



GRANITE FALLS SWIM & ATHLETIC CLUB



MX4
by MATRIX

FEBRUARY.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..

Wednesdays at 7pm, Pilates with Stephanie

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates moves tend to target the core.

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

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 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	7:00a HIIT	Lisa	5:35a Bootcamp	Heather			5:35a Bootcamp	Heather	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	Natalie	10:30a Gentle Yoga	Stephanie	9:15a Danz Insanity	Elizabeth	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	Katie	CYCLE Studio	
4:00 Fit Fun 4 Kids(5-7yr)	Natalie			4:00 Fit Fun 4 Kids(5-7yr)	Nolan					8:15a Cycle	Heather
4:30 Fit Fun 4 Kids(8-10y)	Natalie			4:30 Fit Fun 4 Kids(8-10y)	Nolan					9:30a Cycle & strength	Allison
										POOL	
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Gail	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina			9:00a Aqua Aerobics	Heather
7:00p Gentle Yoga	Tiffany	7:00p Danz Insanity	Elizabeth	7:00p Pilates	Stephanie	7:00p Yoga stretch	Yazmin				
										SUNDAY 2/2	
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	Susie				
MONDAY 2/3		TUESDAY 2/4		WEDNESDAY 2/5		THURSDAY 2/6		FRIDAY 2/7		SATURDAY 2/8	
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	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 Kick box	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
										POOL	
6:00p Monday night Bootcamp	Natalie	6:00p Muscle Strength	Gail	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina			9:00a Aqua Aerobics	Rachael
7:00p Gentle Yoga	Tiffany	7:00p Danz Insanity	Elizabeth	7:00p Pilates	Stephanie	7:00p Yoga stretch	Yazmin				
										SUNDAY 2/9	
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 2/10	TUESDAY 2/11	WEDNESDAY 2/12	THURSDAY 2/13	FRIDAY 2/14	SATURDAY 2/15
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 Gentle Yoga Tiffany	7:00a HIIT Lisa 8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie 6:00p Muscle Strength Natalie 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 Heather 9:30a Classic Step Heather 10:30a Yoga Katie	8:15a Boot Camp Heather 10:45a Danz Insanity Elizabeth CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison 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 Ashley 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 Valerie	9:00a Aqua Aerobics Rachael	

MONDAY 2/17	TUESDAY 2/18	WEDNESDAY 2/19	THURSDAY 2/20	FRIDAY 2/21	SATURDAY 2/22
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Ashley 8:00a Muscle strength Natalie 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Natalie 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 Gentle Yoga Tiffany	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 Katie 11:45a MX4 Joe 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 Katie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Jennifer 6:00p Zumba Carolina 7:00p Yoga stretch Yazmin	5:35a Bootcamp Heather 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Katie	8:15a Boot Camp Joe 10:45a Danz Insanity Malika 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	GX Studio
9:30am 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 Aerobics Rachael	

MONDAY 2/24	TUESDAY 2/25	WEDNESDAY 2/26	THURSDAY 2/27	FRIDAY 2/28	SATURDAY 3/1
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 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 Malika
9:30a Body Conditioning Natalie	9:15a Tone Zone Natalie	10:30a Gentle Yoga TBD	9:15a Danz Insanity Malika	8:30a The Mix Denae	
10:30a Yoga Katie	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 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 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 Rachael
7:00p Gentle Yoga Tiffany		7:00p Pilates Katie			
					SUNDAY 3/2
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	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Phillip	9:00a Aqua Aerobics Rachael	