



MONDAY 2/3	TUESDAY 2/4	WEDNESDAY 2/5	THURSDAY 2/6	FRIDAY 2/7	SATURDAY 2/8
<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 8:30a Total Body Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Laura 10:30a Tai Chi Shearon	8:15a Ultimate Abdominals Aubrey 8:45a Extreme Cardio Aubrey 9:30a Zumba Laura 10:30a PiYo Live Amanda	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Marla 12:20pm MX4 (45min)** Howie	8:30a Sculpt Lower Rachael 9:00a Sculpt Upper Rachael 9:30a Extreme Circuits Michelle 10:30a Back to Basics Sarah	8:30a The MIX Aubrey 9:30a Kickbox Aubrey Paige 12:30pm MX4(30min)** Shannon	8:15a Extreme circuits Michelle 9:05a Kickbox Betsy <b>CYCLE Studio</b> 8:30a Cycle Marisa <b>POOL</b> 9:00am Aqua Zumba Hannah <b>SUNDAY 2/9</b>
4:30o Kids Fit (3-6) Geraldine 5:00p Kids Fit (7-10) Geraldine 5:30p Teen Athletics Geraldine 6:15p HIIT Extreme Geraldine 6:45p Boot Camp Geraldine 7:30p Core Strength Carol	4:25p Kidz Zumba (3-7) Sue 4:55p Kidz Zumba (8-11) Sue 5:30p Kickbox Betsy 6:30 Strength(30mins) Geraldine	4:00p Early Fit(4-7 yr) Josh 4:30p Early Fit (8-11yr) Josh 5:30p Teen Athletics Geraldine 6:20p Muscle Strength Denae 7:10p Zumba Sue	7:15p Yoga Carol		
<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 6:00p Cycle Betsy	5:35a Cycle Betsy 6:00p Cycle & strength Geraldine	8:30a Cycle Janice 12:45p Cycle Express Geraldine	5:35a Cycle Chris 6:00p Cycle Tricia	5:35a Cycle&strength Janice 9:30a Cycle Geraldine	2:05p Cardio Funk Tammy 3:05p Yoga Tammy
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Heather	9:00a Whitewater Shearon 7:05p Aqua Intervals Cheryl	9:00a Aqua Zumba Hannah	7:05pm Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 2/10	TUESDAY 2/11	WEDNESDAY 2/12	THURSDAY 2/13	FRIDAY 2/14	SATURDAY 2/15
<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 8:30a Total Body Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Laura 10:30a Tai Chi Shearon	8:15a Ultimate Abdominals Aubrey 8:45a Extreme Cardio Aubrey 9:30a Zumba Laura 10:30a PiYo Live Amanda	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Denae 10:30a Yoga Marla 12:20pm MX4 (45min)** Howie	8:30a Sculpt Lower Rachael 9:00a Sculpt Upper Rachael 9:30a Extreme circuits Michelle 10:30a Back to Basics Sarah	8:30a The MIX Aubrey 9:30a Kickbox Aubrey Paige 12:30pm MX4(30min)** Shannon	8:15a Insanity Live Marisa 9:05a Total Body sculpt Marisa <b>CYCLE Studio</b> 8:30a Cycle Geraldine <b>POOL</b> 9:00am Aqua Aerobics Shearon <b>SUNDAY 2/16</b>
4:30o Kids Fit (3-6) Shannon 5:00p Kids Fit (7-10) Shannon 5:30p Teen Athletics Geraldine 6:15p Extreme HIIT Geraldine 6:45p Boot Camp Geraldine 7:30p Core Strength Carol	4:25p Kidz Zumba(3-7) Sue 4:55p Kidz Zumba(8-11) Sue 5:30p Turbokick Live Marisa 6:30 Strength(30mins) Geraldine	4:00p Early Fit(4-7 yr) Josh 4:30p Early Fit (8-11yr) Josh 5:30p Teen Athletics Geraldine 6:20p Power Strength Hannah 7:10p Zumba Sue	7:15p Yoga Carol		
<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 6:00p Cycle Betsy	5:35a Cycle Betsy 6:00p Cycle & strength Geraldine	8:30a Cycle Janice 12:45p Cycle Express Geraldine	5:35a Cycle Chris 6:00p Cycle Tricia	5:35am Cycle & strength Janice 9:30a Cycle Geraldine	2:05p Zumba Carolina 3:05p Yoga Tiffany
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon 7:05p Aqua Intervals Cheryl	9:00a Aqua Zumba Hannah	7:05p Aqua Circuits Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 2/17	TUESDAY 2/18	WEDNESDAY 2/19	THURSDAY 2/20	FRIDAY 2/21	SATURDAY 2/22
