



GRANITE FALLS SWIM & ATHLETIC CLUB

MX4
by MATRIX

APRIL.2024

Group Fitness Schedule

News for April

Tuesday class times starting April 1st

- 8:00 am Zumba with Carolina
- 9:15 am Tone zone with Natalie
- 10:15 am Full body stretch with Katie

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

Check out our April schedule for a variety of classes in our group studio, cycle room, and indoor pool.

All classes highlighted in yellow are strictly bookable classes. Instructors will check the roster.

Out of courtesy to others, please cancel if you cannot attend.

GraniteFallsClub.com / (919) 562 8895

MONDAY 4/1		TUESDAY 4/2		WEDNESDAY 4/3		THURSDAY 4/4		FRIDAY 4/5		SATURDAY 4/6		
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		
5:35am Monday Mix	Betsy			5:35a Bootcamp	Phillip			5:35a Bootcamp	Phillip	8:15a Danz Insanity	Gigi	
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	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Denae			
10:30a Yoga	Stephanie	10:15 Full Body Stretch	Katie	11:45a MX4	Natalie	10:30a Back to Basics	Gail	9:30a Kickbox	Natalie			
								10:30a Yoga	Katie	CYCLE Studio		
4:00 Fit Fun 4 Kids(5-7yr)	Natalie									8:15a Cycle		Janice
4:30 Fit Fun 4 Kids(8-10y)	Natalie									POOL		
5:00p Teen Athletics	Natalie			5:00p Body Pump	Gail					9:00a Aqua Aerobics		Jennifer
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		GX Studio		
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	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 Aerobics	Jennifer			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael			
		7:00p Aqua Tabata	Jennifer			7:00p Aqua circuits	Cheryl					
MONDAY 4/8		TUESDAY 4/9		WEDNESDAY 4/10		THURSDAY 4/11		FRIDAY 4/12		SATURDAY 4/13		
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		
5:35am Monday Mix	Betsy			5:35a Bootcamp	Phillip			5:35a Bootcamp	Phillip	8:15a Bootcamp	Betsy	
8:00a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15am Muscle	Geraldine	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	9:15a Kickbox	Betsy	
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Natalie			
10:30a Yoga	Stephanie	10:15 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		Janice
4:30 Fit Fun 4 Kids(8-10y)	Natalie									POOL		
5:00p Teen Athletics	Natalie			5:00p Body Pump	Gail					9:00a Aqua Aerobics		Hannah
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		GX Studio		
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	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	Phillip					

Unrestricted

MONDAY 4/15		TUESDAY 4/16		WEDNESDAY 4/17		THURSDAY 4/18		FRIDAY 4/19		SATURDAY 4/20	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy			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	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Denae		
10:30a Yoga	Stephanie	10:15 Full Body Stretch	Katie	11:45a MX4	Natalie	10:30a Back to Basics	Gail	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 Heather	
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		GX Studio	
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	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 Aqua circuits	Cheryl				

MONDAY 4/22		TUESDAY 4/23		WEDNESDAY 4/24		THURSDAY 4/25		FRIDAY 4/26		SATURDAY 4/27	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy			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	Denae	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie		
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Patsy	9:15a Danz Insanity	Gigi	8:30a The Mix	Denae		
10:30a Yoga	Stephanie	10:15 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	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		GX Studio	
9:30am Cycle	Geraldine	5:35a Cycle	Betsy	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	Susie				

MONDAY 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3	SATURDAY 5/4
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 10:15 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 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 Susie
					SUNDAY 5/5
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	5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Aerobics Jennifer	7:00p Aqua Tabata Jennifer	9:00a Water Explosion Heather	7:00p Aquaburn TBD	9:00a Aqua Aerobics Rachael	