



GRANITE FALLS SWIM & ATHLETIC CLUB

MARCH.2025

Group Fitness Schedule

News for March

Join Lisa for HIIT at 7:00 am on Tuesdays

Join Heather for Classic Step at 9:30 am on alternate Fridays

Join Allison for Cycle strength at 9:30 am on Saturdays

20 Reasons to take a class at Granite Falls.

1. Exercise controls weight.
2. Exercise combats health conditions and diseases.
3. Exercise improves mood.
4. Exercise boosts energy.
5. Exercise promotes better sleep.
6. Exercise boosts your immune system.
7. Exercise builds up cardiovascular endurance.
8. Exercise strengthens the heart and improves blood circulation.
9. Exercise reduces stress.
10. Exercise improves skin tone and color.
11. Exercise improves joint function.
12. Exercise sharpens memory.
13. Exercise boosts creative thinking.
14. Exercise strengthens the bones.
15. Exercise improves posture.
16. Exercise increases longevity
17. Exercise fights dementia
18. Exercise prevents muscle loss.
19. Exercise improves balance and coordination.
20. Exercise has anti-aging effects.

So take a class here at Granite Falls and see the benefits for yourself!

All classes highlighted in yellow are strictly bookable classes

MX4
by MATRIX



GraniteFallsClub.com / (919) 562 8895

MONDAY 3/3	TUESDAY 3/4	WEDNESDAY 3/5	THURSDAY 3/6	FRIDAY 3/7	SATURDAY 3/8
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 Vinyasa Yoga	Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Tiffany	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) 6:00p Bootcamp 7:00p Pilates	Phillip Denae Stephanie Natalie Nolan Nolan Natalie Stephanie	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga 6:00p Zumba 7:00p Yoga stretch	Phillip Natalie Denae Natalie Stephanie Carolina Yazmin
					8:15a Bootcamp 10:45a Danz Insanity
					Natalie Malika
					CYCLE Studio
					8:15a Cycle 9:30a Cycle & strength
					Allison Allison
					POOL
					9:00a Aqua Aerobics
					Susie
					SUNDAY 3/9
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX 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	Hannah	9:00a Water Explosion	Heather	9:00a Aqua Aerobics	Rachael
	7:00p Aqua aerobics	Jennifer	7:00p Aqua aerobics	Susie	
MONDAY 3/10	TUESDAY 3/11	WEDNESDAY 3/12	THURSDAY 3/13	FRIDAY 3/14	SATURDAY 3/15
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 Vinyasa Yoga	Betsy Phillip Natalie Stephanie Joe Natalie Natalie Natalie Tiffany	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) 6:00p Bootcamp 7:00p Pilates	Phillip Denae Stephanie Natalie Nolan Nolan Natalie Stephanie	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Classic Step 10:30a Yoga 6:00p Zumba 7:00p Yoga stretch	Phillip Natalie Denae Heather Katie Carolina Yazmin
					8:15a Bootcamp 10:45a Danz Insanity
					Heather Elizabeth
					CYCLE Studio
					8:15a Cycle 9:30a Cycle & strength
					Janice Allison
					POOL
					9:00a Aqua Aerobics
					Jennifer
					SUNDAY 3/16
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX 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	Hannah	9:00a Water Explosion	Heather	9:00a Aqua Aerobics	Rachael
	7:00p Aqua aerobics	Jennifer	7:00p Aqua aerobics	Cheryl	

MONDAY 3/31	TUESDAY 4/1	WEDNESDAY 4/2	THURSDAY 4/3	FRIDAY 4/4	SATURDAY 4/5
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 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	5:35a Bootcamp Phillip 9:15am Muscle Denae 10:30a Gentle Yoga Stephanie 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Natalie 10:45a Danz Insanity Malika
4:00 Fit Fun 4 Kids(5-7yr) Natalie 4:30 Fit Fun 4 Kids(8-10y) Natalie		4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan			CYCLE Studio
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	6:00p Muscle Strength Gail 7:00p Danz Insanity Elizabeth	6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		8:15a Cycle Heather 9:30a Cycle & strength Allison
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	POOL
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	9:00a Aqua aerobics Rachael
POOL	POOL	POOL	POOL	POOL	
9:00a Water Explosion Heather	7:00p Aqua aerobics Jennifer	9:00a Aqua Zumba Hannah	7:00p Aqua aerobics Susie	9:00a Aqua Aerobics Rachael	
					SUNDAY 4/6
					GX Studio