

GRANITE  FALLS
SWIM AND ATHLETIC CLUB

MX4
by MATRIX

AUGUST.2024

Group Fitness Schedule

Aqua Classes in outdoor Pool:

Mondays at 8 am with Hannah

Tuesdays at 7 pm with Jennifer

Wednesdays at 8 am with Heather

Thursdays at 7 pm

(check schedule for instructor)

Fridays at 9 am with Rachael

In the event of inclement weather call the front desk on the morning or evening of the class for clarification.

AGAINST THE CURRENT

Tuesday, Thursday & Saturday

9 am in the lazy river.

An intense water class that works against the current of the lazy river. Water shoes are needed. This class will continue into September, weather permitting.

GraniteFallsClub.com / (919) 562 8895

MONDAY 7/29		TUESDAY 7/30		WEDNESDAY 7/31		THURSDAY 8/1		FRIDAY 8/2		SATURDAY 8/3		
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		
5:35am Monday Mix	Betsy			5:35a Bootcamp	Valerie			5:35a Bootcamp	Valerie	8:15a Bootcamp	Betsy	
8:00a Muscle strength	Betsy	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	Stephanie	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			
11:45a MX4	Joe							10:30a Yoga	Stephanie	CYCLE Studio		
										8:15a Cycle		Janice
										POOL		
5:00p Teen Athletics	Natalie			5:00p Body Pump	Gail							
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Natalie	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina			9:00a Against the current	Heather	
7:00p Yoga	Tiffany	7:00p Pilates	Stephanie			7:00p Relax/Restore Yoga	Stephanie					
										SUNDAY 8/4		
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				
8:00a Aqua Zumba	Hannah	9:00a Against the current	Jennifer	8:00a Water Explosion	Heather	9:00a Against the current	Rachael	9:00a Aqua Aerobics	Rachael			
		7:00p Aqua Aerobics	Jennifer			7:00p Aqua aerobics	Valerie					
MONDAY 8/5		TUESDAY 8/6		WEDNESDAY 8/7		THURSDAY 8/8		FRIDAY 8/9		SATURDAY 8/10		
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		
5:35am Monday Mix	Ashley			5:35a Bootcamp	Heather			5:35a Bootcamp	Heather	8:15a Bootcamp	Joe	
8:00a Muscle strength	Heather	8:00a Zumba	Carolina	9:15am Muscle	Geraldine	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	9:15am Danz Insanity	Malika	
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Stephanie	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			
11:45a MX4	Joe							10:30a Yoga	Katie	CYCLE Studio		
										8:15a Cycle		Heather
										POOL		
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			9:00a Against the current	Rachael	
7:00p Yoga	Tiffany	7:00p Barre & stretch	Heather			7:00p Relax/Restore Yoga	Rakhee					
										SUNDAY 8/11		
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				
8:00a Aqua Zumba	Hannah	9:00a Against the current	Jennifer	8:00a Water Explosion	Heather	9:00a Against the current	Rachael	9:00a Aqua Aerobics	Rachael			
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Valerie					

Unrestricted

MONDAY 8/12	TUESDAY 8/13	WEDNESDAY 8/14	THURSDAY 8/15	FRIDAY 8/16	SATURDAY 8/17					
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 11:45a MX4 5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Heather Natalie Stephanie Joe Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch	Carolina Natalie Katie Heather	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 5:00p Body Pump 6:00p Bootcamp	Heather Denae 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	Michelle Gigi Sarah Carolina Rakhee	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga Natalie Stephanie	8:15a Boot Camp 9:30a Kickbox 10:30a Yoga Stephanie	Heather 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	8:15a Cycle					
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine	Janice					
POOL	POOL	POOL	POOL	POOL	POOL					
8:00a Aqua Zumba	9:00a Against the current 7:00p Aqua aerobics	8:00a Water Explosion	9:00a Against the current 7:00p Aqua aerobics	9:00a Aqua Aerobics	9:00a Against the current					
Hannah	Jennifer Jennifer	Heather	Rachael Dee	Rachael	Jennifer					
SUNDAY 8/18										
					GX Studio					

MONDAY 8/19	TUESDAY 8/20	WEDNESDAY 8/21	THURSDAY 8/22	FRIDAY 8/23	SATURDAY 8/24					
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 11:45a MX4 5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Stephanie Joe Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre & stretch	Carolina Natalie Katie Heather	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	Michelle Gigi Sarah Carolina Rakhee	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga Natalie Stephanie	8:15a Boot Camp 9:30a Kickbox 10:30a Yoga Stephanie	Natalie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio					
9:30am Cycle	5:35a Cycle	10:30a Cycle & strength	5:35a Cycle & strength 6:00p Cycle	9:30a Cycle	8:15a Cycle					
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine	Chris					
POOL	POOL	POOL	POOL	POOL	POOL					
8:00a Water Explosion	9:00a Against the current 7:00p Aqua aerobics	8:00a Aqua Aerobics	9:00a Against the current 7:00p Aqua aerobics	9:00a Aqua Aerobics	9:00a Against the current					
Heather	Jennifer Jennifer	Jennifer	Rachael Valerie	Rachael	Susie					
SUNDAY 8/25										
					GX Studio					

MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30	SATURDAY 8/31		
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 11:45a MX4 5:00p Teen Athletics 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Patsy Joe Natalie Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 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 Body Pump 6:00p Bootcamp	Phillip Denae Patsy Natalie Gail Natalie	8:15a Boot Camp 9:00a Against the current	Betsy Hannah
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 9/1		
9:30am Cycle	5:35a Cycle	10:30a Cycle & strength	5:35a Cycle & strength 6:00p Cycle	9:30a Cycle	GX Studio		
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine			
POOL	POOL	POOL	POOL	POOL			
8:00a Water Explosion	9:00a Against the current 7:00p Aqua aerobics	8:00a Aqua Aerobics	9:00a Against the current 7:00p Aqua aerobics	9:00a Aqua Aerobics			
Heather	Jennifer Jennifer	Jennifer	Rachael Phillip	Rachael			