



GRANITE FALLS  
SWIM & ATHLETIC CLUB

GraniteFallsClub.com / (919) 562 8895

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# SEPTEMBER.2021

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## *Group Fitness Schedule*

### **Latest Class Offerings**

#### **Yoga Sculpt - Monday 7:15 pm**

Take your practice to the next level by adding weights to your flow. Yoga Sculpt is about building both strength and balance to your body while keeping up your mindful movement and meditation.

#### **Danz Insanity-Wednesday 8:00 am**

Danz Insanity is a hot, new Cardio Dance Fitness Class that combines Danz Athletics, Latin Rhythms, and Hip Hop.

It's an easy to follow, cardio intense class; dancers and non dancers will love it! It is a great way to get a big cardio class in and have fun. It's exercise in disguise.

#### **Kickboxing - Friday 9:30 am**

A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced.

MONDAY 8/30	TUESDAY 8/31	WEDNESDAY 9/1	THURSDAY 9/2	FRIDAY 9/3	SATURDAY 9/4
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35a Monday Mix Betsy 8:00a Muscle strength Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer  5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:15pm Yoga Sculpt Tiffany	7:00a Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather  5:00p Butts & gutts Heather 6:00p Full Body Blast Marisa	5:35a Bootcamp Phillip 8:00a Danz Insanity Gigi 9:00a Muscle Strength Denae 10:30a Gentle Yoga Laura  5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah  4:30pm Fit Fun (4-6yr) Natalie 5:00pm Fit Fun (7-10yr) Natalie 6:00pm Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Phillip 8:30a The Mix Heather 9:30a Kickbox Natalie 10:30a Yoga Paige  CYCLE Studio 8:15a Cycle Janice  POOL 9:00 Aq aerobics/ATC Jennifer	8:15a Kickbox Betsy       <b>SUNDAY 9/5</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	5:35am Cycle Betsy 6:00p Cycle Geraldine	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Heather	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 ATC Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits Phillip	9:00a Aqua Aerobics Rachael	

MONDAY 9/6	TUESDAY 9/7	WEDNESDAY 9/8	THURSDAY 9/9	FRIDAY 9/10	SATURDAY 9/11
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
7:00a Monday Mix Betsy 8:00a Muscle strength Phillip 9:15a Bootcamp Geraldine  LABOR DAY  No evening Classes	8:00a Zumba Carolina 9:00a Barre Heather  5:00p Butts & gutts Heather 6pm Your inner athlete Marisa	5:35a Bootcamp Phillip 8:00a Danz Insanity Gigi 9:00a Muscle Strength Geraldine 10:30a Gentle Yoga Laura  5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah  4:30pm Fit Fun (4-6yr) Natalie 5:00pm Fit Fun (7-10yr) Natalie 6:00p Zumba Carolina 7:15p Yoga Laura	7:00a Muscle strength Phillip 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Paige  CYCLE Studio 8:15a Cycle Mia  POOL 9:00a Aqua Zumba Hannah	8:15a Kickbox Natalie       <b>SUNDAY 9/12</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>
9:00a Cycle Heather	5:35am Cycle Betsy 6:00p Cycle Geraldine	10:30a 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 ATC Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits Susie	9:00a Aqua Aerobics Rachael	

MONDAY 9/13	TUESDAY 9/14	WEDNESDAY 9/15	THURSDAY 9/16	FRIDAY 9/17	SATURDAY 9/18
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35a Monday Mix Betsy 8:00a Muscle strength Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	8:00a Zumba Carolina 9:00a Barre Heather	5:35a Bootcamp Phillip 8:00a Danz Insanity Gigi 9:00a Muscle Strength Denae 10:30a Gentle Yoga Laura	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah  4:30pm Fit Fun (4-6yr) Jennifer 5:00pm Fit Fun (7-10yr) Jennifer 6:00p Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Phillip 8:30a The Mix Heather 9:30a Kickbox Natalie 10:30a Yoga Paige	8:15a Danz Insanity Gigi  <b>CYCLE Studio</b> 8:15a Cycle Chris <b>POOL</b> 9:00 Aq aerobics Shearon
5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:15pm Yoga Sculpt Tiffany	5:00p Butts & guts Heather 6pm Your inner athlete Marisa	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah			
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
9:30am Cycle Heather 6:00p Cycle Betsy	5:35am Cycle Betsy 6:00p Cycle Betsy	10:30a 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 ATC Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits Phillip	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 9/19</b>					

MONDAY 9/20	TUESDAY 9/21	WEDNESDAY 9/22	THURSDAY 9/23	FRIDAY 9/24	SATURDAY 9/25
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35a Monday Mix Betsy 8:00a Muscle strength Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	8:00a Zumba Carolina 9:00a Barre Heather	5:35a Bootcamp Phillip 8:00a Danz Insanity Gigi 9:00a Muscle Strength Geraldine 10:30a Gentle Yoga Laura	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah  4:30pm Fit Fun (4-6yr) Jennifer 5:00pm Fit Fun (7-10yr) Jennifer 6:00p Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Phillip 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Paige	8:15a Muscle & cardio Geraldine  <b>CYCLE Studio</b> 8:15a Cycle Heather <b>POOL</b> 9:00 Aq aerobics Kristi
5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:15p Yoga Tiffany	5:00p Butts & guts Heather 6pm Your inner athlete Marisa	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah			
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
9:30am Cycle Heather 6:00p Cycle Betsy	5:35am Cycle Betsy 6:00p Cycle Geraldine	10:30a 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	7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Phillip	9:00a Aqua Aerobics Rachael	
<b>SUNDAY 9/26</b>					

<b>MONDAY 9/27</b>	<b>TUESDAY 9/28</b>	<b>WEDNESDAY 9/29</b>	<b>THURSDAY 9/30</b>	<b>FRIDAY 10/1</b>	<b>SATURDAY 10/2</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>
5:35a Monday Mix Betsy 8:00a Muscle strength TBA 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	8:00a Zumba Carolina 9:00a Barre Heather	5:35a Bootcamp Tricia 8:00a Danz Insanity Gigi 9:00a Muscle Strength Denae 10:30a Gentle Yoga Laura	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah  4:30pm Fit Fun (4-6yr) Jennifer 5:00pm Fit Fun (7-10yr) Jennifer 6:00p Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength TBA 8:30a The Mix Heather 9:30a Turbokick Marisa 10:30a Yoga Paige	8:15a Muscle & cardio Jamie
5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:15pm Yoga Sculpt Tiffany	5:00p Butts & gutts Heather 6pm Your inner athlete Marisa	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah			<b>CYCLE Studio</b>
					8:15a Cycle Janice
					<b>POOL</b>
					9:00 Aq aerobics Rachael
					<b>SUNDAY 10/3</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>
9:30am Cycle Heather 6:00p Cycle Betsy	5:35am Cycle Betsy 6:00p Cycle Geraldine	10:30a 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	7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Susie	9:00a Aqua Aerobics Jennifer	