<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 8:30a Total Body Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Laura 10:30a Tai Chi Shearon	8:15a Ultimate Abdominals Aubrey 8:45a Extreme Cardio Aubrey 9:30a Zumba Carolina 10:30a PiYo Live Amanda	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Marla	8:30a Sculpt Lower Rachael 9:00a Sculpt Upper Rachael 9:30a Extreme circuits Michelle 10:30a Back to Basics Sarah	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a Insanity Live Aubrey 9:05a Kickbox Jamie
4:30c Kids Fit (3-6) Geraldine 5:00p Kids Fit (7-10) Geraldine 5:30p Teen Athletics Geraldine 6:15p Extreme HIIT Geraldine 6:45p Boot Camp Geraldine 7:30p Core Strength Carol	4:25p Kidz Zumba(3-7) Sue 4:55p Kidz Zumba(8-11) Sue 5:30p TurboKick Live Marisa 6:30 Strength(30mins) Geraldine	12:20pm MX4 (45min)** Howie 4:00p Early Fit(4-7 yr) Josh 4:30p Early Fit (8-11yr) Josh 5:30p Teen Athletics Geraldine 6:20p Muscle Strength Denae 7:10p Zumba Sue	7:15p Yoga Carol	12:30pm MX4(30min)** Shannon	<b>CYCLE Studio</b> 8:30a Cycle Chris
<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 6:00p Cycle Betsy	5:35a Cycle Betsy 6:00p Cycle & strength Geraldine	8:30a Cycle Janice 12:45p Cycle Express Geraldine	5:35a Cycle Chris 6:00p Cycle Tricia	5:35a Cycle&strength Janice 9:30a Cycle Geraldine	2:05p Core Power Jamie 3:05p Yoga Carol
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>
9:00a Water Explosion Heather	9:00a Whitewater Shearon 7:05p Aqua Intervals Cheryl	9:00a Aqua Zumba Hannah	7:05p Aqua Circuits Cheryl	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 2/23</b>					

MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28	SATURDAY 2/29
<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 8:30a Total Body Strength Phillip 9:30a Kickbox Aubrey 10:30a Yoga Laura 10:30a Tai Chi Shearon	8:15a Ultimate Abdominals Aubrey 8:45a Extreme Cardio Aubrey 9:30a Zumba Carolina 10:30a PiYo Live Amanda	5:35a Muscle Heather 8:30a Crossover Fit Michelle 9:30a Muscle Strength Geraldine 10:30a Yoga Marla	8:30a Sculpt Lower Rachael 9:00a Sculpt Upper Rachael 9:30a Extreme Circuits Michelle 10:30a Back to Basics Sarah	8:30a The MIX Aubrey 9:30a Kickbox Aubrey 10:30a Yoga Paige	8:15a Insanity Live Aubrey 9:05a Total Body sculpt Marisa
4:30c Kids Fit (3-6) Shannon 5:00p Kids Fit (7-10) Shannon 5:30p Teen Athletics Geraldine 6:15p Extreme HIIT Geraldine 6:45p Boot Camp Geraldine 7:30p Core Strength Carol	4:25p Kidz Zumba (3-7) Sue 4:55p Kidz Zumba (8-11) Sue 5:30p Turbokick Live Marisa 6:30 Strength(30mins) Geraldine	12:20pm MX4 (45min)** Howie 4:00p Early Fit(4-7 yr) Geraldine 4:30p Early Fit (8-11yr) Geraldine 5:30p Teen Athletics Geraldine 6:20p Power Strength Hannah 7:10p Zumba Sue	7:15p Yoga Carol	12:30pm MX4(30min)** Shannon	<b>CYCLE Studio</b> 8:30a Cycle Mia
<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 6:00p Cycle Betsy	5:35a Cycle Betsy 6:00p Cycle & strength Geraldine	8:30a Cycle Janice 12:45p Cycle Express Geraldine	5:35a Cycle Chris 6:00p Cycle Tricia	5:35a Cycle&strength Janice 9:30a Cycle Geraldine	2:05p Core Power Jamie 3:05p Yoga Tiffany
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>
9:00a Water Explosion Heather	9:00a Whitewater Shearon 7:05p Aqua Intervals Cheryl	9:00a Aqua Zumba Hannah	7:05p Aqua Circuits Cheryl	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 3/1</b>					

