



GRANITE FALLS SWIM & ATHLETIC CLUB

MX4
by MATRIX



JANUARY.2025

Group Fitness Schedule

Latest Class Offerings

Tuesdays at 7 am, 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 move to 7:00 pm on Wednesdays

Thursdays at 7 pm, Yoga stretch with Yazmin.

A mix of gentle flowing movements 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 will alternate with Kickbox on Fridays at 9:30 am

Saturdays at 9:30 am, Cycle strength with Allison starts January 11th

Saturdays at 10:45 am, 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 12/30		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	7:00a HIIT	Lisa	NEW YEARS DAY Club closed		8:15a Circuit Bootcamp	Michelle	5:35a Bootcamp	Heather	8:15a Bootcamp	Betsy								
8:00a Muscle strength	Natalie	8:00a Zumba	Carolina			8:15a Danz Insanity	Gigi	7:50a MX4	Natalie	10:45a Danz Insanity	Elizabeth								
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie			9:15a Danz Insanity	Gigi	8:30a The Mix	Denae	9:30a Classic step	Heather								
10:30a Yoga	Stephanie	10:15 Full Body Stretch	Katie			10:30a Back to Basics	Jennifer	9:30a Classic step	Heather	10:30a Yoga	Katie								
11:45a MX4	Joe	CLUB CLOSES AT 5pm				6:00p Zumba		Carolina Katie		CYCLE Studio		8:15a Cycle		Janice					
4:00 Fit Fun 4 Kids(5-7yr)	Natalie											POOL		9:00a Aqua Aerobics		Jennifer			
4:30 Fit Fun 4 Kids(8-10y)	Natalie			SUNDAY 1/5															
6:00p Monday night Bootcamp	Natalie	CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio									
7:00p Gentle Yoga	Tiffany	5:35a Cycle		Betsy	5:35a Cycle & strength		Ashley	9:30a Cycle		Allison									
9:30a Cycle		Allison	POOL		POOL		POOL		POOL										
9:00a Aqua Zumba	Hannah					7:00p Aqua aerobics	Susie	9:00a Aqua Aerobics		Rachael									
MONDAY 1/6		TUESDAY 1/7		WEDNESDAY 1/8		THURSDAY 1/9		FRIDAY 1/10		SATURDAY 1/11									
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	NEW YEARS DAY Club closed		5:35a Bootcamp	Heather	8:15a Bootcamp	Natalie								
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	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	CYCLE Studio							
10:30a Yoga	Stephanie	10:15 Full Body Stretch	Katie	11:45a MX4	Natalie			10:30a Back to Basics	Jennifer	9:30a Kick box	Natalie			8:15a Cycle	Heather				
11:45a MX4	Joe	6:00p Muscle Strength		4:00 Fit Fun 4 Kids(5-7yr)				4:30 Fit Fun 4 Kids(8-10y)		6:00p Zumba				9:30a Cycle & strength		Allison			
4:00 Fit Fun 4 Kids(5-7yr)	Natalie											6:00p Muscle Strength				Gail	6:00p Zumba		Carolina
4:30 Fit Fun 4 Kids(8-10y)	Natalie					7:00p Danz Insanity						Elizabeth	7:00p Yoga stretch			Yazmin	9:00a Aqua Aerobics		Hannah
6:00p Monday night Bootcamp	Natalie	No evening classes								SUNDAY 1/12									
7:00p Gentle Yoga	Tiffany	CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio									
9:30a Cycle		Allison	5:35a Cycle		Betsy	10:30a Cycle & strength		Allison	9:30a Cycle		Allison								
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									

Unrestricted

MONDAY 1/13		TUESDAY 1/14		WEDNESDAY 1/15		THURSDAY 1/16		FRIDAY 1/17		SATURDAY 1/18	
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 Boot Camp	Heather
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	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 Classic Step	Heather		
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	Allison
4:30 Fit Fun 4 Kids(8-10y)	Natalie			4:30 Fit Fun 4 Kids(8-10y)	Nolan					9:30a Cycle & strength	Allison
		6:00p Muscle Strength	Gail			6:00p Zumba	Carolina			POOL	
6:00p Monday night Bootcamp	Natalie	7:00p Danz Insanity	Elizabeth	6:00p Bootcamp	Natalie	7:00p Yoga stretch	Yazmin			9:00a Aqua aerobics	Heather
7:00p Gentle Yoga	Tiffany			7:00p Pilates	Stephanie						
										SUNDAY 1/19	
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	Phillip				

MONDAY 1/20		TUESDAY 1/21		WEDNESDAY 1/22		THURSDAY 1/23		FRIDAY 1/24		SATURDAY 1/25	
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 Boot Camp	Joe
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	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 Kickbox	Natalie		
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	Janice
4:30 Fit Fun 4 Kids(8-10y)	Natalie			4:30 Fit Fun 4 Kids(8-10y)	Nolan					9:30a Cycle & strength	Allison
		6:00p Muscle Strength	Gail			6:00p Danz Insanity	Elizabeth			POOL	
6:00p Monday night Bootcamp	Natalie	7:00p Danz Insanity	Elizabeth	6:00p Bootcamp	Natalie	7:00p Yoga stretch	Yazmin			9:00a Aqua aerobics	Rachael
7:00p Gentle Yoga	Tiffany			7:00p Pilates	Stephanie						
										SUNDAY 1/26	
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		
						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	Valerie				

MONDAY 1/27	TUESDAY 1/28	WEDNESDAY 1/29	THURSDAY 1/30	FRIDAY 1/31	SATURDAY 2/1
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	7:00a HIIT Lisa 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 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	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 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 Betsy 10:45a Danz Insanity Elizabeth CYCLE Studio 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 2/2
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	GX Studio
POOL	POOL	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	