



GRANITE FALLS

group fitness schedule

NEW FOR NOVEMBER!

- New Wednesday cycle class @ 8.30am with Patricia
- Kids Yoga on Wednesday's @ 4pm (5-7yr) @ 4.30pm (8-12 yr) with Myra
- 90 Min Turkey Burn with Aubrey @ 8.30am on Black Friday (29th Nov)
- 6.30am & 9.30am Black Friday Cycles with Janice and Geraldine

MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1	SATURDAY 11/2
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:15a Ultimate Abdominals Aubrey	5:35a Muscle Phillip	7:30a Muscle and Release Cheryl		8:15a Extreme circuits Michelle
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a Sculpt Lower Rachael		9:05a Kickbox Betsy
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	9:00a Sculpt Upper Rachael	8:30a The MIX Aubrey	
10:30a Yoga Flow Laura	10:30a PiYo Live Amanda	10:30a Yoga Marla	9:30a Extreme circuits Michelle	9:30a Kickbox Aubrey	
10:30a Tai Chi Shearon	11:30a Foundation Strength Patricia S	12:20pm MX4 (45min)** Howie	10:30a Back to Basics Sarah	10:30a Yoga Paige	CYCLE Studio
4:00p Kidz Fit (3-6) Brandon		4:00p Kidz yoga (5-7) Myra		12:30pm MX4(30min)** Shannon	8:30a Cycle Geraldine
4:30p Kidz Fit (7-10) Brandon	4:25p Kidz Zumba(3-7) Sue	4:30p Kidz yoga (8-12) Myra			POOL
5:00p Teen Athletic Geraldine	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine			9:00am Aqua Aerobics Cheryl
5:45p MX4 (30min)** Geraldine	5:30p TurboKick Live Marisa	6:20p Muscle Strength Denae	No Evening classes Happy Halloween!		
6:20p Boot Camp Geraldine	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue			
7:10p Pilates Carol		8:00p Pilates Carol			SUNDAY 11/3
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Heather	5:35a Cycle Betsy	8:30a Cycle Patricia	5:35a Cycle Andre	5:35a Cycle&strength Janice	1:05p Cardio &Core Jamie
6:00p Cycle Betsy	6:00p Cycle & strength Geraldine	12:45p Cycle Express Geraldine		9:30a Cycle Geraldine	2:05p Yoga Tiffany
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon 7:05p Aqua Intervals Cheryl	9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	

MONDAY 11/4	TUESDAY 11/5	WEDNESDAY 11/6	THURSDAY 11/7	FRIDAY 11/8	SATURDAY 11/9
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:15a Ultimate Abdominals Aubrey	5:35a Muscle Phillip	7:30a Muscle and Release Cheryl	8:30a The MIX Aubrey	8:15a Insanity Live Marisa
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a Sculpt Lower Rachael	9:30a Kickbox Aubrey	9:05a Muscle strength Marisa
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Denae	9:00a Sculpt Upper Rachael	10:30a Yoga Paige	
10:30a Tai Chi Shearon	10:30a Piyo Live Amanda	10:30a Yoga Marla	9:30a Extreme Circuits Michelle		
10:30a Yoga Flow Laura	11:30a Foundation Strength Patricia	12:20pm MX4 (45min)** Howie	10:30a Back to Basics Sarah		CYCLE Studio
4:00p Kidz Fit (3-6) Brandon				12:30pm MX4(30min)** Shannon	8:30a Cycle Heather
4:30p Kidz Fit (7-10) Brandon		4:00p Kidz yoga (5-7) Myra			POOL
5:00p Teen Athletic Geraldine	4.25p Kidz Zumba (3-7) Sue	4:30p Kidz yoga (8-12) Myra			9:00am Aqua Aerobics Heather
5:45p MX4 (30min)** Geraldine	4:55p Kidz Zumba (8-11) Sue	5:00p Teen Athletic Geraldine			
6:20p Boot Camp Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Mia	7:15p Yoga Carol		
7:10p Pilates Carol	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue			
		8:00p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Phillip	5:35a Cycle Betsy	8:30a Cycle Patricia	5:35a Cycle Andre	5:35a Cycle&strength Janice	1:05p Zumba Carolina
6:00p Cycle Betsy	6:00p Cycle & strength Geraldine	12:45p Cycle Express Geraldine	6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Paige
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Patricia	9:00a Whitewater Shearon	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Aerobics Rachael	
	7:05p Aqua Intervals Cheryl				

