa	7:10p Zumba	Sue	7:15 Restorative yoga	Carol				
		6:30 Strength(30mins)	Geraldine	8:00p Pilates	Carol					<b>SUNDAY 8/25</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 Zumba	Carolina
6:00p Cycle	Betsy	9:30a Cycle	Tricia S			6:00p Cycle	Tricia	9:30a Cycle	Geraldine	2:05p Yoga	Tiffany
		6:00p Cycle & strength	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	7:05p Aqua Circuits	Cheryl				

MONDAY 8/26		TUESDAY 8/27		WEDNESDAY 8/28		THURSDAY 8/29		FRIDAY 8/30		SATURDAY 8/31	
<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	8:30a Total HIIT	Nidia	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Total Body Strength	Phillip	8:15a Ultimate Abdominals	Aubrey	8:30a Crossover Fit	Michelle	9:00a Butts and Guts	Nidia	9:30a Kickbox	Aubrey	9:05a Kickbox	Jamie
9:30a Kickbox	Aubrey	8:45a Extreme Cardio	Aubrey	9:30a Muscle Strength	Nidia	9:30a Extreme Circuits	Michelle	10:30a Yoga	Paige		
10:30a Tai Chi	Shearon	9:30a Zumba	Carolina	10:30a Yoga	Marla	10:30a Back to Basics	Sarah				
10:30a Yoga Flow	Laura	10:30a PiYo Live	Amanda								
4:00p Kidz Fit (3-6)	Brandon	11:30a Foundation Strength	Shannon								
4:30p Kidz Fit (7-10)	Brandon	12:30p MX4*	Shannon	12:20p MX4*	Howie			12:30p MX4*	Shannon	<b>CYCLE Studio</b>	
5:00p Teen Athletic	Geraldine									<b>POOL</b>	
5:45p MX4	Geraldine	4:25p Kidz Zumba (3-7)	Sue	5:00p Teen Athletic	Geraldine	5:30p Body Blast	Tammy			9:00a ATC/Aqua fit	Shearon
6:20p Boot Camp	Jamie	4:55p Kidz Zumba (8-11)	Sue	6:20p Muscle Strength	Mia	6:15p Power and Core	Tammy				
7:10p Pilates	Carol	5:30p Turbokick Live	Marisa	7:10p Zumba	Sue	7:15 Restorative yoga	Carol				
		6:30 Strength(30mins)	Geraldine	8:00p Pilates	Carol					<b>SUNDAY 9/1</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	Sarah	5:35a Cycle	Chris	5:35a Cycle Strength	Janice	1:05p Cardio and Core	Jamie
6:00p Cycle	Betsy	9:30a Cycle	Sarah			6:00p Cycle	Tricia	9:30a Cycle	Heather	2:05p Yoga	Paige
		6:00p Cycle & strength	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	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 movements

**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

**Ultimate abdominals** If you think crunches, crunches, more crunches is the best way to build abs, prepare to be enlightened

**Strength (30 mins)** Designed to follow 30 minute cycle, but can be attended individually. Short and intense

## 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

**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 HITT moves choreographed to hot

**\*\*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 13-17

**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

**Butts & Guts** Special focus on lower body, sculpt, shape & strengthen your abdominal, buttock and thigh muscles, working the back, butt and thighs in particular

**Body Blast** a mix of cardio, strength, stretch, balance and core using a mix of equipment and body weight. All levels of fitness

## 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

**Restorative 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!**

