



GRANITE FALLS SWIM & ATHLETIC CLUB

**MX4**  
by MATRIX



# SEPTEMBER.2023

## Group Fitness Schedule

### Latest Class Offerings

#### **Fit fun for kids, Mondays with Natalie resumes 9/11**

(4-4:25 pm ages 5-7 years, 4:30-4:55 pm ages 8-10 years)

#### **All Abilities Dance fit with Hannah on Thursdays at 4:45pm**

For individuals with special needs, age 12 +. Easy to follow dance routines. No fitness or dance experience necessary.

#### **Full Body Stretch with Katie on Tuesdays at 10:15am**

A well balanced sequence providing increased flexibility, mobility and addressing tension so you can relax and recover.

#### **Against the current will continue until Thursday 9/14**

**Classes high-lighted in yellow are sign-up classes**

Full class descriptions on our website, app, and in the club.

GraniteFallsClub.com / (919) 562 8895

MONDAY 8/28	TUESDAY 8/29	WEDNESDAY 8/30	THURSDAY 8/31	FRIDAY 9/1	SATURDAY 9/2	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
5:35am Monday Mix 8:00a Muscle strength 9:30a Body Conditioning 10:30a Yoga  5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Stephanie  Natalie Tiffany	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4  5:00p Teen Athletics 6:00p Bootcamp	Phillip Geraldine Patsy Natalie  Nolan Natalie	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga  6:00p Zumba 7:00p Relax/Restore Yoga	Phillip Natalie Denae Natalie Stephanie  Carolina Rakhee	
					8:15a Bootcamp 9:30a Danz Insanity	
					Natalie Gigi	
					CYCLE Studio	
					8:15a Cycle Heather	
					POOL	
					9:00a Aqua combo Rachael	
					SUNDAY 9/3	
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 & strength 6:00p Cycle Ashley Tricia	9:30a Cycle Geraldine		
POOL	POOL	POOL	POOL	POOL		
9:00a Aqua Zumba Hannah	9:00a Against the current 7:00p Aqua Tabata Jennifer Kristi	9:00a Water Explosion Heather	9:00a Against the current 7:00p Aquaburn Jennifer Cheryl	9:00a Aqua Aerobics Rachael		
MONDAY 9/4	TUESDAY 9/5	WEDNESDAY 9/6	THURSDAY 9/7	FRIDAY 9/8	SATURDAY 9/9	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
8:15a Labor Day Mash-Up with Heather & Natalie A 90 minutes full body work out.          NO EVENING CLASSES	8:00a Zumba 9:15a Tone Zone 10:30 Full Body Stretch  5:00p Butts & gutts 6:00p Muscle Strength 7:00p Barre & stretch	Carolina Natalie Katie  Heather Heather Jennifer	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4  5:00p Teen Athletics 6:00p Bootcamp	Phillip Denae Patsy Natalie  Nolan Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics Gail  4.45 All abilities Dance Fit 6:00p Zumba 7:00p Relax/Restore Yoga	Michelle Gigi Hannah Carolina Rakhee
					5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	
					Phillip Natalie Denae Natalie Paige	
					CYCLE Studio	
					8:15a Cycle Janice	
					POOL	
					9:00a Aqua combo Jennifer	
					SUNDAY 9/10	
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 & strength 6:00p Cycle Ashley Tricia	9:30a Cycle Geraldine		
POOL	POOL	POOL	POOL	POOL		
9:00a Aqua Zumba Hannah	9:00a Against the current 7:00p Aqua Tabata Jennifer Jennifer	9:00a Water Explosion Heather	9:00a Against the current 7:00p Aquaburn Rachael Susie	9:00a Aqua Aerobics Rachael		

