

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.
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 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 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	Heather			5:35a Bootcamp	Phillip			5:35a Bootcamp	Phillip						
8:00a Muscle strength	Heather			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	Blaire	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)	Natalie													10:30a Yoga	Stephanie
4:30 Fit Fun 4 Kids(8-10y)	Natalie														
5:00p Teen Athletics	Natalie							5:00p Body Pump	Gail						
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina								
7:00p Yoga	Tiffany	7:00p Barre & stretch	Heather			7:00p Relax/Restore Yoga	Rakhee								
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 3/3					
9:30a 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															
9:00a Aqua Zumba	Hannah			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael						
		7:00p Aqua Tabata	Kristi			7:00p Aquaburn	Susie								
MONDAY 3/4		TUESDAY 3/5		WEDNESDAY 3/6		THURSDAY 3/7		FRIDAY 3/8		SATURDAY 3/9					
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						
8:00a 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	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)	Natalie													10:30a Yoga	Katie
4:30 Fit Fun 4 Kids(8-10y)	Natalie														
5:00p Teen Athletics	Natalie							5:00p Body Pump	Gail						
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Heather	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina								
7:00p Yoga	Tiffany	7:00p Barre & stretch	Heather			7:00p Relax/Restore Yoga	Rakhee								
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		SUNDAY 3/10					
9:30a 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															
9:00a Aqua Zumba	Hannah			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael						
		7:00p Aqua Tabata	Jennifer			7:00p Aquaburn	Cheryl								

Unrestricted

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 Heather		5:35a Bootcamp Phillip		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	9:15a Stretch 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 Stephanie	10:00 Full Body Stretch Katie	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 Heather
4:30 Fit Fun 4 Kids(8-10y) Natalie					POOL
5:00p Teen Athletics Natalie		5:00p Body Pump Gail			9:00a Aqua Aerobics Kristi
6:00p Monday night Bootcamp Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Natalie	6:00p Zumba Carolina		
7:00p Yoga Tiffany	7:00p Barre & stretch Heather		7:00p Relax/Restore Yoga Katie		
					SUNDAY 3/17
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a 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	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Kristi		7:00p Aquaburn Cheryl		

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 Heather		5:35a Bootcamp Phillip		5:35a Bootcamp Phillip	8:15a Boot Camp Heather
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 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	
				10:30a Yoga Katie	CYCLE Studio
4:00 Fit Fun 4 Kids(5-7yr) Natalie					8:15a Cycle Chris
4:30 Fit Fun 4 Kids(8-10y) Natalie					POOL
5:00p Teen Athletics Natalie		5:00p Body Pump Gail			9:00a Aqua Aerobics Rachael
6:00p Monday night Bootcamp Natalie	6:00p Muscle Strength Heather	6:00p Bootcamp Janice	6:00p Zumba Carolina		
7:00p Yoga Tiffany	7:00p Barre & stretch Heather		7:00p Relax/Restore Yoga Rakhee		
					SUNDAY 3/24
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	
9:00a Aqua Zumba Hannah		9:00a Water Explosion Heather		9:00a Aqua Aerobics Rachael	
	7:00p Aqua Tabata Jennifer		7:00p Aquaburn Phillip		

Unrestricted

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 8:00a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:00a Tone Zone Natalie 10:00 Full Body Stretch Rakhee	5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah	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 Natalie
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	6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:00p Body Pump Gail 6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee		CYCLE Studio 8:15a Cycle Janice
					POOL
					9:00a Aqua Aerobics Hannah
					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 6:00p Cycle 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 Susie	9:00a Aqua Aerobics Rachael	Easter Sunday Club closed