JANUARY.2023

Group Fitness Schedule

Exercise: Some of the benefits of regular physical activity.

1. Exercise controls weight.
2. Exercise combats health conditions and diseases.
3. Exercise improves mood.
4. Exercise boosts energy.
5. Exercise promotes better sleep.
6. Exercise boosts your immune system.
7. Exercise builds up cardiovascular endurance.
8. Exercise strengthens the heart and improves blood circulation.
9. Exercise reduces stress.
10. Exercise improves skin tone and color.
11. Exercise improves joint function.
12. Exercise sharpens the memory.
13. Exercise boosts creative thinking.
14. Exercise strengthens the bones.
15. Exercise improves posture.
16. Exercise increases longevity
17. Exercise fights dementia
18. Exercise prevents muscle loss.
19. Exercise improves balance & coordination.
20. Exercise has anti-aging effects.

Take a class here at Granite Falls and see the benefits for yourself!

GraniteFallsClub.com / (919) 562 8895

Unrestricted

MONDAY 1/2	TUESDAY 1/3	WEDNESDAY 1/4	THURSDAY 1/5	FRIDAY 1/6	SATURDAY 1/7
GX Studio	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**
5:35am Monday Mix Betsy		5:35a Bootcamp Phillip			8:15a Boot Camp Joe
8:00a Muscle strength Phillip	8:00a Zumba Carolina	9:15a Muscle Strength Denae	8:15a Circuit Bootcamp Michelle	7:50a MX4 Natalie	
9:30a Body Conditioning Natalie	9:00a Tone Zone Natalie	10:30a Gentle Yoga Laura	9:15a Danz Insanity Gigi	8:30a The Mix Denae	
10:30a Yoga Patsy	10:00a Barre Heather	11:45a MX4 Natalie	10:30a Back to Basics Sarah	9:30a Kickbox Natalie	
				10:30a Yoga Paige	**CYCLE Studio**
4:00p Fit Fun (5-7yr) Natalie		4pm Kids martial arts (5-7yr) Jennifer			8:15a Cycle Heather
4:30p Fit Fun (8-10yr) Natalie		4:30 Kids martial arts (8-10yr) Jennifer			
5:00p Teen Athletics Natalie	5:00p Butts & gutts Heather	5:00p Teen Athletics Nolan			**POOL**
6:00p Bootcamp Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	6:00p Zumba Carolina		9:00a Aqua aerobics Hannah
7:00p Vinyasa Yoga Joey			7:00p Relax/Restore Yoga Janice		
					SUNDAY 1/8
CYCLE Studio	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**GX Studio**
9:30a Cycle Heather	5:35a Cycle Betsy	10:30a Cycle & strength Phillip	5:35a Cycle & strength Heather	9:30a Cycle Heather	
	6:00p Cycle Phillip		6:00p Cycle Tricia		
POOL	**POOL**	**POOL**	**POOL**	**POOL**	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Kristi		7:00p Aqua Burn Susie		

MONDAY 1/9	TUESDAY 1/10	WEDNESDAY 1/11	THURSDAY 1/12	FRIDAY 1/13	SATURDAY 1/14
GX Studio	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**
5:35am Monday Mix Betsy		5:35a Bootcamp Phillip			8:15a Kickbox Betsy
8:00a Muscle strength Phillip	8:00a Zumba Carolina	9:15a Muscle Strength Denae	8:15a Circuit Bootcamp Michelle	7:50a MX4 Natalie	
9:30a Body Conditioning Natalie	9:00a Tone Zone Natalie	10:30a Gentle Yoga Laura	9:15a Danz Insanity Gigi	8:30a The Mix Heather	
10:30a Yoga Britany	10:00a Barre Heather	11:45a MX4 Hannah	10:30a Back to Basics Sarah	9:30a Kickbox Natalie	
				10:30a Yoga Paige	**CYCLE Studio**
4:00p Fit Fun (5-7yr) Natalie		4pm Kids martial arts (5-7yr) Jennifer			8:15a Cycle Mia
4:30p Fit Fun (8-10yr) Natalie		4:30 Kids martial arts (8-10yr) Jennifer			
5:00p Teen Athletics Natalie	5:00p Butts & gutts Heather	5:00p Teen Athletics Nolan			**POOL**
6:00p Bootcamp Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	6:00p Zumba Carolina		9:00a Aqua aerobics Heather
7:00p Vinyasa Yoga Canceled			7:00p Relax/Restore Yoga Rakhee		
					SUNDAY 1/15
CYCLE Studio	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**GX Studio**
9:30a Cycle Heather	5:35a Cycle Betsy	10:30a Cycle & strength Phillip	5:35a Cycle & strength Heather	9:30a Cycle Heather	
	6:00p Cycle Betsy		6:00p Cycle Tricia		
POOL	**POOL**	**POOL**	**POOL**	**POOL**	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Jennifer		7:00p Aqua Burn Phillip		

