



GRANITE FALLS

group fitness schedule

New for September!



- ✓ *NEW Thursdays @730am Muscle and Release with Cheryl*
- ✓ *New 1245pm Wednesdays Cycle and strength with Geraldine*
- ✓ *7.05pm Tuesdays Aqua Intervals with Cheryl in the indoor pool*
- ✓ *9.30am Wednesday Muscle strength Denae alternating with Geraldine*
- ✓ *9/2 No Evening classes for Labor Day*

As Always...Over 150 FREE Classes this month

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30	SATURDAY 8/31
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	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	8:30a Butts and Guts Nidia	9:00a 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	9:30a Kickbox Aubrey	
10:30a Tai Chi Shearon	9:30a Zumba Carolina	10:30a Yoga Marla	10:30a Back to Basics Sarah	10:30a Yoga Paige	
10:30a Yoga Flow Laura	10:30a PiYo Live Amanda				CYCLE Studio
4:00p Kidz Fit (3-6) Brandon	11:30a Foundation Strength Shannon	12:20p MX4* Howie		12:30p MX4* Shannon	8:30a Cycle Heather
4:30p Kidz Fit (7-10) Brandon	12:30p MX4* Shannon				POOL
5:00p Teen Athletic Josh	4:25p Kidz Zumba (3-7) Sue	5:00p Teen Athletic Heather	6:15p Cardio funk Tammy		9:00a ATC/Aqua fit Shearon
5:45p MX4 Josh	4:55p Kidz Zumba (8-11) Sue	6:20p Muscle Strength Mia	7:15p Yoga Carol		
6:20p Boot Camp Jamie	5:30p Turbokick Live Marisa	7:10p Zumba Sue			
7:10p Pilates Carol	6:30 Strength(30mins) Sarah	8:00p Pilates Carol			
					SUNDAY 9/1
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
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 Sarah				
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			

