

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.
- Per executive order 180, we are asking all members to wear a mask in the building and while working out.
- 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 1/18	TUESDAY 1/19	WEDNESDAY 1/20	THURSDAY 1/21	FRIDAY 1/22	SATURDAY 1/23
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 10:30a Yoga Tammy	7:05a 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	7:00a Muscle Phillip 8:30a The Mix Heather	8:15a Muscle & cardio Michelle
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	6:00p Insanity/Muscle Marisa 7:00p Pilates Gaby	6:00p Power Strength Hannah 7:00p Stretch Ryan	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba	Betsy Betsy Carolina	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine		5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
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	
					SUNDAY 1/24
					GX Studio

MONDAY 1/25	TUESDAY 1/26	WEDNESDAY 1/27	THURSDAY 1/28	FRIDAY 1/29	SATURDAY 1/30
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 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	7:00a Muscle Phillip 8:30a The Mix Denae	8:15a Muscle & cardio Geraldine
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POOL	POOL	POOL	POOL	POOL	
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	
					SUNDAY 1/31
					GX Studio