Unrestricted

MONDAY 9/11	TUESDAY 9/12	WEDNESDAY 9/13	THURSDAY 9/14	FRIDAY 9/15	SATURDAY 9/16
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:00a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Katie	5:35a Bootcamp Phillip 9:15am Muscle Geraldine 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Gail	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Joe 9:15a Stretch Joe
4:00 Fit Fun 4 Kids(5-7yr) Natalie 4:30 Fit Fun 4 Kids(8-10y) Natalie 5:00p Teen Athletics Natalie 6:00p Monday night Bootcamp Natalie 7:00p Yoga Tiffany	5:00p Butts & gutts Heather 6:00p Muscle Strength Heather 7:00p Barre & stretch Gail	5:00p Teen Athletics Nolan 6:00p Bootcamp Natalie	4.45 All abilities Dance Fit Hannah 6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee		<b>CYCLE Studio</b> 8:15a Cycle Chris
					<b>POOL</b> 9:00a Aqua Aerobics Hannah
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 9/17</b>
9:30a Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 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 Against the current Jennifer 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aquaburn Cheryl	9:00a Aqua Aerobics Rachael	

MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22	SATURDAY 9/23
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:00a Muscle strength Phillip 9:30a Body Conditioning Phillip 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Gail 10:30 Full Body Stretch Katie	5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Patsy 11:45a MX4 Hannah	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Gail	5:35a Bootcamp Phillip 7:50a MX4 Heather 8:30a The Mix Denae 9:30a Cardio-kick Heather 10:30a Yoga Paige	8:15a Boot Camp Heather
4:00 Fit Fun 4 Kids(5-7yr) Gail 4:30 Fit Fun 4 Kids(8-10y) Gail 5:00p Teen Athletics Gail 6:00p Monday night Bootcamp Geraldine 7:00p Yoga Tiffany	5:00p Butts & gutts Heather 6:00p Muscle Strength Heather 7:00p Barre & stretch Gail	5:00p Teen Athletics Nolan 6:00p Bootcamp Phillip	4.45 All abilities Dance Fit Hannah 6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee		<b>CYCLE Studio</b> 8:15a Cycle Mia
					<b>POOL</b> 9:00a Aqua Aerobics Heather
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 9/24</b>
9:30am Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 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 Jennifer	9:00a Water Explosion Heather	7:00p Aquaburn Phillip	9:00a Aqua Aerobics Rachael	

Unrestricted

MONDAY 9/25	TUESDAY 9/26	WEDNESDAY 9/27	THURSDAY 9/28	FRIDAY 9/29	SATURDAY 9/30
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix      Betsy 8:00a Muscle strength      Phillip 9:30a Body Conditioning      Phillip 10:30a Yoga      Stephanie	8:00a Zumba      Carolina 9:15a Tone Zone      Sarah 10:30 Full Body Stretch      Katie	5:35a Bootcamp      Phillip 9:15am Muscle      Geraldine 10:30a Gentle Yoga      Patsy 11:45a MX4      Hannah	8:15a Circuit Bootcamp      Michelle 9:15a Danz Insanity      Blaire 10:30a Back to Basics      Sarah	5:35a Bootcamp      Phillip 7:50a MX4      Heather 8:30a The Mix      Denae 9:30a Cardio-kick      Heather 10:30a Yoga      Stephanie	8:15a Boot Camp      Joe
4:00 Fit Fun 4 Kids(5-7yr)      Jennifer 4:30 Fit Fun 4 Kids(8-10y)      Jennifer 5:00p Teen Athletics      Geraldine 6:00p Monday night Bootcamp      Geraldine 7:00p Yoga      Tiffany	5:00p Butts & gutts      Heather 6:00p Muscle Strength      Heather 7:00p Barre & stretch      Heather	5:00p Teen Athletics      Nolan 6:00p Bootcamp      Phillip	4:45 All abilities Dance Fit      Hannah 6:00p Zumba      Carolina 7:00p Relax/Restore Yoga      Rakhee		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle      Geraldine	5:35a Cycle      Betsy	10:30a Cycle & strength      Geraldine	5:35a Cycle & strength      Ashley 6:00p Cycle      Tricia	9:30a Cycle      Geraldine	8:15a Cycle      Heather
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba      Hannah	7:00p Aqua Tabata      Kristi	9:00a Water Explosion      Heather	7:00p Aquaburn      Cheryl	9:00a Aqua Aerobics      Rachael	
					SUNDAY 10/1
					GX Studio