

## 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 1/4		TUESDAY 1/5		WEDNESDAY 1/6		THURSDAY 1/7		FRIDAY 1/8		SATURDAY 1/9	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle 9:30 Your Inner Athlete 10:30a Yoga	Marisa	7:05 Muscle 9:00a Piyo Live	Heather Amanda	9:00a Muscle strength 10:00a Barre	Geraldine Heather	8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix	Phillip Heather	8:15a Muscle & cardio	Marisa
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Geraldine Geraldine Geraldine Geraldine	6:00p Insanity/Muscle 7:00p Pilates		6:00p Power Strength 7:00p Stretch	Hannah Ryan	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00pm Zumba	Betsy Betsy Carolina			CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics	Mia Heather
										SUNDAY 1	/10
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
8:15a Cycle		5:45a Cycle	Betsy			5:35a Cycle & strength	Janice				
6:00p Cycle	Betsy	6:00p Cycle	Geraldine			6:00p Cycle	Tricia	9:30a Cycle	Geraldine	I	
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		

MONDAY 1/11		TUESDAY 1/12		WEDNESDAY 1/13		THURSDAY 1/14		FRIDAY 1/15		SATURDAY 1/16	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle 9:30 Your Inner Athlete 10:30a Yoga	Phillip Marisa Tammy	7:05 Muscle 8:00a Zumba 9:00a Piyo Live	Heather Carolina Amanda	9:00a Muscle strength 10:00a Barre		8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix	Phillip Denae	8:15a Muscle & cardio	Betsy
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics	Geraldine Geraldine Geraldine					5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr)	Betsy Betsy			CYCLE Studio 8:15a Cycle POOL	Chris
6:00p Bootcamp	Geraldine	6:00p Insanity/Muscle 7:00p Pilates		6:00p Power Strength 7:00p Stretch	Hannah Ryan	6:00p Zumba	Carolina			9:00a Aqua Aerobics	Shearon
										SUNDAY 1	/17
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
8:15a Cycle 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine			5:35a Cycle & strength 6:00p Cycle	Janice 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		

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 9:30 Your Inner Athlete 10:30a Yoga	Tammy	7:05a Muscle 8:00a Zumba 9:00a Piyo Live	Heather Carolina Amanda	9:00a Muscle strength 10:00a Barre		8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix	Phillip 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	Geraldine Geraldine Geraldine Geraldine	6:00p Insanity/Muscle		6:00p Power Strength		5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba	Betsy Betsy Carolina			CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics	Heather Rachael
CYCLE Studio		7:00p Pilates  CYCLE Studio	Gaby	7:00p Stretch  CYCLE Studio	Ryan	CYCLE Studio		CYCLE Studio		SUNDAY 1 GX Studio	/24
8:15a Cycle 6:00p Cycle		5:45a Cycle 6:00p Cycle	Betsy Geraldine			5:35a Cycle & strength 6:00p Cycle	Janice 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		

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 9:30 Your Inner Athlete 10:30a Yoga	. ,	7:05a Muscle 8:00a Zumba 9:00a Piyo Live	Heather Carolina Amanda	9:00a Muscle strength 10:00a Barre		8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix	Phillip Denae	8:15a Muscle & cardio	Geraldine
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Geraldine Geraldine Geraldine Geraldine	6:00p Insanity/Muscle	Maria	6:00p Power Strength	Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba	Betsy Betsy Carolina			CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Zumba	Janice Hannah
6.00р вооссатр	Geraldine	7:00p Pilates		7:00p Stretch	Ryan	6.00p zumba	Carolina			SUNDAY 1	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	,
8:15a Cycle 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine			5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle	Geraldine		
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		