

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.
- Please try to maintain 6 feet spacing during class.
- 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
- Most classes are now 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. Class sizes are now 15.
- Kidzone is open morning's, evening's and Saturday morning; please check with website or front desk for times.

CYCLE CLASSES

- Maximum of 10 bikes per class

MONDAY 3/29	TUESDAY 3/30	WEDNESDAY 3/31	THURSDAY 4/1	FRIDAY 4/2	SATURDAY 4/3
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa	7:05 Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather	5:45a Bootcamp Phillip 8:30a Muscle Strength Geraldine 9:30a Muscle Strength Denae	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Phillip 8:30a The Mix Heather	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 7:15p Yoga	Geraldine Geraldine Geraldine Geraldine Tammy	6:00p Full Body Blast Marisa 6:00p Power Strength Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00pm Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	CYCLE Studio 8:15a Cycle Mia 9:15a Cycle Mia POOL 9:00a Aqua Aerobics Kristi
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 4/4
8:15a Cycle Tricia 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:00a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	GX Studio
POOL	POOL	POOL	POOL	POOL	Easter Sunday, Club closed.
9:00a Aqua Zumba Hannah	7:00p Aqua intervals Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 4/5	TUESDAY 4/6	WEDNESDAY 4/7	THURSDAY 4/8	FRIDAY 4/9	SATURDAY 4/10
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:05 Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather	5:45a Bootcamp Phillip 8:30a Muscle Strength Heather 9:30a Muscle Strength Denae	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Phillip 8:30a The Mix Denae	8:15a Muscle & cardio Betsy
5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Betsy Jamie Tammy	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	CYCLE Studio 8:15a Cycle Phillip 9:15a Cycle Phillip POOL 9:00a Aqua Aerobics Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 4/11
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Betsy	10:00a Cycle & strength Heather	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Heather	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	7:00p Aqua intervals Kristi	9:00a Aqua Zumba Hannah	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

Unrestricted

MONDAY 4/12	TUESDAY 4/13	WEDNESDAY 4/14	THURSDAY 4/15	FRIDAY 4/16	SATURDAY 4/17
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Yoga Fusion Amanda	5:45a Bootcamp Phillip 8:30a Muscle Strength Geraldine 9:30a Muscle Strength Denae	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Phillip 8:30a The Mix Heather	8:15a Muscle & cardio Jamie
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Geraldine Geraldine Tammy	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	CYCLE Studio 8:15a Cycle Janice
6:00p Full Body Blast Marisa					POOL 9:00a Aqua Zumba Hannah
SUNDAY 4/18					
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:00a Cycle & strength 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 Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 4/19	TUESDAY 4/20	WEDNESDAY 4/21	THURSDAY 4/22	FRIDAY 4/23	SATURDAY 4/24
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Yoga Fusion Amanda	5:45a Bootcamp Phillip 8:30a Muscle Strength Geraldine 9:30a Muscle Strength Denae	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
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Geraldine Geraldine Tammy	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	CYCLE Studio 8:15a Cycle Heather
6:00p Full Body Blast Marisa					POOL 9:00a Aqua Aerobics Heather
SUNDAY 4/25					
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:00a Cycle & strength 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 Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 4/26	TUESDAY 4/27	WEDNESDAY 4/28	THURSDAY 4/29	FRIDAY 4/30	SATURDAY 5/1
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
8:00a Muscle Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Yoga Fusion Amanda	5:45a Bootcamp Phillip 8:30a Muscle Strength Geraldine 9:30a Muscle Strength Denae	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Phillip 8:30a The Mix Heather	8:15a Muscle & cardio Betsy
4pm Fit fun 4 kids (4-6) 4:30p Fit Fun(7-10yr) 5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Geraldine Geraldine Tammy	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	5pm Fit Fun (4-6yr) Betsy 5:30p Fit fun (7-10yr) Betsy 6:00p Zumba Carolina 7:15p Yoga Tiffany		CYCLE Studio 8:15a Cycle Mia
	6:00p Full Body Blast Marisa				POOL 9:00a Aqua Aerobics Shearon
					SUNDAY 5/2
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:00a Cycle & strength 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 Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Cheryl	9:00a Aqua Aerobics Rachael	