



GRANITE FALLS SWIM & ATHLETIC CLUB



DANZ INSANITY®
EXERCISE IN DISGUISE

MX4
by MATRIX

NOVEMBER.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 10:40 am with Elizabeth or Malika

YOGA STRETCH

Thursdays at 7:00pm with Yazmin

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

GraniteFallsClub.com / (919) 562 8895

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 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 Gail 7:00p Zumba Carolina	5:35a Bootcamp Phillip 9:15am Muscle Geraldine 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 Jennifer No Evening classes For Halloween	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a CardioJam Natalie 10:30a Yoga Stephanie	8:15a Bootcamp Joe 10:40a Danz Insanity Malika CYCLE Studio 8:15a Cycle Heather POOL 9:00a Aqua Aerobics Heather
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	
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	
MONDAY 11/4	TUESDAY 11/5	WEDNESDAY 11/6	THURSDAY 11/7	FRIDAY 11/8	SATURDAY 11/9
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 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 Gail 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 Danz Insanity Elizabeth 7:00p Yoga stretch Yazmin	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Natalie 9:30a CardioJam Natalie 10:30a Yoga Katie	8:15a Bootcamp Betsy 10:40a Danz Insanity Malika 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 Phillip	9:00a Aqua Aerobics Rachael	
					SUNDAY 11/10
					GX Studio

Unrestricted

MONDAY 11/11	TUESDAY 11/12	WEDNESDAY 11/13	THURSDAY 11/14	FRIDAY 11/15	SATURDAY 11/16						
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) 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Danz Insanity	Carolina Natalie Katie Natalie Elizabeth	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 Yoga stretch	Michelle Elizabeth Jennifer Carolina Yazmin	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a CardioJam 10:30a Yoga 9:00a Aqua aerobics	Phillip Natalie Denae Natalie Stephanie Rachael	8:15a Boot Camp 10:40a Danz Insanity 9:00a Aqua aerobics	Natalie Elizabeth Rachael
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 11/17						
9:30a 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							
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 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11/22	SATURDAY 11/23						
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) 6:00p Monday night Bootcamp 7:00p Yoga	Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Danz Insanity	Carolina Gigi Katie Gail Elizabeth	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	Valerie 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 Yoga stretch	Michelle Gigi Sarah Carolina Yazmin	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a CardioJam 10:30a Yoga 9:00a Aqua aerobics	Valerie Natalie Denae Natalie Katie Susie	8:15a Boot Camp 10:40a Danz Insanity 9:00a Aqua aerobics	Heather Elizabeth Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 11/24						
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							
9:00a Aqua Zumba	7:00p Aqua aerobics	9:00a Water Explosion	7:00p Aqua aerobics	9:00a Aqua Aerobics							
Hannah	Jennifer	Heather	Susie	Rachael							

MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:00a Muscle strength Natalie 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 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 Gail 7:00p Danz Insanity Elizabeth	5:35a Bootcamp Betsy 9:15am Muscle Geraldine 10:30a Gentle Yoga Stephanie 11:45a MX4 Natalie NO EVENING CLASSES	THANKSGIVING Club is closed.	7:50a MX4 Natalie 8:30a The Mix Denae 9:30a CardioJam Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Joe 10:40a Danz Insanity Malika CYCLE Studio 8:15a Cycle Janice POOL 9:00a Aqua aerobics Jennifer
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 12/1
9:30am Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine		9:30a Cycle Geraldine	GX Studio
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	