# Granite Falls Group Exercise Class MENU

<p><b>STRENGTH</b></p> <p><b>Muscle Class</b> solely focused on strength training, so there is no high impact cardio instruction. You choose your level or weights and reps.</p> <p><b>Muscle Strength</b> Full body workout that will focus on reps and correct form using dumbbells barbells, benches, bands and more</p> <p><b>Core Strength</b> Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdominals and back muscles which increase flexibility. Work at a variety of equipment including bosu, large balls, magic circle, weights and bands</p> <p><b>Total Body Strength</b> Whole body strength building class using barbells, benches and more</p> <p><b>Core Power</b> is a class focused on core strength, shoulders and glutes; and improving breathing practices and form to reduce injury. Different levels of impact will be offered.</p> <p><b>Power and Core Power</b> is high rep strength training, followed by intense core exercises customized for all fitness levels</p> <p><b>Ultimate abdominals</b> if you think crunches, crunches, more crunches is the best way to build abs, prepare to be enlightened</p> <p><b>Strength (30 mins)</b> Designed to follow 30 minute cycle, but can attend individually. Short and intense</p>	<p><b>CARDIO</b></p> <p><b>Cardio Drills</b> Unleash your inner athlete, sports related cardiovascular training</p> <p><b>Dance Funk</b> Fun choreographed cardio dance class</p> <p><b>INSANITY Live</b> max interval cardio training drills with modifications for all levels</p> <p><b>Kickboxing</b> High intensity, Mod-high impact cardio-box class. All levels</p> <p><b>Extreme Cardio A</b> class that will push your cardiovascular limits</p> <p><b>Zumba</b> The ultimate dance fitness party. None verbal cues and easy to follow routines allow even the most inexperienced participant to learn quickly</p>
<p><b>CARDIO/STRENGTH/FLEXION</b></p> <p><b>Early Fitness</b> Games and exercises for balance, developing movement patterns and coordination to build foundations for future athletic performance</p> <p><b>Back to Basics</b> low impact muscle/cardio class for all ages. Chair use optional.</p> <p><b>Boot Camp</b> High intensity workout using calisthenics to get you in the best shape</p> <p><b>Crossover Fitness</b> 45 min high intensity class of strength, endurance, agility, &amp; speed</p> <p><b>Power strength</b> suitable for all fitness levels, this will blast all your muscles with a high rep power training workout, in a motivating atmosphere. Using barbells, weight plates and body weight. Power strength combines squats, lunges, presses and curls with functional, integrated exercises. Movements are choreographed with dynamic music and will get your heart rate up.</p> <p><b>HIT Strength</b> High Intensity Interval timed bouts of strength/cardio</p> <p><b>HIT Extreme</b> high intensity training consisting of intermediate bouts of high intensity cardio exercises that involve acceleration, deceleration and stability of your entire body; followed by less intense recovery periods. This will challenge your aerobic and anaerobic systems.