



 GRANITE FALLS SWIM & ATHLETIC CLUB

MIX4
by MATRIX

MARCH.2023

Group Fitness Schedule

Latest Class information

Important! The following classes will become sign-up from February 6th for the foreseeable future to keep participants safe and happy while exercising. Use the app or call the front desk up to 24 hours in advance to reserve your spot:

- Monday Night Boot camp at 6 pm**
- Tuesday Tone Zone at 9 am**
- Wednesday Muscle at 9:15 am**
- Thursday Back to Basics 10:30 am**
- Friday The Mix at 8:30 am**

Sign-up classes are marked in yellow on the schedule
Maximum no. of participants 18.

GraniteFallsClub.com / (919) 562 8895

MONDAY 2/27		TUESDAY 2/28		WEDNESDAY 3/1		THURSDAY 3/2		FRIDAY 3/3		SATURDAY 3/4	
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	9:15am Muscle	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	Natalie	9:30a Kickbox	Natalie		
								10:30a Yoga	Paige	CYCLE Studio	
4:00p Fit Fun (5-7yr)	Natalie			4:00p Kids Fit (5-7yr)	Jennifer					8:15a Cycle	Heather
4:30p Fit Fun (8-10yr)	Natalie			4:30p Kids fit (8-10yr)	Jennifer					POOL	
5:00p Teen Athletics	Natalie	5:00p Butts & gutts	Heather	5:00p Teen Athletics	Nolan					9:00a Aqua aerobics	Susie
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Patsy					7:00p Relax/Restore Yoga	Rakhee				
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 3/6		TUESDAY 3/7		WEDNESDAY 3/8		THURSDAY 3/9		FRIDAY 3/10		SATURDAY 3/11	
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	9:15am Muscle	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	Natalie	10:30a Back to Basics	Sarah	9:30a Kickbox	Natalie		
								10:30a Yoga	Paige	CYCLE Studio	
4:00p Fit Fun (5-7yr)	Natalie			4:00p Kids Fit (5-7yr)	Jennifer					8:15a Cycle	Mia
4:30p Fit Fun (8-10yr)	Natalie			4:30p Kids fit (8-10yr)	Jennifer					POOL	
5:00p Teen Athletics	Natalie	5:00p Butts & gutts	Heather	5:00p Teen Athletics	Nolan					9:00a Aqua aerobics	Heather
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Joey					7:00p Relax/Restore Yoga	Rakhee				
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 Aerobics	Jennifer			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua Tabata	Jennifer			7:00p Aqua Burn	Phillip				
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 Aerobics	Jennifer			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua Tabata	Jennifer			7:00p Aqua Burn	Phillip				

MONDAY 3/13		TUESDAY 3/14		WEDNESDAY 3/15		THURSDAY 3/16		FRIDAY 3/17		SATURDAY 3/18	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy			5:35a Bootcamp	Phillip					8:15am Kickbox	Betsy
8:00a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15am Muscle	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			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			4:00p Kids Fit (5-7yr)	Jennifer					8:15a Cycle	Janice
4:30p Fit Fun (8-10yr)	Natalie	5:00p Butts & gutts	Heather	4:30p Kids fit (8-10yr)	Jennifer					POOL	
5:00p Teen Athletics	Natalie	6:00p Muscle Strength	Heather	5:00p Teen Athletics	Nolan					9:00a Aqua aerobics	Kristi
6:00p Monday night Bootcamp	Natalie			6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Joey					7:00p Relax/Restore Yoga	Rakhee			SUNDAY 3/19	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine	5:35a Cycle	Ashley	9:30a Cycle	Geraldine		
		6:00p Cycle	Phillip			6:00p Cycle	Tricia				
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Aerobics	Jennifer	7:00p Aqua Tabata	Kristi	9:00a Water Explosion	Heather	7:00p Aqua Burn	Phillip	9:00a Aqua Aerobics	Rachael		

MONDAY 3/20		TUESDAY 3/21		WEDNESDAY 3/22		THURSDAY 3/23		FRIDAY 3/24		SATURDAY 3/25	
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	9:15am Muscle	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	Britany			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			4:00p Kids Fit (5-7yr)	Jennifer					8:15a Cycle	Chris
4:30p Fit Fun (8-10yr)	Natalie	5:00p Butts & gutts	Heather	4:30p Kids fit (8-10yr)	Jennifer					POOL	
5:00p Teen Athletics	Natalie	6:00p Muscle Strength	Heather	5:00p Teen Athletics	Nolan					9:00a Aqua aerobics	Jennifer
6:00p Monday night Bootcamp	Geraldine			6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Joey					7:00p Relax/Restore Yoga	Rakhee			SUNDAY 3/26	
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine	5:35a Cycle	Ashley	9:30a Cycle	Geraldine		
		6:00p Cycle	Betsy			6:00p Cycle	Tricia				
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Aerobics	Jennifer	7:00p Aqua Tabata	Jennifer	9:00a Water Explosion	Heather	7:00p Aqua Burn	Susie	9:00a Aqua Aerobics	Rachael		

MONDAY 3/27		TUESDAY 3/28		WEDNESDAY 3/29		THURSDAY 3/30		FRIDAY 3/31		SATURDAY 4/1	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy			5:35a Bootcamp	Phillip						
8:00a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15am Muscle	Geraldine	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	9:30am Danz Insanity	Gigi
9:30a Body Conditioning	Natalie	9:00a Tone Zone	Natalie	10:30a Gentle Yoga	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Denae		
10:30a Yoga	Patsy			11:45a MX4	Natalie	10:30a Back to Basics	Sarah	9:30a Kickbox	Natalie		
4:00p Fit Fun (5-7yr)	Natalie			4:00p Kids Fit (5-7yr)	Jennifer			10:30a Yoga	Paige	CYCLE Studio	
4:30p Fit Fun (8-10yr)	Natalie			4:30p Kids fit (8-10yr)	Jennifer					8:15a Cycle Mia	
5:00p Teen Athletics	Natalie	5:00p Butts & gutts	Heather	5:00p Teen Athletics	Nolan	6:00p Zumba	Julietha			POOL	
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	7:00p Relax/Restore Yoga	Rakhee			9:00a Aqua aerobics Phillip	
7:00p Vinyasa Yoga	Joey										
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 4/2	
9:30am Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine	5:35a Cycle	Ashley	9:30a Cycle	Geraldine		
		6:00p Cycle	Phillip			6:00p Cycle	Tricia				
POOL		POOL		POOL		POOL		POOL			
9:00a Aqua Aerobics	Jennifer	7:00p Aqua Tabata	Kristi	9:00a Water Explosion	Heather	7:00p Aqua Burn	Phillip	9:00a Aqua Aerobics	Rachael		