MARCH.2024

Group Fitness Schedule

News for March

Join Gail for Body Pump at 5 pm on Wednesdays

Full body pump is a 55-minute fast-paced strength class that uses weights, benches, mats, and barbells. The class is choreographed to music. This class is designed to help you develop lean, athletic muscle by lifting light weights while performing high repetitions.

20 Reasons to take a class at Granite Falls.

- 1. Exercise controls weight.
- 2. Exercise combats health conditions and diseases.
- 3. Exercise improves mood.
- 4. Exercise boosts energy.
- 5. Exercise promotes better sleep.
- 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 memory.
- 13. Exercise boosts creative thinking.
- is exercise boosts creative triiriking
- 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 and coordination.
- 20. Exercise has anti-aging effects.

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

All classes highlighted in yellow are strictly bookable classes, a roster will be checked by the instructors.

Please cancel if unable to attend as no-shows waste spots!

GraniteFallsClub.com / (919) 562 8895

MONDAY 2/26		TUESDAY 2/27		WEDNESDAY 2/28		THURSDAY 2/29		FRIDAY 3/1		SATURDAY 3/2	
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	Natalie	8:00a Zumba 9:00a Tone Zone 10:00 Full Body Stretch	Natalie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Patsy	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Blaire	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox	Phillip Natalie Denae Natalie	8:15a Bootcamp	Natalie
4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y) 5:00p Teen Athletics	Natalie Natalie Natalie			5:00p Body Pump	Gail			10:30a Yoga		CYCLE Studio 8:15a Cycle POOL	Heather
6:00p Monday night Bootcamp 7:00p Yoga	Natalie	6:00p Muscle Strength 7:00p Barre & stretch	Heather Heather	6:00p Bootcamp		6:00p Zumba 7:00p Relax/Restore Yoga	Carolina Rakhee			9:00a Aqua Aerobics	Susie
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 3	3/3
9:30a Cycle	Geraldine	5:35a Cycle	Heather	10:30a Cycle & strength		5:35a Cycle & strength 6:00p Cycle	Ashley Tricia	9:30a Cycle	Geraldine	GX Studio	
9:00a Aqua Zumba	Hannah	7:00p Aqua Tabata	Kristi	9:00a Water Explosion	Heather	7:00p Aquaburn	Susie	9:00a Aqua Aerobics	Rachael		
MONDAY 3/4		TUESDAY 3/5		WEDNESDAY 3/6		THURSDAY 3/7				SATURDAY 3/9	
MONDAY 3/	4	TUESDAY 3	3/5	WEDNESDA	Y 3/6	THURSDAY	3/7	FRIDAY	3/8	SATURDAY	3/9
MONDAY 3/ GX Studio	4	TUESDAY 3 GX Studio	3/5	WEDNESDA* GX Studio	Y 3/6	THURSDAY GX Studio	3/7	FRIDAY :	3/8	SATURDAY GX Studio	3/9
5:35am Monday Mix 8:00a Muscle strength 9:30a Body Conditioning	Heather Phillip Natalie	GX Studio 8:00a Zumba 9:00a Tone Zone	Carolina Natalie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga	Phillip Geraldine Patsy	8:15a Circuit Bootcamp 9:15a Danz Insanity	Michelle Gigi	5:35a Bootcamp 7:50a MX4 8:30a The Mix	Phillip Natalie Denae		Natalie
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	Heather Phillip Natalie Stephanie Natalie Natalie Natalie	8:00a Zumba 9:00a Tone Zone 10:00 Full Body Stretch	Carolina Natalie Katie	GX Studio 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Body Pump	Phillip Geraldine Patsy Natalie Gail	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Michelle Gigi Sarah	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Katie	GX Studio 8:15a Bootcamp CYCLE Studio 8:15a Cycle POOL	Natalie Janice
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)	Heather Phillip Natalie Stephanie Natalie Natalie Natalie	GX Studio 8:00a Zumba 9:00a Tone Zone	Carolina Natalie Katie	GX Studio 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Geraldine Patsy Natalie Gail	8:15a Circuit Bootcamp 9:15a Danz Insanity	Michelle Gigi	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Katie	6X Studio 8:15a Bootcamp CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics	Natalie Janice Heather
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	Heather Phillip Natalie Stephanie Natalie Natalie Natalie	8:00a Zumba 9:00a Tone Zone 10:00 Full Body Stretch 6:00p Muscle Strength	Carolina Natalie Katie Heather	GX Studio 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Body Pump	Phillip Geraldine Patsy Natalie Gail	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba	Michelle Gigi Sarah Carolina	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Katie	GX Studio 8:15a Bootcamp CYCLE Studio 8:15a Cycle POOL	Natalie Janice Heather
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 CYCLE Studio 9:30a Cycle	Heather Phillip Natalie Stephanie Natalie Natalie Natalie Tiffany	8:00a Zumba 9:00a Tone Zone 10:00 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch CYCLE Studio 5:35a Cycle	Carolina Natalie Katie Heather	GX Studio 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Body Pump 6:00p Bootcamp CYCLE Studio 10:30a Cycle & strength	Phillip Geraldine Patsy Natalie Gail Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Relax/Restore Yoga CYCLE Studio 5:35a Cycle & strength 6:00p Cycle	Michelle Gigi Sarah Carolina	GX Studio 5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga CYCLE Studio 9:30a Cycle	Phillip Natalie Denae Natalie Katie	6X Studio 8:15a Bootcamp CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics SUNDAY 3	Natalie Janice Heather
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 CYCLE Studio	Heather Phillip Natalie Stephanie Natalie Natalie Natalie Tiffany	8:00a Zumba 9:00a Tone Zone 10:00 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch CYCLE Studio 5:35a Cycle	Carolina Natalie Katie Heather Heather	GX Studio 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Body Pump 6:00p Bootcamp	Phillip Geraldine Patsy Natalie Gail Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Relax/Restore Yoga CYCLE Studio 5:35a Cycle & strength	Michelle Gigi Sarah Carolina Rakhee	GX Studio 5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga CYCLE Studio 9:30a Cycle	Phillip Natalie Denae Natalie Katie	6X Studio 8:15a Bootcamp CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics SUNDAY 3	Natalie Janice Heather

