



GRANITE FALLS SWIM & ATHLETIC CLUB

MX4
by MATRIX

APRIL.2025

Group Fitness Schedule

News for April

Come Try One of the Newer Offerings:

HIIT at 7:00 am on Tuesdays with Lisa

Classic Step at 9:30 am on alternate Fridays with Heather

Barre at 7:00 pm on Tuesdays with Heather starts 4/15/25

Cycle strength at 9:30 am on Saturdays with Allison

8 Benefits of attending a group fitness class

1. Lose weight
2. Reduces risk of diseases
3. Be part of a team
4. Hold yourself accountable
5. Work with a professional
6. Make friends
7. Push yourself
8. Have fun

Check out our April schedule for a variety of classes in our group studio, cycle room, and the indoor pool.

All classes highlighted in yellow are strictly bookable classes. Instructors will check the roster.

Out of courtesy to others, please cancel if you cannot attend.

GraniteFallsClub.com / (919) 562 8895

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 8:00a Muscle strength 9:30a Body Conditioning 10:30a Yoga 11:45a MX4	Betsy Phillip Natalie Stephanie Joe	7:00a HIIT 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch	Lisa Carolina Natalie	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Natalie Natalie Stephanie
4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Natalie Natalie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Heather Stephanie Natalie	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Michelle Gigi Sarah
6:00p Monday night Bootcamp 7:00p Vinyasa Yoga	Natalie Tiffany	6:00p Muscle Strength 7:00p Danz Insanity	Gail Malika	6:00p Zumba 7:00p Restorative yoga	Carolina Stephanie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle	Allison	5:35a Cycle	Betsy	10:30a Cycle & strength	Allison
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba	Hannah	9:00a Water Explosion	Heather	7:00p Aqua aerobics	Susie
MONDAY 4/7	TUESDAY 4/8	WEDNESDAY 4/9	THURSDAY 4/10	FRIDAY 4/11	SATURDAY 4/12
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	Betsy Phillip Phillip Stephanie Joe	7:00a HIIT 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch	Lisa Carolina Jennifer Katie	7:00a HIIT 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch	Lisa Carolina Jennifer Katie
4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Jennifer Jennifer	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Denae Stephanie Joe	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Michelle Gigi Jennifer
6:00p Monday night Bootcamp 7:00p Vinyasa Yoga	Heather Tiffany	6:00p Muscle Strength 7:00p Danz Insanity	Gail Gigi	6:00p Zumba 7:00p Yoga stretch	Carolina Yazmin
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle	Allison	5:35a Cycle	Betsy	10:30a Cycle & strength	Allison
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba	Hannah	9:00a Water Explosion	Heather	7:00p Aqua aerobics	Cheryl
Unrestricted					

MONDAY 4/14	TUESDAY 4/15	WEDNESDAY 4/16	THURSDAY 4/17	FRIDAY 4/18	SATURDAY 4/19
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 Phillip Stephanie Joe Jennifer Jennifer Heather Tiffany	7:00a HIIT 8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Lisa Carolina Jennifer Katie Gail Heather	5:35a Bootcamp 8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Yoga stretch	Phillip Denae Stephanie Joe Nolan Nolan Betsy Stephanie
					5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga
					8:15a Boot Camp 10:45a Danz Insanity CYCLE Studio 8:15a Cycle 9:30a Cycle & strength POOL 9:00a Aqua aerobics
					Joe Malika Allison Allison Heather

MONDAY 4/21		TUESDAY 4/22		WEDNESDAY 4/23		THURSDAY 4/24		FRIDAY 4/25		SATURDAY 4/26	
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio	
5:35am Monday Mix	Betsy	7:00a HIIT	Lisa	5:35a Bootcamp	Phillip			5:35a Bootcamp	Phillip	8:15a Boot Camp	Betsy
8:00a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15am Muscle	Denae			7:50a MX4	Joe	10:45a Danz Insanity	Malika
9:30a Body Conditioning	Phillip	9:15a Tone Zone	Jennifer	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	Joe			10:30a Back to Basics	Jennifer	9:30a Classic step	Heather
11:45a MX4	Joe									10:30a Yoga	Katie
4:00 Fit Fun 4 Kids(5-7yr)	Jennifer			4:00 Fit Fun 4 Kids(5-7yr)	Nolan					CYCLE Studio	
4:30 Fit Fun 4 Kids(8-10y)	Jennifer			4:30 Fit Fun 4 Kids(8-10y)	Nolan			8:15a Cycle	Heather		
								9:30a Cycle & strength	Allison		
								POOL			
								9:00a Aqua aerobics	Hannah		
6:00p Monday night Bootcamp	Heather	6:00p Muscle Strength	Gail	6:00p Bootcamp	Betsy					SUNDAY 4/27	
7:00p Vinyasa Yoga	Tiffany	7:00p Barre	Heather	7:00p Pilates	Stephanie					GX Studio	
CYCLE Studio		CYCLE Studio		CYCLE Studio				CYCLE 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	Phillip				

Unrestricted

MONDAY 4/28	TUESDAY 4/29	WEDNESDAY 4/30	THURSDAY 5/1	FRIDAY 5/2	SATURDAY 5/3
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 Boot Camp 10:45a Danz Insanity
					Natalie Malika
					CYCLE Studio
					8:15a Cycle 9:30a Cycle & strength
					Heather Allison
					POOL
					9:00a Aqua aerobics
					Jennifer
					SUNDAY 5/4
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30am 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	7:00p Aqua aerobics	9:00a Water Explosion	7:00p Aqua aerobics	9:00a Aqua Aerobics	
Hannah	Jennifer	Heather	Susie	Rachael	