



GRANITE FALLS SWIM & ATHLETIC CLUB

MIX4
by MATRIX

NOVEMBER.2023

Group Fitness Schedule

Latest Class Offerings

Fit fun for kids, Mondays with Natalie

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

Barre & Stretch with Heather at 7pm on Tuesdays

Barre combines ballet inspired work with other styles of training such as Pilates, dance, yoga & strength training. Stretching decreases your risk of injury, helps joints move through the full range of motion, increases blood flow & improves physical activity performance..

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

Classes high-lighted in yellow are sign-up classes

8 Benefits of attending a group fitness class

1. Lose weight
2. Reduces risk of diseases
3. Be part of a team
4. Hold yourself accountable
5. Work with a professional
6. Make friends
7. Push yourself
8. Have fun

GraniteFallsClub.com / (919) 562 8895

MONDAY 11/13	TUESDAY 11/14	WEDNESDAY 11/15	THURSDAY 11/16	FRIDAY 11/17	SATURDAY 11/18
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 Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Katie 6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Stephanie 11:45a MX4 Hannah 5:00p Teen Athletics Nolan 6:00p Bootcamp Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Katie	8:15a Boot Camp Heather CYCLE Studio 8:15a Cycle Mia POOL 9:00a Aqua Aerobics Rachael
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 Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	7:00p Aqua Tabata Jennifer	9:00a Water Explosion Heather	7:00p Aquaburn Phillip	9:00a Aqua Aerobics Rachael	
SUNDAY 11/19					

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25
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 Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Katie 6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:35a Bootcamp Phillip 9:15am Muscle Geraldine 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie No evening classes.	ThanksGiving. Club Closed.	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 CYCLE Studio 8:15a Cycle Heather POOL 9:00a Aqua Aerobics Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30am Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine		9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
SUNDAY 11/26					

MONDAY 11/27	TUESDAY 11/28	WEDNESDAY 11/29	THURSDAY 11/30	FRIDAY 12/1	SATURDAY 12/2						
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 4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y) 5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Stephanie Natalie Natalie Natalie Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:30 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch	Carolina Natalie Katie Heather Heather	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Teen Athletics 6:00p Bootcamp	Phillip Denae Patsy Hannah Nolan Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Relax/Restore Yoga	Michelle Gigi Sarah Carolina Rakhee	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Katie	8:15a Boot Camp 9:15a Kickbox 9:00a Aqua Aerobics	Betsy Betsy Jennifer
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio						
9:30a Cycle	5:35a Cycle	10:30a Cycle & strength	5:35a Cycle & strength 6:00p Cycle	9:30a Cycle							
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine							
POOL	POOL	POOL	POOL	POOL							
9:00a Aqua Zumba	7:00p Aqua Tabata	9:00a Water Explosion	7:00p Aquaburn	9:00a Aqua Aerobics							
Hannah	Jennifer	Heather	Cheryl	Rachael							
					SUNDAY 12/3						
					GX Studio						