



### 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

<b>SATURDAY 5/1</b>	
<b>GX Studio</b>	
8:15a Kickbox	Betsy
<b>CYCLE Studio</b>	
8:15a Cycle	Mia
9:15a Cycle	Mia
<b>POOL</b>	
9:00a Aqua Aerobics	Shearon
<b>SUNDAY 5/2</b>	
<b>GX Studio</b>	

MONDAY 5/3	TUESDAY 5/4	WEDNESDAY 5/5	THURSDAY 5/6	FRIDAY 5/7	SATURDAY 5/8
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
8:00a Muscle Geraldine 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather	5:45a Bootcamp Betsy 9:00a Muscle strength Geraldine 10:30a Gentle Yoga Laura	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Heather 8:30a The Mix Denae 10:30a Yoga Paige	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) 6:00pm Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	<b>CYCLE Studio</b> 8:15a Cycle Chris 9:15a Cycle Chris
<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	10:00a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	9:00a Aqua Burn Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Shearon	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 5/9</b>					
<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	10:00a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	9:00a Aqua Burn Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Shearon	9:00a Aqua Aerobics Rachael	

MONDAY 5/10	TUESDAY 5/11	WEDNESDAY 5/12	THURSDAY 5/13	FRIDAY 5/14	SATURDAY 5/15
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
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 Barre Heather	5:45a Bootcamp Phillip 9:00a Muscle strength Denae 10:30a Gentle Yoga Laura	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle Phillip 8:30a The Mix Heather 10:30a Yoga Paige	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	<b>CYCLE Studio</b> 8:15a Cycle Heather 9:15a 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	10:00a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	9:00a Aqua Burn Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua Zumba Hannah	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 5/16</b>					
<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	10:00a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	9:00a Aqua Burn Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua Zumba Hannah	9:00a Aqua Aerobics Rachael	

MONDAY 5/17		TUESDAY 5/18		WEDNESDAY 5/19		THURSDAY 5/20		FRIDAY 5/21		SATURDAY 5/22	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Phillip Marisa	7:05a Muscle 8:00a Zumba 9:00a Barre	Heather Carolina Heather	5:45a Bootcamp 9:00a Muscle strength 10:30a Gentle Yoga	Phillip Geraldine Laura	8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix 10:30a Yoga	Phillip Denae Laura	8:15a Kickbox 9:15a Cycle	Betsy Janice 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	5:00p Butts & Guts 6:00p Full Body Blast	Heather Marisa	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				
<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 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine	10:00a Cycle & strength	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle	Geraldine		
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>	
9:00a Aqua Zumba	Hannah	9:00a Aqua Burn 7:00p Aqua Tabata	Susie Kristi	9:00a Water Explosion	Heather	7:00p Aqua circuits	Susie	9:00a Aqua Aerobics	Rachael		
<b>SUNDAY 5/23</b>											

MONDAY 5/24		TUESDAY 5/25		WEDNESDAY 5/26		THURSDAY 5/27		FRIDAY 5/28		SATURDAY 5/29	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
8:00a Muscle 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Phillip Marisa	7:05a Muscle 8:00a Zumba 9:00a Barre	Heather Carolina Heather	5:45a Bootcamp 9:00a Muscle strength 10:30a Gentle Yoga	Phillip Denae Laura	8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle 8:30a The Mix 10:30a Yoga	Phillip Heather Paige	8:15a Muscle & cardio 9:15a Cycle	Geraldine Mia Mia
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	5:00p Butts & Guts 6:00p Full Body Blast	Heather Marisa	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				
<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 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine	10:00a Cycle & strength	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle	Geraldine		
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>	
9:00a Aqua Zumba	Hannah	9:00a Aqua Burn 7:00p Aqua Tabata	Susie Kristi	9:00a Water Explosion	Heather	7:00p Aqua circuits	Shearon	9:00a Aqua Aerobics	Rachael		
<b>SUNDAY 5/30</b>											

<b>MONDAY 5/31</b>	<b>TUESDAY 6/1</b>	<b>WEDNESDAY 6/2</b>	<b>THURSDAY 6/3</b>	<b>FRIDAY 6/4</b>	<b>SATURDAY 6/5</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>
Memorial Day 8:00a Bootcamp Phillip 9:15a Muscle Strength Geraldine 10:30 Dynamic Defensive Arts with Jennifer  No evening classes	7:05a Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather  5:00p Butts & Guts Heather 6:00p Full Body Blast Marisa	5:45a Bootcamp Phillip 9:00a Muscle strength Geraldine 10:30a Gentle Yoga Laura  5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah  5pm Fit Fun (4-6yr) Betsy 5:30p Fit fun (7-10yr) Betsy 6:00p Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle Phillip 8:30a The Mix Denae 10:30a Yoga Paige	8:15a Kickbox Betsy  <b>CYCLE Studio</b> 8:15a Cycle Chris <b>POOL</b> 9:00a Aqua Aerobics Shearon
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 6/6</b>
8:15a Cycle Heather	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	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	9:00a ATC Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits TBA	9:00a Aqua Aerobics Rachael	