MONDAY 1/16	TUESDAY 1/17	WEDNESDAY 1/18	THURSDAY 1/19	FRIDAY 1/20	SATURDAY 1/21
GX Studio	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**
5:35am Monday Mix Betsy		5:35a Bootcamp Phillip			8:15a Boot Camp Natalie
8:00a Muscle strength Phillip	8:00a Zumba Carolina	9:15a Muscle Strength Geraldine	8:15a Circuit Bootcamp Michelle	7:50a MX4 Natalie	
9:30a Body Conditioning Natalie	9:00a Tone Zone Natalie	10:30a Gentle Yoga Laura	9:15a Danz Insanity Gigi	8:30a The Mix Denae	
10:30a Yoga Patsy	10:00a Barre Heather	11:45a MX4 Natalie	10:30a Back to Basics Sarah	9:30a Kickbox Natalie	
				10:30a Yoga Paige	**CYCLE Studio**
		4pm Kids martial arts (5-7yr) Jennifer			8:15a Cycle Janice
4:00p Fit Fun (5-7yr) Natalie		4:30 Kids martial arts (8-10yr) Jennifer			
4:30p Fit Fun (8-10yr) Natalie	5:00p Butts & gutts Heather	5:00p Teen Athletics Nolan			**POOL**
5:00p Teen Athletics Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	6:00p Danz Insanity Gigi		9:00a Aqua aerobics Kristi
6:00p Bootcamp Natalie			7:00p Relax/Restore Yoga Rakhee		
7:00p Vinyasa Yoga Joey					**SUNDAY 1/22**
CYCLE Studio	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**GX Studio**
9:30a Cycle Heather	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Heather	9:30a Cycle Geraldine	
	6:00p Cycle Phillip		6:00p Cycle Tricia		
POOL	**POOL**	**POOL**	**POOL**	**POOL**	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Kristi		7:00p Aqua Burn Susie		

MONDAY 1/23	TUESDAY 1/24	WEDNESDAY 1/25	THURSDAY 1/26	FRIDAY 1/27	SATURDAY 1/28
GX Studio	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**
5:35am Monday Mix Betsy		5:35a Bootcamp Phillip			8:15a Boot Camp Geraldine
8:00a Muscle strength Phillip	8:00a Zumba Carolina	9:15a Muscle Strength Denae	8:15a Circuit Bootcamp Michelle	7:50a MX4 Natalie	
9:30a Body Conditioning Natalie	9:00a Tone Zone Natalie	10:30a Gentle Yoga Laura	9:15a Danz Insanity Gigi	8:30a The Mix Heather	
10:30a Yoga Britany	10:00a Barre Heather	11:45a MX4 Hannah	10:30a Back to Basics Sarah	9:30a Kickbox Natalie	
				10:30a Yoga Paige	**CYCLE Studio**
4:00p Fit Fun (5-7yr) Natalie		4pm Kids martial arts (5-7yr) Jennifer			8:15a Cycle Heather
4:30p Fit Fun (8-10yr) Natalie		4:30 Kids martial arts (8-10yr) Jennifer			
5:00p Teen Athletics Natalie	5:00p Butts & gutts Heather	5:00p Teen Athletics Nolan			**POOL**
6:00p Bootcamp Geraldine	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	6:00p Zumba Carolina		9:00a Aqua aerobics Rachael
7:00p Vinyasa Yoga Joey			7:00p Relax/Restore Yoga Rakhee		
					SUNDAY 1/29
CYCLE Studio	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**GX Studio**
9:30a Cycle Heather	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Heather	9:30a Cycle Geraldine	
	6:00p Cycle Betsy		6:00p Cycle Tricia		
POOL	**POOL**	**POOL**	**POOL**	**POOL**	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Jennifer		7:00p Aqua Burn Hannah		

MONDAY 1/30	TUESDAY 1/31	WEDNESDAY 2/1	THURSDAY 2/2	FRIDAY 2/3	SATURDAY 2/4
GX Studio	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**	**GX Studio**
5:35am Monday Mix Betsy		5:35a Bootcamp Phillip			8:15 Bootcamp Joe
8:00a Muscle strength Phillip	8:00a Zumba Carolina	9:15a Muscle Strength Geraldine	8:15a Circuit Bootcamp Michelle	7:50a MX4 Natalie	
9:30a Body Conditioning Natalie	9:00a Tone Zone Natalie	10:30a Gentle Yoga Laura	9:15a Danz Insanity Gigi	8:30a The Mix Denae	
10:30a Yoga Patsy	10:00a Barre Heather	11:45a MX4 Natalie	10:30a Back to Basics Sarah	9:30a Kickbox Natalie	
				10:30a Yoga Paige	**CYCLE Studio**
4:00p Fit Fun (5-7yr) Natalie		4pm Kids martial arts (5-7yr) Jennifer			8:15a Cycle Heather
4:30p Fit Fun (8-10yr) Natalie		4:30 Kids martial arts (8-10yr) Jennifer			
5:00p Teen Athletics Natalie	5:00p Butts & gutts Heather	5:00p Teen Athletics Nolan	6:00p Zumba Carolina		**POOL**
6:00p Bootcamp Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	7:00p Relax/Restore Yoga Rakhee		9:00a Aqua aerobics Susie
7:00p Vinyasa Yoga Joey					
					SUNDAY 2/5
CYCLE Studio	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**CYCLE Studio**	**GX Studio**
9:30am Cycle Heather	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Heather	9:30a Cycle Geraldine	
	6:00p Cycle Phillip		6:00p Cycle Tricia		
POOL	**POOL**	**POOL**	**POOL**	**POOL**	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Kristi		7:00p Aqua Burn Susie		

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