MONDAY 11/11	TUESDAY 11/12	WEDNESDAY 11/13	THURSDAY 11/14	FRIDAY 11/15	SATURDAY 11/16
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Jamie	8:15a Ultimate Abdominals Aubrey	5:35a Muscle Heather	7:30a Muscle & release Cheryl	8:30a The MIX Aubrey	8:15a INSANITY Live Aubrey
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Heather	8:30a Sculpt Lower Rachael	9:30a Kickbox Aubrey	9:05a Muscle strength Marisa
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine	9:0a Sculpt upper Rachael	10:30a Yoga Paige	
10:30a Tai Chi Shearon	10:30a PiYo Live Amanda	10:30a Yoga Marla	9:30a Extreme Circuits Michelle		
10:30a Yoga Flow Laura	11:30a Foundation Strength Patricia	12:20pm MX4 (45min)** Howie	10:30a Back to Basics Sarah		CYCLE Studio
4:00p Kidz Fit (3-6) Brandon				12:30pm MX4(30min)** Shannon	8:30a Cycle Becky
4:30p Kidz Fit (7-10) Brandon		4:00p Kidz yoga (5-7) Myra			POOL
5:00p Teen Athletic Geraldine	4.25p Kidz Zumba (3-7) Sue	4:30p Kidz yoga (8-12) Myra			9:00am Aqua Aerobics Paula
5:45p MX4 (30min)** Geraldine	4:55p Kidz Zumba (8-11) Sue	5:00p Teen Athletic Geraldine			
6:20p Boot Camp Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Denae	7:15p Yoga Carol		
7:10p Pilates Carol	6:30 Strength(30mins) Geraldine	7:10p Zumba Sue			
		8:00p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Heather	5:35a Cycle Betsy	8:30a Cycle Patricia	5:35a Cycle Chris	5:35a Cycle&strength Janice	1:05p Cardio & core Jamie
6:00p Cycle Betsy	6:00p Cycle & strength Geraldine	12:45p Cycle Express Geraldine	6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Tiffany
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon	9:00a Water Explosion Heather	7:05p Aqua Circuits Cheryl	9:00a Aqua Aerobics Rachael	
	7:05p Aqua Intervals Cheryl				

MONDAY 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11/22	SATURDAY 11/23
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:15a Ultimate Abdominals Aubrey	5:35a Muscle Heather	7:30a Muscle and Release Cheryl	8:30a The MIX Aubrey	8:15a Insanity Live Aubrey
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	8:30a Sculpt Lower Rachael	9:30a Kickbox Aubrey	9:05a Kickbox Jamie
9:30a Kickbox Aubrey	9:40a Zumba Carolina	9:30a Muscle Strength Denae	9:00a Sculpt Upper Rachael	10:30a Yoga Paige	
10:30a Tai Chi Shearon	10:30a PiYO Live Amanda	10:30a Yoga Marla	9:30a Extreme Circuits Michelle		
10:30a Yoga Flow Laura	11:30a Foundation Strength Patricia S	12:20pm MX4 (45min)** Howie	10:30a Back to Basics Sarah	12:30pm MX4(30min)** Shannon	CYCLE Studio
4:00p Kidz Fit (3-6) Brandon		4:00p Kidz yoga (5-7) Myra			8:30a Cycle Phillip
4:30p Kidz Fit (7-10) Brandon	4:25p Kidz Zumba(3-7) Sue	4:30p Kidz yoga (8-12) Myra			POOL
5:00p Teen Athletic Geraldine	4:55p Kidz Zumba(8-11) Sue	5:00p Teen Athletic Geraldine			9:00am Aqua Aerobics Cheryl
5:45p MX4 (30min)** Geraldine	5:30p Turbokick Live Marisa	6:20p Muscle Strength Mia	7:15 Yoga Carol		
6:20p Boot Camp Geraldine	6:30p Strength(30mins) Geraldine	7:10p Zumba Sue			
7:10p Pilates Carol		8:00p Pilates Carol			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 11/24
9:30a Cycle Heather	5:35a Cycle Betsy	8:30a Cycle Patricia	5:35a Cycle Chris	5:35a Cycle & strength Janice	1:05p Cardio Funk Tammy
6:00p Cycle Betsy	6:00p Cycle & strength Geraldine	12:45p Cycle Express Geraldine	6:00p Cycle Tricia	9:30a Cycle Geraldine	2:05p Yoga Tiffany
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Patricia	9:00a Whitewater Shearon	9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:05p Aqua Intervals Cheryl		7:05p Aqua Circuits Cheryl		

MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Boot Camp Michelle	8:15a Ultimate Abdominals Aubrey	5:35a Muscle Heather		8:30a Thanksgiving Aubrey	8:15a Extreme circuits Michelle
8:30a Total Body Strength Phillip	8:45a Extreme Cardio Aubrey	8:30a Crossover Fit Michelle	Club Closed	90 min Turkey Burn	9:05a Kickbox Betsy
9:30a Kickbox Aubrey	9:30a Zumba Carolina	9:30a Muscle Strength Geraldine			
10:30a Yoga Flow Laura	10:30a Zumba Heather	10:30a Yoga Marla			
10:30a Tai Chi Shearon	11:30a Foundation Strength Patricia S	12:20pm MX4 (45min)** Howie	HAPPY THANKSGIVING!	12:30pm MX4(30min)** Geraldine	CYCLE Studio
4:00p Kidz Fit (3-6) Brandon					8:30a Cycle Geraldine
4:30p Kidz Fit (7-10) Brandon	4:25p Kidz Zumba(3-7) Sue				POOL
5:00p Teen Athletic Geraldine	4:55p Kidz Zumba(8-11) Sue	No Evening Classes			9:00am Aqua Aerobics Shearon
5:45p MX4 (30min)** Geraldine	5:30p Kickbox Betsy				
6:20p Boot Camp Geraldine	6:30 Strength(30mins) Geraldine				
7:10p Pilates Carol					
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 12/1
9:30a Cycle Heather	5:35a Cycle Betsy	8:30a Cycle Patricia		6:30a Cycle Janice	1:05p Cardio & core Michelle
6:00p Cycle Betsy	6:00p Cycle & strength Geraldine	12:45p Cycle Express Geraldine		9:30a Cycle Geraldine	2:05p Yoga Tiffany
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Shearon	9:00a Whitewater Shearon	9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:05p Aqua Intervals Cheryl				