</p> <p><b>TURBOKICK LIVE</b> Ultimate cardio kick boxing experience combining kickboxing with body - sculpting HIT moves choreographed to hot music mixes</p> <p><b>Total body sculpt</b> full body functional training in under one hour, including just under 10 minutes of cardio HIT, or cardio drills</p> <p><b>**MX4</b> Periodized 30 minute functional movement HIT workouts in a small group format. Using the Matrix Connexus system, as well as slam ball, ropes, landmines, TRX, kettle bells, rowers and more</p> <p><b>The MIX</b> Cardio/strength. Combos of HIT, Tabata, Pilates &amp; more. Intended</p> <p><b>Extreme Circuits</b> Full body interval circuits using strength, cardio and combo moves to build lean muscle</p> <p><b>Sculpt Lower</b> 30 mins weight based challenge to focus on lower body, with core strength and stability too, modifications offered</p> <p><b>Sculpt Lower</b> 30 mins weight based challenge to focus on upper body, with core strength and stability too, modifications offered</p> <p><b>KidFit</b> 30 min class of upbeat exercise &amp; fun games. Two age level options</p> <p><b>KidZumba</b> 30 mins dance party for children</p> <p><b>KidYoga</b> making yoga and stretch fun for kids</p> <p><b>Teen Athletics</b> group physical conditioning lead by a personal trainer. Ages 11 &amp; up</p>	<p><b>WELLNESS/YOGA</b></p> <p>non weight bearing activities to burn fat and sculpt muscles</p> <p><b>Pilates</b> mat class designed to strengthen the CORE by developing control &amp; flexibility</p> <p><b>PIYO</b> Live music driven workout with flexibility, strength, &amp; dynamic movement</p> <p><b>Yoga</b> breath &amp; basic Yoga poses: achieve strength, flexibility, &amp; relaxation. All levels.</p> <p><b>PIYO</b> Live music driven workout with flexibility, strength, &amp; dynamic movement</p> <p><b>Tai Chi</b> The practice of the ancient Chinese martial art to enhance health and relaxation</p> <p><b>AQUATIC/POOL</b></p> <p><b>Aqua Fitness</b> Mix of cardio/muscle. Fast-paced to burn more calories</p> <p><b>Aqua Zumba</b> combines some of the traditional elements of aqua fitness with the upbeat Latin infuses dance moves and music. Low impact but high intensity requiring no swimming skills. Designed to improve flexibility, range of motion, muscle tone and cardio vascular endurance, while using the resistance of the water to cushion the feet, knees and back.</p> <p><b>Against the current</b> Aerobic movement against the lazy river</p> <p><b>Water Explosion</b> Slower paced water class. Dumbbells &amp; noodles are used. All levels</p> <p><b>Aqua Circuits</b> Circuit training in the water that will challenge your strength and endurance</p> <p><b>ATC / Aqua Fit</b> Combination of aqua fitness and against the current</p> <p><b>White Water</b> Amped up deep end water class that will challenge your muscles and cardiovascular system</p> <p><b>Aqua Interval</b> timed high intensity bouts of cardio/strength water exercise moves</p> <p><b>BIKE CLASSES</b></p> <p>*Cycle instructor led pace. Train at your own level by setting the resistance you need.</p> <p>*Cycle express 30-45 minute condensed cycle class that does not skip on challenge</p> <p>*Cycle and strength Work strength training into your cycle workouts by adding dumbbells, bands and more</p>
	<p>*Sign up req. You may sign up online at <a href="http://www.granitefallsclub.com">http://www.granitefallsclub.com</a> 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 &amp; prospective Members working with a membership representative.</p> <p>**Extra fee applies. Sign up is also required. For more information regarding these <a href="http://www.granitefallsclub.com">http://www.granitefallsclub.com</a> or by calling the Front Desk</p> <p>Classes are open to members and prospective members working with a membership representative.</p> <p>Thank You!</p>