

#### General Rules during COVID-19

- Classes are instructed in group fitness studio or cycle room.
- Instructors and Members enter building at main entrance and check in.
- Please wear your mask on entering the facility and leaving. Masks do not have to be worn during classes, as long as social distancing is maintained.
- 6-10 feet distancing should be maintained during class. The group fitness studio has 10 accurately measured crosses marked on the floor.
- We recommend members bring their own mats/towels whenever possible.
- NO EQUIPMENT SHARING during group fitness classes.
- 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.
- The locker rooms are open.
- All classes are 'subject to change' if attendance is very low but, members will be notified.
- Please do not come to a class if you feel unwell or are running a high temperature.
- All doors in studio must remain open throughout class
- Spaces for bootcamp, total body strength, teen athletics and cycle are bookable approx. 24 hours before class. Booking opens at 7am the day before class and can be completed on the Granite Falls phone App or contacting the front desk. If class numbers increase to 10 (Max capacity for group studio) other classes maybe converted to bookable. Keep an eye out for any change announcements.
- Kidzone is open

#### CYCLE CLASSES

- Maximum of 6 bikes per class

MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6	SATURDAY 11/7
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
8am Total body strength Phillip 9:30 Your Inner Athlete Marisa 10:00a Tai Chi Shearon 10:30a Yoga Tammy	7:05 Muscle Heather 8:00a Zumba Carolina 9:00a Piyo Live Amanda	9:00a Muscle strength Geraldine 10:00a Barre Heather	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7am Total Body Strength Phillip 8:30a The Mix Denae 10:30a Yoga Paige	8:00a Muscle & Cardio Geraldine
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp 7:00p Yoga	6:00p Insanity/Muscle Marisa	6:00p Power Strength Hannah 7:15p Yoga Carol	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00pm Zumba	Betsy Betsy Carolina	
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 11/8</b>
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine		6:00p Cycle Tricia	5:45a Cycle Janice 9:30a Cycle Geraldine	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	7:00p Aqua intervals Cheryl	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Shearon	

MONDAY 11/9	TUESDAY 11/10	WEDNESDAY 11/11	THURSDAY 11/12	FRIDAY 11/13	SATURDAY 11/14
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
8am Total body strength Phillip 9:30 Your Inner Athlete Marisa 10:00a Tai Chi Shearon 10:30a Yoga Tammy	7:05 Muscle Heather 8:00a Zumba Carolina 9:00a Piyo Live Amanda	9:00a Muscle strength Denae 10:00a Barre Heather	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7am Total Body Strength Phillip 8:30a The Mix Heather 10:30a Yoga Paige	8:00a Muscle & Cardio Betsy
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp 7:00p Yoga	6:00p Insanity/Muscle Marisa	6:00p Power Strength Hannah 7:15p Yoga Carol	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba	Betsy Betsy Carolina	
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 11/15</b>
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine		6:00p Cycle Tricia	5:45a Cycle Janice 9:30a Cycle Geraldine	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	7:00p Aqua intervals Cheryl	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

<b>MONDAY 11/16</b>	<b>TUESDAY 11/17</b>	<b>WEDNESDAY 11/18</b>	<b>THURSDAY 11/19</b>	<b>FRIDAY 11/20</b>	<b>SATURDAY 11/21</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>
8am Total body strength Phillip 9:30 Your Inner Athlete Marisa 10:00a Tai Chi Shearon 10:30a Yoga Tammy	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Piyo Live Amanda	9:00a Muscle strength Denae 10:00a Barre Heather	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7am Total Body Strength Phillip 8:30a The Mix Denae 10:30a Yoga Paige	8:00a Muscle & Cardio Marisa
4pm Fit fun 4 kids (4-6) Geraldine 4:30p Fit Fun(7-10yr) Geraldine 5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:00p Yoga Tiffany	6:00p Insanity/Muscle Marisa	6:00p Power Strength Hannah 7:15p Yoga Carol	5pm Fit Fun (4-6yr) Betsy 5:30p Fit fun (7-10yr) Betsy 6:00p Zumba Carolina		<b>CYCLE Studio</b> 8:15a Cycle Heather
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine		6:00p Cycle Tricia	5:45a Cycle Janice 9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	7:00p Aqua intervals Cheryl	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	
					<b>SUNDAY 11/22</b>

<b>MONDAY 11/23</b>	<b>TUESDAY 11/24</b>	<b>WEDNESDAY 11/25</b>	<b>THURSDAY 11/26</b>	<b>FRIDAY 11/27</b>	<b>SATURDAY 11/28</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>
8am Total body strength Phillip 9:30 Your Inner Athlete Marisa 10:00a Tai Chi Shearon 10:30a Yoga Tammy	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather	9:00a Muscle strength Geraldine 10:00a Yoga Carol	Happy Thanksgiving  Club is closed	BLACK FRIDAY  7am Total Body Strength Phillip 8:30a The Mix Geraldine	8:00a Muscle & Cardio Michelle
4pm Fit fun 4 kids (4-6) Geraldine 4:30p Fit Fun(7-10yr) Geraldine 5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:00p Yoga Tiffany	6:00p Insanity/Muscle Marisa	NO Evening classes club closes at 5pm			<b>CYCLE Studio</b> 8:15a Cycle Janice
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine			7am Cycle Janice 9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	7:00p Aqua intervals Cheryl	9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
					<b>SUNDAY 11/29</b>

Unrestricted

