



GRANITE FALLS
SWIM & ATHLETIC CLUB

OCTOBER.2021

Group Fitness Schedule

Latest Class Offerings

Pilates - Monday 10:30am & Wednesday 7:15 pm with Amy

Pilates is a method of exercise that consists of low impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates moves tend to target the core. For all levels of fitness.

Tone Zone-Tuesday at 10am with Natalie

A combination of strength training and basic movements to increase muscle strength, improve balance and enhance flexibility. More time will be given between transitions from one exercise to the next. Modifications will be given. There will be short cardio bursts throughout the workout.

Danz Insanity-Wednesday 8am with Gigi

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

GraniteFallsClub.com / (919) 562 8895

MONDAY 9/27	TUESDAY 9/28	WEDNESDAY 9/29	THURSDAY 9/30	FRIDAY 10/1	SATURDAY 10/2
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Monday Mix Betsy 8:00a Muscle strength Michelle 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	8:00a Zumba Carolina 9:00a Barre Heather 5:00p Butts & gutts Heather 6:00p Full Body Blast Marisa	5:35a Bootcamp Tricia 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) Jennifer 5:00pm Fit Fun (7-10yr) Jennifer 6:00pm Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Michelle 8:30a The Mix Heather 9:30a Turbokick Marisa 10:30a Yoga Paige	8:15a Interval body Sculpt Amy CYCLE Studio 8:15a Cycle Tricia POOL 9:00 Aq aerobics Rachael
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30am Cycle Geraldine 6:00p Cycle Betsy	5:35am Cycle Betsy 6:00p Cycle Geraldine	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Heather 6:00p Cycle Tricia	9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	7:00p Aqua circuits Heather	9:00a Aqua Aerobics Jennifer	
SUNDAY 10/3					

MONDAY 10/4	TUESDAY 10/5	WEDNESDAY 10/6	THURSDAY 10/7	FRIDAY 10/8	SATURDAY 10/9
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a Monday Mix Betsy 8:00a Muscle strength Gigi 9:30 Your Inner Athlete Marisa 10:30a Pilates Amy 4:00pm Fit Fun (4-6yr) Geraldine 4:30pm Fit Fun (7-10yr) Geraldine 5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine	8:00a Zumba Carolina 9:00a Barre Heather 5:00p Butts & gutts Heather 6pm Your inner athlete Marisa	5:35a Bootcamp Heather 8:00a Danz Insanity Gigi 9:15a Muscle Strength Geraldine 10:30a Pilates Amy 6:00p Power Strength Hannah 7:15p Pilates Amy	8:15a Circuit Bootcamp Michelle 9:30a Back to Basics Sarah 6:00p Zumba Carolina	7:00a Muscle strength Heather 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Paige	8:15a Danz Insanity Gigi CYCLE Studio 8:15a Cycle Mia POOL 9:00 Aq aerobics Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
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	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	7:00p Aqua Tabata Susie	9:00a Aqua Zumba Hannah	7:00p Aqua circuits Susie	9:00a Aqua Aerobics Rachael	
SUNDAY 10/10					

MONDAY 10/25	TUESDAY 10/26	WEDNESDAY 10/27	THURSDAY 10/28	FRIDAY 10/29	SATURDAY 10/30	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
5:35a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30a Pilates 4:00pm Fit Fun (4-6yr) 4:30pm Fit Fun (7-10yr) 5:00p Teen Athletics 6:00p Bootcamp	Betsy Phillip Marisa Amy Natalie Natalie Geraldine Geraldine	8:00a Zumba 9:00a Barre 10:00a Tone Zone 5:00p Butts & gutts 6pm Your inner athlete	Carolina Heather Natalie Heather Marisa	5:35a Bootcamp 8:00a Danz Insanity 9:15a Muscle Strength 10:30a Gentle Yoga 5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength 7:15p Pilates	Phillip Gigi Denae Laura Hannah Amy	8:15a Kickbox 8:15a Cycle 9:00 Aq aerobics
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	
9:30am Cycle 6:00p Cycle	Heather Betsy	5:35am Cycle 6:00p Cycle	Betsy Geraldine	10:30a Cycle & strength 6:00p Cycle	Geraldine	
POOL	POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba	Hannah	7:00p Aqua Tabata	Kristi	9:00a Water Explosion 7:00p Aqua circuits	Heather Susie	
				7:00a Muscle strength 8:30a The Mix 9:30a Kickbox 10:30a Yoga 4:30pm Fit Fun (4-6yr) 5:00pm Fit Fun (7-10yr) 6:00p Zumba	Phillip Heather Natalie Paige Jennifer Jennifer Carolina	
					CYCLE Studio	
					Chris	
					POOL	
					Heather	
					SUNDAY 10/31	
					GX Studio	