Granite Falls Group Exercise Class MENU

CARDIO

Step Energizing workout using height adjustable step and choreographed movements. This class will use the fat burning systems in a high gear followed by muscle conditioning to tone the body

Cardio Drills Unleash your inner athlete, sports related cardiovascular training

Cardio & Core Cardiovascular conditioning integrated with core based moves

Dance Funk Fun choreographed cardio dance class

INSANITY Live max interval cardio training drills with modifications for all levels

Kickboxing High intensity, Mod-high impact cardio-box class. All levels

Extreme Cardio A class that will push your cardiovascular limits

Zumba The ultimate dance fitness party. None verbal cues and easy to follow routines allow even the

STRENGTH

Muscle Class solely focused on strength training, so there is no high impact cardio instruction. You choose your level of weights and pace

Muscle Strength Full body workout that will focus on reps and correct form using dumbbells barbells, benches, bands and more

Total Body Strength Whole body strength building class using barbells, benches and more

Foundation Strength Designed for anyone new to exercise, or healthy aging adults, or anyone returning from injury. It will improve strength, balance, core stability and flexibility

Power and Core Power is high rep strength training, followed by intense core exercises customized for all fitness levels

Ultimate abdominals If you think crunches, crunches, more crunches is the best way to build abs, prepare to be enlightened

Strength (30 mins) Designed to follow 30 minute cycle, but can attend individually. Short and intense

CARDIO / STRENGTH FUSION

Back to Basics low impact muscle/cardio class for all ages. Chair use optional.

Boot Camp High intensity workout using calisthenics to get you in the best shape

Crossover Fitness 45 min high intensity class of strength, endurance, agility, & speed

HIIT Strength High Intensity Interval timed bouts of strength/cardio

TURBOKICK LIVE Ultimate cardio kick boxing experience combining kickboxing with body - sculpting HIIT moves choreographed to hot music mixes

****MX4** Periodized 30 minute functional movement HIIT workouts in a small group format. Using the Matrix Connexus system, as well as slam ball, ropes, landmines, TRX, kettle bells, rowers and more

The MIX Cardio /strength. Combos of HIIT, Tabata, Pilates & more. Interval

Extreme Circuits Full body interval circuits using strength, cardio and combo moves to build lean muscle

Sculpt Lower 30 mins weight based challenge to focus on lower body, with core strength and stability

Sculpt Lower 30 mins weight based challenge to focus on upper body, with core strength and stability too, modifications offered

KidzFit 30 min class of upbeat exercise & fun games. Two age level options

KidzZumba 30 mins dance party for children

KidzYoga making yoga and stretch fun for kids

Teen Athletics group physical conditioning lead by a personal trainer. Ages 11 & up

MIND / BODY

Barre Total body work out that enhances larger and smaller muscle groups, with repeated high intensity and low impact non weight bearing activities to burn fat and sculpt muscles

Pilates mat class designed to strengthen the CORE by developing control & flexibility

PIYO Live music driven workout with flexibility, strength, & dynamic movement

Restorative Yoga breath & basic Yoga poses: achieve strength, flexibility, & relaxation. All levels.

Yoga Flow A more fluid version of Yoga where poses are integrated into seamless movement

Tai Chi The practice of the ancient Chinese martial art to enhance health and relaxation

AQUATIC/POOL

Aqua Fitness Mix of cardio/muscle. Fast-paced to burn more calories

Aqua Interval timed high intensity bouts of cardio/strength water exercise moves

Against the current Aerobic movement against the lazy river

Water Explosion Slower paced water class. Dumbbells & noodles are used. All levels

Aqua Circuits Circuit training in the water that will challenge your strength and endurance

ATC / Aqua Fit Combination of aqua fitness and against the current

White Water Amped up deep end water class that will challenge your muscles and cardiovascular system

CYCLE CLASSES

*Cycle instructor led pace. Train at your own level by setting the resistance you need.

*Cycle express 30-45 minute condensed cycle class that does not skimp on challenge

*Cycle and strength Work strength training into your cycle workouts by adding dumbbells, bands and more

*Sign up req. You may sign up online at <http://www.granitefallsclub.com> or by calling the Front Desk. Cycle sign ups open at 7am the day before class. Please call to cancel at least 30 min before class. A \$25.00 fee will be charged for a "No Show" or late cancellation. These classes are open to Members & prospective Members working with a membership representative.

**Extra fee applies. Sign up is also required. For more information regarding these <http://www.granitefallsclub.com> or by calling the Front Desk

Classes are open to members and prospective members working with a membership representative.

Thank You!

