



Classes on this schedule are either virtual (on our Facebook page) or out-doors. Virtual classes are highlighted in orange.

Instructors and Members enter building at main entrance and check in.

Outdoor classes will be conducted under the cabana next to the concession stand (or some other pool deck location or lower parking lot as directed by individual instructor.)

6-10 feet distancing should be maintained during class.

Masks are optional for the instructor and members as long as social distancing is maintained at all times.

We **HIGHLY RECOMMEND** members bring their own mats/towels whenever possible.

Bring a water bottle and sun screen.

Equipment (NOT Bosu or large exercise balls) can be borrowed from the Group Fitness studio.

NO EQUIPMENT SHARING AT ANYTIME.

Class times are reduced because of extra cleaning requirements and so classes do not overlap to maintain social distancing. Classes will run for 40—45 minutes.

When the class is finished equipment will be returned to studio by members and cleaned by members, keeping social distancing. It is then left and members leave the studio. Instructors spray all equipment with Lysol No rinse Sanitizer (allowed to dry for 10 minutes) and then returned to normal storage areas.

There is NO Kid-zone while we are in Phase 2 of Governor Cooper's executive order.

The locker rooms are open.

All classes are subject to change after week 1 but members will be notified.

Please do not come to a class if you feel unwell or are running a high temperature.

** Outdoor classes are weather dependent. Check for cancellations due to thunder and lightening or extreme heat alerts.

MONDAY 7/27		TUESDAY 7/28		WEDNESDAY 7/29		THURSDAY 7/30		FRIDAY 7/31		SATURDAY 8/1	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
9:15a Muscle HIIT	Heather	8:30a Virtual Kickbox	Aubrey	9:30a Virtual Cardio/core	Aubrey	9:30a Muscle & cardio	Michelle	9:30a Virtual Kickbox	Aubrey	7:15a Virtual Interval Training	Aubrey
		9:30a Virtual Piyo	Amanda	10:30a Virtual Barre	Heather						
6:00p Bootcamp 7:00p Yoga	Geraldine Tiffany	9:30a Zumba	Carolina	9:30a Muscle Strength	Geraldine	6:00p Zumba	Carolina			CYCLE Studio	
		5:30p Insanity/muscle	Marisa					POOL			
										9:00a Aqua Zumba (indoors) Hannah	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 8/2	
POOL		POOL		POOL		POOL		POOL		GX Studio	
9:00a Water Explosion	Heather	9:00a ATC	Cheryl Cheryl	9:00a Aqua Zumba	Hannah	9:00a ATC	Cheryl Cheryl	9:00a Aqua Aerobics	Shearon		

MONDAY 8/3		TUESDAY 8/4		WEDNESDAY 8/5		THURSDAY 8/6		FRIDAY 8/7		SATURDAY 8/8	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle HIIT	Heather	8:30a Virtual Kickbox	Aubrey	9:30a Virtual Cardio/core	Aubrey	8:00a Muscle & Cardio	Michelle	9:30a Virtual Kickbox	Aubrey	8:00a Muscle & Cardio drills	Michelle
		9:30a Virtual Piyo	Amanda	10:30a Virtual Barre	Heather						
5:00p Teen Athletics 6:00p Bootcamp 7:00p Yoga	Geraldine Geraldine Tiffany	8:00a Zumba	Carolina	8:00a Muscle Strength	Denae	7:00p Zumba	Carolina			CYCLE Studio	
		5:30p Insanity/muscle	Aubrey					POOL			
										9:00a ATC Shearon	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 8/9	
POOL		POOL		POOL		POOL		POOL		GX Studio	
9:00a Water Explosion	Cheryl	9:00a ATC	Cheryl Cheryl	9:00a Aqua Zumba	Hannah	9:00a ATC	Cheryl Geraldine	9:00a Aqua Aerobics	Shearon		

