



DECEMBER.2024

Group Fitness Schedule

Latest Class Offerings

Tuesdays at 7am, HIIT with Lisa

A total body workout that alternates between intervals of strength and body weight training and powerful high intensity movements..

Pilates with Stephanie will shift to 7 pm on Wednesdays

Thursdays at 7pm, Yoga stretch with Yazmin.

A mix of gentle flowing movement that allows the nervous system to discharge excess energy followed by gentle postures held for several minutes to facilitate a deep stretch in the body

Classic step with Heather alternates with Kickbox on Fridays at 9:30am

Saturdays at 10:45am, Danz Insanity with Malika or Elizabeth

Classes high-lighted in yellow are sign-up classes

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

GraniteFallsClub.com / (919) 562 8895

MONDAY 12/2		TUESDAY 12/3		WEDNESDAY 12/4		THURSDAY 12/5		FRIDAY 12/6		SATURDAY 12/7	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy	7:00a HIIT	Lisa	5:35a Bootcamp	Valerie			5:35a Bootcamp	Valerie	8:15a Bootcamp	Betsy
8:00a Muscle strength	Natalie	8:00a Zumba	Carolina	9:15am Muscle	Denae	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	10:45a Danz Insanity	Elizabeth
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Heather	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	
4:00 Fit Fun 4 Kids(5-7yr)	Natalie			4:00 Fit Fun 4 Kids(5-7yr)	Nolan					8:15a Cycle	
4:30 Fit Fun 4 Kids(8-10y)	Natalie			4:30 Fit Fun 4 Kids(8-10y)	Nolan					POOL	
		6:00p Muscle Strength	Gail			6:00p Zumba	Carolina			9:00a Aqua Aerobics	
6:00p Monday night Bootcamp	Heather	7:00p Danz Insanity	Elizabeth	6:00p Bootcamp	Natalie	7:00p Yoga stretch	Yazmin				
7:00p Yoga	Tiffany			7:00p Pilates	Stephanie						
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 Aerobics	Jennifer			7:00p Aqua aerobics	Cheryl				
MONDAY 12/9		TUESDAY 12/10		WEDNESDAY 12/11		THURSDAY 12/12		FRIDAY 12/13		SATURDAY 12/14	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy	7:00a HIIT	Lisa	5:35a Bootcamp	Heather			5:35a Bootcamp	Heather	8:15a Bootcamp	Natalie
8:00a Muscle strength	Natalie	8:00a Zumba	Carolina	9:15am Muscle	Geraldine	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	10:45a 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	Jennifer	9:30a Classic Step	Heather		
11:45a MX4	Joe							10:30a Yoga	Stephanie	CYCLE Studio	
4:00 Fit Fun 4 Kids(5-7yr)	Natalie			4:00 Fit Fun 4 Kids(5-7yr)	Nolan					8:15a Cycle	
4:30 Fit Fun 4 Kids(8-10y)	Natalie			4:30 Fit Fun 4 Kids(8-10y)	Nolan					POOL	
		6:00p Muscle Strength	Gail			6:00p Danz Insanity	Elizabeth			9:00a Aqua Aerobics	
6:00p Monday night Bootcamp	Natalie	7:00p Danz Insanity	Elizabeth	6:00p Bootcamp	Natalie	7:00p Yoga stretch	Yazmin				
7:00p Yoga	Tiffany			7:00p Pilates	Stephanie						
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 aerobics	Jennifer			7:00p Aqua aerobics	Cheryl				

Unrestricted

MONDAY 12/16	TUESDAY 12/17	WEDNESDAY 12/18	THURSDAY 12/19	FRIDAY 12/20	SATURDAY 12/21
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	7:00a HIIT Lisa 8:00a Danz insanity Elizabeth 9:15a Tone Zone Natalie 10:15 Full Body Stretch Stephanie 6:00p Muscle Strength Gail 7:00p Danz Insanity Elizabeth	5:35a Bootcamp Heather 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 6:00p Bootcamp Natalie 7:00p Pilates Stephanie	GX Studio 8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Yoga stretch Yazmin	5:35a Bootcamp Heather 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Classic Step Heather 10:30a Yoga Katie	8:15a Boot Camp Heather 10:45a Danz Insanity Malika CYCLE Studio 8:15a Cycle Janice POOL 9:00a Aqua aerobics Rachael
CYCLE Studio		CYCLE Studio		CYCLE 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	
9:00a Aqua Zumba Hannah	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Susie	9:00a Aqua Aerobics Rachael	
					SUNDAY 12/22
					GX Studio

MONDAY 12/23	TUESDAY 12/24	WEDNESDAY 12/25	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28
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	7:00a HIIT Lisa 8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie Club closes at 2pm	Christmas Day Club closed	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Jennifer 6:00p Zumba Carolina 7:00p Yoga stretch Yazmin	5:35a Bootcamp Betsy 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Joe 10:45a Danz Insanity Elizabeth CYCLE Studio 8:15a Cycle Allison POOL 9:00a Aqua aerobics Susie
CYCLE Studio		CYCLE Studio		CYCLE Studio	
9:30am Cycle Geraldine	5:35a Cycle Betsy		5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Allison	
POOL		POOL		POOL	
9:00a Aqua Zumba Hannah			7:00p Aqua aerobics Phillip	9:00a Aqua Aerobics Rachael	
					SUNDAY 12/29
					GX Studio

MONDAY 12/30	TUESDAY 12/31	WEDNESDAY 1/1	THURSDAY 1/2	FRIDAY 1/3	SATURDAY 1/4
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 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	7:00a HIIT Lisa 8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie Club closes at 5pm	New Years Day Club closed	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Yoga stretch Katie	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Classic Step Heather 10:30a Yoga Katie	8:15a Boot Camp Betsy 10:45a Danz Insanity Elizabeth CYCLE Studio 8:15a Cycle Janice POOL 9:00a Aqua aerobics Jennifer
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 1/5
9:30am Cycle Allison	5:35a Cycle Betsy		5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Allison	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah			7:00p Aqua aerobics TBD	9:00a Aqua Aerobics Rachael	