MONDAY 3/11		TUESDAY 3/12		WEDNESDAY 3/13		THURSDAY 3/14		FRIDAY 3/15		SATURDAY 3/16	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix 8:00a Muscle strength	Heather Phillip	8:00a Zumba	Carolina	5:35a Bootcamp 9:15am Muscle	Phillip Denae	8:15a Circuit Bootcamp	Michelle	5:35a Bootcamp 7:50a MX4		8:15a Boot Camp 9:15a Stretch	Joe Joe
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 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	Natalie Natalie Natalie Natalie	10:00 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch		11:45a MX4 5:00p Body Pump 6:00p Bootcamp	Gail	10:30a Back to Basics 6:00p Zumba 7:00p Relax/Restore Yoga	Sarah Carolina Katie			CYCLE Studio 8:15a Cycle POOL 9:00a Aqua Aerobics SUNDAY 3/2	Heather Kristi
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Heather	10:30a Cycle & strength		5:35a Cycle & strength 6:00p Cycle	Ashley 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 Aquaburn	Cheryl	9:00a Aqua Aerobics	Rachael		

MONDAY 3/18		TUESDAY 3/19		WEDNESDAY 3/20		THURSDAY 3/21		FRIDAY 3/22		SATURDAY 3/23	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix 8:00a Muscle strength	Heather Phillip	8:00a Zumba	Carolina	5:35a Bootcamp 9:15am Muscle	Phillip Geraldine	8:15a Circuit Bootcamp	Michelle	5:35a Bootcamp 7:50a MX4	Phillip <mark>Natalie</mark>	8:15a Boot Camp	Heather
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	Stephanie	10:00 Full Body Stretch	Katie	11:45a MX4	Natalie	10:30a Back to Basics	Sarah	9:30a Kickbox	Natalie		
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	Natalie Natalie		Heather Heather	5:00p Body Pump 6:00p Bootcamp	Gail Janice	6:00p Zumba 7:00p Relax/Restore Yoga	Carolina Rakhee		Katie	POOL 9:00a Aqua Aerobics SUNDAY 3	Chris Rachael
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	,
9:30am Cycle	Geraldine	5:35a Cycle	Heather	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	7:00p Aqua Tabata	Jennifer	9:00a Water Explosion	Heather	7:00p Aquaburn	Phillip	9:00a Aqua Aerobics	Rachael		

MONDAY 3/25		TUESDAY 3/26		WEDNESDAY 3/27		THURSDAY 3/28		FRIDAY 3/29		SATURDAY 3/30	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Heather			5:35a Bootcamp	Phillip			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	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Denae		
10:30a Yoga	Stephanie	10:00 Full Body Stretch	Rakhee	11:45a MX4	Natalie	10:30a Back to Basics	Sarah	9:30a Kickbox	Natalie		
								10:30a Yoga	Stephanie	CYCLE Studio	
4:00 Fit Fun 4 Kids(5-7yr)	Natalie									8:15a Cycle	Janice
4:30 Fit Fun 4 Kids(8-10y)	Natalie										
5:00p Teen Athletics	Natalie			5:00p Body Pump	Gail					POOL	
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina			9:00a Aqua Aerobics	Hannah
7:00p Yoga	Tiffany	7:00p Barre & stretch	Heather			7:00p Relax/Restore Yoga	Rakhee				
										SUNDAY 3	31
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio	
9:30am Cycle	Geraldine	5:35a Cycle	Heather	10:30a Cycle & strength	Geraldine	5:35a Cycle & strength	Ashley	9:30a Cycle	Geraldine		
						6:00p Cycle	Tricia				
POOL		POOL		POOL		POOL		POOL		Easter Sunday	1
9:00a Aqua Zumba	Hannah			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael	Club closed	
		7:00p Aqua Tabata	Kristi			7:00p Aquaburn	Susie				