Unrestricted

MONDAY 8/10		TUESDAY 8/11		WEDNESDAY 8/12		THURSDAY 8/13		FRIDAY 8/14		SATURDAY 8/15	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle HIIT	Heather	8:30a Virtual Kickbox	Aubrey	9:30a Virtual Cardio/core	Aubrey	8:00a Muscle & Cardio	Michelle	9:30a Virtual Kickbox	Aubrey	9:15a Muscle & cardio Drills	Marisa
		9:30a Virtual Piyo	Amanda	10:30a Virtual Barre	Heather						
		8:00a Zumba	Carolina	8:00a Muscle Strength	Geraldine						
5:00p Teen Athletics	Geraldine			9:00a Stretch	Ryan						
6:00p Bootcamp	Geraldine	5:30p Insanity/muscle	Marisa			7:00p Zumba	Carolina			9:00a ATC	Heather
7:00p Yoga	Tiffany										
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 8/16	
										GX Studio	
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Heather	9:00a ATC	Cheryl	9:00a Aqua Zumba	Hannah	9:00a ATC	Cheryl	9:00a Aqua Aerobics	Shearon		
		7:00p Aqua intervals	Cheryl			7:00p Aqua circuits	Cheryl				

MONDAY 8/17		TUESDAY 8/18		WEDNESDAY 8/19		THURSDAY 8/20		FRIDAY 8/21		SATURDAY 8/22	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle HIIT	Heather	8:30a Virtual Kickbox	Aubrey	9:30a Virtual Cardio/core	Aubrey	8:00a Muscle & Cardio	Michelle	9:30a Virtual Kickbox	Aubrey	7:15a Virtual Interval Training	Aubrey
		9:30a Virtual Piyo	Amanda	10:30a Virtual Barre	Heather						
		8:00a Zumba	Carolina	8:00a Muscle Strength	Denae						
5:00p Teen Athletics	Geraldine			9:00a Stretch	Ryan						
6:00p Bootcamp	Geraldine	5:30p Insanity/muscle	Marisa			7:00p Zumba	Carolina			9:00a ATC	Paula
7:00p Yoga	Tiffany										
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 8/23	
										GX Studio	
POOL		POOL		POOL		POOL		POOL			
9:00a Water Explosion	Heather	9:00a ATC	Cheryl	9:00a Aqua Zumba	Hannah	9:00a ATC	Cheryl	9:00a Aqua Aerobics	Shearon		
		7:00p Aqua intervals	Cheryl			7:00p Aqua circuits	Cheryl				

Unrestricted

MONDAY 8/24	TUESDAY 8/25	WEDNESDAY 8/26	THURSDAY 8/27	FRIDAY 8/28	SATURDAY 8/29
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle HIIT Heather	8:30a Virtual Kickbox Aubrey	9:30a Virtual Cardio/core Aubrey	8:00a Muscle & Cardio Michelle	9:30a Virtual Kickbox Aubrey	9:00a Bootcamp Geraldine
	9:30a Virtual Piyo Amanda	10:30a Virtual Barre Heather			CYCLE Studio
	8:00a Zumba Carolina	8:00a Muscle Strength Geraldine			POOL
5:00p Teen Athletics Geraldine		9:00a Stretch Ryan	7:00p Zumba Carolina		9:00a ATC Shearon
6:00p Bootcamp Geraldine	5:30p Insanity/muscle Marisa				
7:00p Yoga Tiffany					SUNDAY 8/30
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	9:00a ATC Cheryl	9:00a Aqua Zumba Hannah	9:00a ATC Cheryl	9:00a Aqua Aerobics Shearon	
	7:00p Aqua intervals Cheryl		7:00p Aqua circuits Cheryl		

MONDAY 8/31		
GX Studio		
8:00a Muscle HIIT	Heather	
6:00p Bootcamp	Geraldine	
7:00p Yoga	Tiffany	
CYCLE Studio		
POOL		
9:00a Water Explosion	Heather	

