



GRANITE FALLS SWIM & ATHLETIC CLUB



DANZ INSANITY®
EXERCISE IN DISGUISE



MX4
by MATRIX

OCTOBER.2024

Group Fitness Schedule

Latest Class Offerings

Fit Fun for Kids

Mondays with Natalie & Wednesdays with Nolan

4:00 pm-4:25 pm ages 5-7 years

4:30 pm-4:55 pm ages 8-10 years

Muscle Class

Tuesdays at 6:00 pm with Gail

Danz Insanity

Tuesdays at 7:00 pm with Elizabeth

Saturdays at 10:30 am with Elizabeth or Malika

Aqua classes

Will return to 9:00 am weekdays in indoor pool

Full class descriptions on our website, app, and in the club.

GraniteFallsClub.com / (919) 562 8895

| MONDAY 9/30 | TUESDAY 10/1 | WEDNESDAY 10/2 | THURSDAY 10/3 | FRIDAY 10/4 | SATURDAY 10/5 |
|---|---|--|---|---|---|
| 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 Joe 10:30a Yoga Stephanie 11:45a MX4 Joe 4:00 Fit Fun 4 Kids(5-7yr) Geraldine 4:30 Fit Fun 4 Kids(8-10y) Geraldine 5:00p Teen Athletics Joe 6:00p Monday night Bootcamp Heather 7:00p Yoga Tiffany | 8:00a Zumba Carolina 9:15a Tone Zone Jennifer 10:15 Full Body Stretch Katie 6:00p Muscle Strength Betsy 7:00p Danz Insanity Elizabeth | 5:35a Bootcamp Phillip 9:15am Muscle Geraldine 10:30a Gentle Yoga Stephanie 11:45a MX4 Joe 4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan 5:00p Pilates Stephanie 6:00p Bootcamp Heather | 8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Jennifer 6:00p Zumba Carolina 7:00p Relax/Restore Yoga Tiffany | 5:35a Bootcamp Phillip 7:50a MX4 Phillip 8:30a The Mix Denae 9:30a CardioJam Gigi 10:30a Yoga Stephanie | 8:15a Bootcamp Joe 10:30a Danz Insanity Elizabeth CYCLE Studio 8:15a Cycle Heather POOL 9:00a Aqua Aerobics Hannah |
| 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 Betsy 6:00p Cycle Tricia | 9:30a Cycle Geraldine | |
| POOL | POOL | POOL | POOL | POOL | |
| 9:00a Aqua Zumba Hannah 7:00p Aqua Aerobics Jennifer | 9:00a Water Explosion Heather 7:00p Aqua aerobics Cheryl | 9:00a Aqua Zumba Hannah 7:00p Aqua Aerobics Jennifer | 9:00a Aqua Zumba Hannah 7:00p Aqua aerobics Cheryl | 9:00a Aqua Aerobics Rachael | |
| MONDAY 10/7 | TUESDAY 10/8 | WEDNESDAY 10/9 | THURSDAY 10/10 | FRIDAY 10/11 | SATURDAY 10/12 |
| 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 11:45a MX4 Joe 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 | 8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie 6:00p Muscle Strength Betsy 7:00p Danz Insanity Elizabeth | 5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Stephanie 11:45a MX4 Natalie 4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan 5:00p Pilates Stephanie 6:00p Bootcamp Natalie | 8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Relax/Restore Yoga Stephanie | 5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a CardioJam Natalie 10:30a Yoga Katie | 8:15a Bootcamp Betsy 10:30a Danz Insanity Malika CYCLE Studio 8:15a Cycle Janice POOL 9:00a Aqua Aerobics Rachael |
| 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 6:00p Cycle Allison | 9:30a Cycle Geraldine | |
| POOL | POOL | POOL | POOL | POOL | |
| 9:00a Aqua Zumba Hannah 7:00p Aqua aerobics Jennifer | 9:00a Water Explosion Heather 7:00p Aqua aerobics Phillip | 9:00a Aqua Zumba Hannah 7:00p Aqua aerobics Jennifer | 9:00a Aqua Zumba Hannah 7:00p Aqua aerobics Phillip | 9:00a Aqua Aerobics Rachael | |
| SUNDAY 10/6 | | | | | |
| SUNDAY 10/13 | | | | | |

