



GRANITE FALLS SWIM & ATHLETIC CLUB

# JULY.2024

## *Group Fitness Schedule*

Regular exercises and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health and overall well-being. Staying active can also help you maintain a healthy weight, reduce your risk of Type 2 diabetes, heart disease, and some cancers.

Here at Granite Falls we offer all 4 essential elements of physical fitness, cardio-respiratory endurance, muscle strength, muscle endurance and flexibility. Optimal health requires some degree of balance between all 4.

Come and take part in our many group fitness classes we offer here in the group fitness studio, cycle room and swimming pool here at Granite Falls. Check out our July 4th Holiday classes too.



GraniteFallsClub.com / (919) 562 8895

<b>MONDAY 7/1</b>	<b>TUESDAY 7/2</b>	<b>WEDNESDAY 7/3</b>	<b>THURSDAY 7/4</b>	<b>FRIDAY 7/5</b>	<b>SATURDAY 7/6</b>
<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 11:45a MX4 Joe	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Phillip 9:15am Muscle Betsy 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie	8:15am July 4th Boot camp with Natalie & Betsy Club closes at 5:00pm	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Natalie 9:30a Kickbox Gigi 10:30a Yoga Stephanie	8:15a Bootcamp Betsy 9:15am Danz Insanity Dasha <b>CYCLE Studio</b> 8:15a Cycle Janice <b>POOL</b> 9:00a Aqua Combo Susie
5:00p Teen Athletics Natalie 6:00p Monday night Bootcamp Natalie 7:00p Yoga Tiffany	6:00p Muscle Strength Natalie 7:00p Pilates Stephanie	5:00p Body Pump Gail 6:00p Bootcamp Natalie			
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
9:30a Cycle Betsy	5:35a Cycle Betsy	10:30a Cycle & strength Phillip	8:15a Cycle & Core Janice	9:30a Cycle Geraldine	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Aerobics Phillip	9:00a Against the current Jennifer 7:00p Aqua Tabata Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael	9:00a Aqua Aerobics Rachael	

<b>MONDAY 7/8</b>	<b>TUESDAY 7/9</b>	<b>WEDNESDAY 7/10</b>	<b>THURSDAY 7/11</b>	<b>FRIDAY 7/12</b>	<b>SATURDAY 7/13</b>
<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 11:45a MX4 Joe	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 Gail	5:35a Bootcamp Phillip 7:50a MX4 Joe 8:30a The Mix Geraldine 9:30a Kickbox Betsy 10:30a Yoga Katie	8:15a Boot Camp Joe <b>CYCLE Studio</b> 8:15a Cycle Heather <b>POOL</b> 9:00a Aqua Combo Rachael
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 Heather	6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee		
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</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 Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua circuits Phillip	9:00a Aqua Aerobics Rachael	

MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19	SATURDAY 7/20
<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 11:45a MX4 Joe	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Stephanie	5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie	5:35a Bootcamp Phillip 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 Heather <b>CYCLE Studio</b> 8:15a Cycle Chris <b>POOL</b> 9:00a Aqua Combo Rachael
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		<b>SUNDAY 7/21</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</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	9:00a Against the current Jennifer 7:00p Aqua Tabata Jennifer	9:00a Water Explosion Jennifer	9:00a Against the current Rachael 7:00p Aqua circuits Dee	9:00a Aqua Aerobics Rachael	

MONDAY 7/22	TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26	SATURDAY 7/27
<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 Heather 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Natalie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 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 Heather 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Katie	8:15a Boot Camp Natalie <b>CYCLE Studio</b> 8:15a Cycle Heather <b>POOL</b> 9:00a Aqua Combo Hannah
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 Malika 7:00p Relax/Restore Yoga Rakhee		<b>SUNDAY 7/28</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</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	9:00a Against the current Jennifer 7:00p Aqua Tabata Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua circuits Susie	9:00a Aqua Aerobics Rachael	

<b>MONDAY 7/29</b>	<b>TUESDAY 7/30</b>	<b>WEDNESDAY 7/31</b>	<b>THURSDAY 8/1</b>	<b>FRIDAY 8/2</b>	<b>SATURDAY 8/3</b>	
<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 8:00a Muscle strength 9:30a Body Conditioning 10:30a Yoga 11:45a MX4	Betsy Betsy Natalie Stephanie Joe	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Valerie Denae Stephanie Natalie	5:35a Bootcamp 8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Valerie Natalie Denae Natalie Stephanie	8:15a Boot Camp Betsy
5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Natalie Natalie Tiffany	5:00p Body Pump 6:00p Bootcamp 7:00p Pilates	Gail Natalie	6:00p Zumba 7:00p Relax/Restore Yoga	Carolina Rakhee	<b>CYCLE Studio</b> 8:15a Cycle Janice
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	
9:30am Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength 6:00p Cycle Ashley Tricia	9:30a Cycle Geraldine	<b>POOL</b> 9:00a Against the current Heather	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>SUNDAY 8/4</b>	
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 Aqua circuits Rachael Valerie	9:00a Aqua Aerobics Rachael	<b>GX Studio</b>	