Granite Falls Group Exercise Class MENU

<p>STRENGTH</p> <p>Muscle Class solely focused on strength training, so there is no high impact cardio instruction. You choose your level of weights and pace</p> <p>Muscle Strength Full body workout that will focus on reps and correct form using dumbbells barbells, benches, bands and more</p> <p>Core Strength 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 with a variety of equipment including bosu, large balls, magic circle, weights and bands</p> <p>Total Body Strength Whole body strength building class using barbells, benches and more</p> <p>Core Power 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>Power and Core Power is high rep strength training, followed by intense core exercises customized for all fitness levels.</p> <p>Ultimate abdominals If you think crunches, crunches, more crunches is the best way to build abs, prepare to be enlightened</p> <p>Strength (30 mins) Designed to follow 30 minute cycle, but can be attended individually. Short and intense</p>	<p>CARDIO</p> <p>Cardio Drills Unleash your inner athlete, sports related cardiovascular training</p> <p>Dance Funk Fun choreographed cardio dance class</p> <p>INSANITY Live max interval cardio training drills with modifications for all levels</p> <p>Kickboxing High intensity, Mod-high impact cardio-box class. All levels</p> <p>Extreme Cardio A class that will push your cardiovascular limits</p> <p>Zumba The ultimate dance fitness party. None verbal cues and easy to follow routines allow even the most inexperienced participant to learn quickly</p>
<p>CARDIO/STRENGTH FUSION</p> <p>Early Fitness Games and exercises for balance, developing movement patterns and coordination to build foundations for future athletic performance</p> <p>Back to Basics low impact cardio/music/class for all ages. Chair use optional.</p> <p>Boot Camp High intensity workout using callisthenics to get you in the best shape</p> <p>Crossover Fitness 45 min high intensity class of strength, endurance, agility, & speed</p> <p>Power strength 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>HIIT Strength High Intensity Interval timed bouts of strength/cardio</p> <p>HIIT Extreme 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>TURBOKICK LIVE Ultimate cardio kick boxing experience combining kickboxing with body - sculpting HIIT moves choreographed to hot music mixes</p> <p>Total body sculpt Full body functional training in under one hour, including just under 10 minutes of cardio HIIT, or cardio drills</p> <p>**MXA Periodized 30 minute functional movement HIIT workouts in a small group format. Using the Metric Connexus system, as well as slam ball, ropes, landmines, TRX, kettle bells, rowers and more</p> <p>The MIX Cardio/strength. Combo of HIIT, Tابات, Pilates and more. Interval</p> <p>Extreme Circuits Full body interval circuits using strength, cardio and combo moves to build lean muscle</p> <p>Sculpt Lower 30 mins weight based challenge to focus on lower body, with core strength and stability too, modifications offered</p> <p>Sculpt Lower 30 mins weight based challenge to focus on upper body, with core strength and stability too, modifications offered</p> <p>KidFit 30 min class of upbeat exercise & fun games. Two age level options</p> <p>KidzZumba 30 mins dance party for children</p> <p>KidzYoga making yoga and stretch fun for kids</p> <p>Teen Athletic group physical conditioning lead by a personal trainer. Ages 11 & up</p>	<p>MIND / BODY</p> <p>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</p> <p>Pilates mat class designed to strengthen the CORE by developing control & flexibility</p> <p>PYVO Live music driven workout with flexibility, strength, & dynamic movement</p> <p>Yoga breath & basic Yoga poses: achieve strength, flexibility, & relaxation. All levels.</p> <p>PYVO Live music driven workout with flexibility, strength, & dynamic movement</p> <p>Tai Chi The practice of the ancient Chinese martial art to enhance health and relaxation</p>
<p>AQUATIC/POOL</p> <p>Aqua Fitness Mix of cardio/music. Fast-paced to burn more calories</p> <p>Aqua Interval timed high intensity bouts of cardio/strength water exercise moves</p> <p>Against the current Aerobic movement against the lazy river</p> <p>Water Explosion Slower paced water class. Dumbbells & noodles are used. All levels</p> <p>Aqua Circuits Circuit training in the water that will challenge your strength and endurance</p> <p>ATC / Aqua Fit Combination of aqua fitness and against the current</p> <p>White Water Amped up deep end water class that will challenge your muscles and cardiovascular system</p> <p>Aqua Zumba combines some of the traditional elements of aqua fitness with the upbeat Latin infused 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>CYCLE CLASSES</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 skimp 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 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.</p> <p>**Extra fee applies. Sign up is also required. For more information regarding these http://www.granitefallsclub.com 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>