MONDAY 9/2	TUESDAY 9/3	WEDNESDAY 9/4	THURSDAY 9/5	FRIDAY 9/6	SATURDAY 9/7
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	7:30a Muscle and Release Cheryl		8:15a Bootcamp Michelle
8:30a Total Body Strength Phillip	8:15a Ultimate Abdominals Aubrey	8:30a Crossover Fit Michelle	8:30a Total HIIT Nidia	8:30a The MIX Nidia	9:05a Turbo Kick Live Marisa
9:30a Kickbox Aubrey	8:45a Extreme Cardio Aubrey	9:30a Muscle Strength Denae	9:00a Butts and Guts Nidia	9:30a Cardio Drills Nidia	
10:30a Tai Chi Shearon	9:30a Cardio Funk Tammy	10:30a Yoga Marla	9:30a Extreme Circuits Michelle	10:30a Yoga Paige	
10:30a Yoga Flow Laura	10:30a PiYO Live Amanda		10:30a Back to Basics Sarah		
	11:30a Foundation Strength Patricia S				
		12:20p MX4* Howie		12:30p MX4* Shannon	CYCLE Studio
		1:15p Strength(30mins) Geraldine			8:30a Cycle Phillip
	4:25p Kidz Zumba(3-7) Sue				POOL
	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine			9:00a ATC/Aqua fit Cheryl
No Evening Classes	5:30p Turbokick Live Marisa	6:20p Muscle Strength Denae	6:15p Cardio Funk Tammy		
Labor Day.	6:30p Strength(30mins) G Sarah	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 Heather	5:35a Cycle Betsy	12:45 Cycle & strength Geraldine	5:35a Cycle Chris	5:35a Cycle & strength Janice	1:05p Cardio and core Jamie
	9:30a Cycle Patricia S		6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Tiffany
	6:00p Cycle & strength Sarah				
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 9/9	TUESDAY 9/10	WEDNESDAY 9/11	THURSDAY 9/12	FRIDAY 9/13	SATURDAY 9/14
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	7:30a Muscle and Release Cheryl		8:15a Insanity Live Aubrey
8:30a Total Body Strength Phillip	8:15a Ultimate Abdominals Aubrey	8:30a Crossover Fit Michelle	8:30a Total HIIT Nidia	8:30a The MIX Aubrey	9:05a Kickbox Jamie
9:30a Kickbox Aubrey	8:45a Extreme Cardio Aubrey	9:30a Muscle Strength Geraldine	9:00a Butts and Guts Nidia	9:30a Kickbox Aubrey	
10:30a Yoga Flow Laura	9:30a Zumba Carolina	10:30a Yoga Marla	9:30a Extreme circuits Michelle	10:30a Yoga Paige	
10:30a Tai Chi Shearon	10:30a PiYo Live Amanda		10:30a Back to Basics Cheryl		
	11:30a Foundation Strength Patricia S				
		12:20p MX4* Howie		12:30p MX4* Shannon	CYCLE Studio
		1:15p Strength(30mins) Geraldine			8:30a Cycle Tricia
	4:25p Kidz Zumba(3-7) Sue				POOL
	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine			9:00a ATC/Aqua fit Heather
	5:30p TurboKick Live Marisa	6:20p Muscle Strength Mia	6:15p Cardio Funk Tammy		
	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue	7:15p Yoga Carol		
		8:00p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Heather	5:35a Cycle Betsy	12:45p Cycle&strength Geraldine	5:35a Cycle Chris	5:35a Cycle&strength Janice	1:05p Cardio and core Jamie
	9:30a Cycle Patricia S		6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Tiffany
	6:00p Cycle & strength Geraldine				
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 9/16		TUESDAY 9/17		WEDNESDAY 9/18		THURSDAY 9/19		FRIDAY 9/20		SATURDAY 9/21	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35a Boot Camp	Heather	7:45a MX4*	Aubrey	5:35a Muscle	Heather	7:30a Muscle and Release	Cheryl			8:15a Muscle strength	Nidia
8:30a Total Body Strength	Phillip	8:15a Ultimate Abdominals	Aubrey	8:30a Crossover Fit	Michelle	8:30a Total HIIT	Nidia			9:05a Step	Nidia
9:30a Kickbox	Aubrey	8:45a Extreme Cardio	Aubrey	9:30a Muscle Strength	Denae	9:00a Butts and Guts	Nidia	8:30a The MIX	Aubrey		
10:30a Yoga Flow	Laura	9:30a Zumba	Carolina	10:30a Yoga	Marla	9:30a Extreme circuits	Michelle	9:30a Kickbox	Aubrey		
10:30a Tai Chi	Shearon	10:30a PiYo Live	Amanda			10:30a Back to Basics	Cheryl	10:30a Yoga	Paige		
		11:30a Foundation Strength	Patricia S								
4:00p Kidz Fit (3-6)	Brandon			12:20p MX4*	Howie			12:30p MX4*	Shannon		
4:30p Kidz Fit (7-10)	Brandon	4:25p Kidz Zumba(3-7)	Sue	1:15p Strength(30mins)	Geraldine						
5:00p Teen Athletic	Geraldine	4:55p Kidz Zumba(8-11)	Sue	5:00p Teen Athletic	Geraldine						
5:45p MX4	Geraldine	5:30p TurboKick Live	Marisa	6:20p Muscle Strength	Denae	6:15p Cardio Funk	Tammy				
6:20p Boot Camp	Geraldine	6:30 Strength(30mins)	Geraldine	7:10p Zumba	Sue	7:15p Yoga	Carol				
7:10p Pilates	Carol			8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio	
9:30a Cycle	Heather	5:35a Cycle	Betsy	12:45p Cycle& strength	Geraldine	5:35a Cycle	Chris	5:35a Cycle&strength	Janice	1:05p Zumba	Carolina
6:00p Cycle	Betsy	9:30a Cycle	Patricia S			6:00p Cycle	Tricia	9:30a Cycle	Geraldine	2:05p Yoga	Tiffany
		6:00p Cycle & strength	Geraldine								
POOL		POOL		POOL		POOL		POOL		SUNDAY 9/22	
9:00a Water Explosion	Shearon	9:00a Whitewater	Shearon	9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 9/23		TUESDAY 9/24		WEDNESDAY 9/25		THURSDAY 9/26		FRIDAY 9/27		SATURDAY 9/28	
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	7:30a Muscle and Release	Cheryl			8:15a INSANITY Live	Marisa
8:30a Total Body Strength	Phillip	8:15a Ultimate Abdominals	Aubrey	8:30a Crossover Fit	Michelle	8:30a Total HIIT	Nidia	8:30a The MIX	Aubrey	9:05a Muscle strength	Marisa
9:30a Kickbox	Aubrey	8:45a Extreme Cardio	Aubrey	9:30a Muscle Strength	Geraldine	9:00a Butts and Guts	Nidia	9:30a Kickbox	Aubrey		
10:30a Tai Chi	Shearon	9:30a Zumba	Carolina	10:30a Yoga	Marla	9:30a Extreme Circuits	Michelle	10:30a Yoga	Paige		
10:30a Yoga Flow	Laura	10:30a PiYo Live	Amanda			10:30a Back to Basics	Sarah				
10:30a Tai Chi	Shearon	11:30a Foundation Strength	Patricia S								
4:00p Kidz Fit (3-6)	Brandon			12:20p MX4*	Howie			12:30p MX4*	Shannon		
4:30p Kidz Fit (7-10)	Brandon	4:25p Kidz Zumba(3-7)	Sue	1:15p Strength(30min)	Geraldine						
5:00p Teen Athletic	Geraldine	4:55p Kidz Zumba(8-11)	Sue	5:00p Teen Athletic	Geraldine						
5:45p MX4	Geraldine	5:30p Turbokick Live	Marisa	6:20p Muscle Strength	Mia	6:15p Cardio Funk	Tammy				
6:20p Boot Camp	Geraldine	6:30 Strength(30mins)	Geraldine	7:10p Zumba	Sue	7:15p Yoga	Carol				
7:10p Pilates	Carol			8:00p Pilates	Carol						
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio	
9:30a Cycle	Heather	5:35a Cycle	Betsy	12:45p Cycle&strength	Geraldine	5:35a Cycle	Chris	5:35a Cycle&strength	Janice	1:05p Cardio Funk	Tammy
6:00p Cycle	Betsy	9:30a Cycle	Patricia S			6:00p Cycle	Tricia	9:30a Cycle	Geraldine	2:05p Yoga	Tiffany
		6:00p Cycle & strength	Geraldine								
POOL		POOL		POOL		POOL		POOL		SUNDAY 9/29	
9:00a Water Explosion	Shearon	9:00a Whitewater	Shearon	9:00a Water Explosion	Heather			9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Cheryl				

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

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 HITT 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. Intended

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!