| MONDAY 10/14 | TUESDAY 10/15 | WEDNESDAY 10/16 | THURSDAY 10/17 | FRIDAY 10/18 | SATURDAY 10/19 | | | | | | |
|---|--|---|---------------------------------------|--|--|---|---|--|---|--|---|
| 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 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 | Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Natalie Tiffany | 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch | Carolina Natalie Katie | 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y) 5:00p Pilates 6:00p Bootcamp | Phillip Geraldine Stephanie Natalie Nolan Nolan Stephanie Natalie | 8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Relax/Restore Yoga | Michelle Gigi Jennifer Carolina Tiffany | 5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a CardioJam 10:30a Yoga | Phillip Natalie Denae Natalie Stephanie | 8:15a Boot Camp 10:30a Danz Insanity 9:00a Aqua aerobics | Natalie Elizabeth Heather |
| 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 | | | | | | | |
| Geraldine | Betsy | Geraldine | Ashley Tricia | Geraldine | | | | | | | |
| POOL | POOL | POOL | POOL | POOL | | | | | | | |
| 9:00a Aqua Zumba | 7:00p Aqua aerobics | 9:00a Water Explosion | 7:00p Aqua aerobics | 9:00a Aqua Aerobics | | | | | | | |
| Hannah | Jennifer | Heather | Valerie | Rachael | | | | | | | |

| MONDAY 10/21 | TUESDAY 10/22 | WEDNESDAY 10/23 | THURSDAY 10/24 | FRIDAY 10/25 | SATURDAY 10/26 | | | | | | |
|---|--|---|---------------------------------------|--|--|---|--|--|---|--|--|
| 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 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 | Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Natalie Tiffany | 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch | Carolina Natalie Katie | 5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4 4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y) 5:00p Pilates 6:00p Bootcamp | Phillip Denae Stephanie Natalie Nolan Nolan Stephanie 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 Katie | 5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a CardioJam 10:30a Yoga | Phillip Natalie Denae Natalie Katie | 8:15a Boot Camp 10:30a Danz Insanity 9:00a Aqua aerobics | Heather Malika Susie |
| 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 | | | | | | | |
| Geraldine | Betsy | Geraldine | Ashley Tricia | Geraldine | | | | | | | |
| POOL | POOL | POOL | POOL | POOL | | | | | | | |
| 9:00a Aqua Zumba | 7:00p Aqua aerobics | 9:00a Water Explosion | 7:00p Aqua aerobics | 9:00a Aqua Aerobics | | | | | | | |
| Hannah | Jennifer | Heather | Valerie | Rachael | | | | | | | |

Unrestricted

| MONDAY 10/28 | TUESDAY 10/29 | WEDNESDAY 10/30 | THURSDAY 10/31 | FRIDAY 11/1 | SATURDAY 11/2 |
|--|---|---|--|--|--|
| 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 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 Stephanie 11:45a MX4 Natalie | 8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Jennifer | 5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a CardioJam Natalie 10:30a Yoga Stephanie | 8:15a Boot Camp Joe 10:30a Danz Insanity Malika |
| 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 Gail 7:00p Zumba Carolina | 4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan 5:00p Pilates Stephanie 6:00p Bootcamp Natalie | Halloween, NO evening classes | | CYCLE Studio |
| | | | | | 8:15a Cycle Heather |
| | | | | | POOL |
| | | | | | 9:00a Aqua aerobics Hannah |
| | | | | | SUNDAY 11/3 |
| 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 | |
| | | | | | |
| POOL | POOL | POOL | POOL | POOL | |
| 9:00a Aqua Zumba Hannah | 7:00p Aqua aerobics Jennifer | 9:00a Water Explosion Heather | | 9:00a Aqua Aerobics Rachael | |