



GRANITE FALLS SWIM & ATHLETIC CLUB

MAY.2025

Group Fitness Schedule

Latest Club News

Against the Current

This class returns to the schedule on May 27th at (Tuesdays (Jennifer) and Thursdays (Rachael) at 9:00 am in the lazy river. (water shoes recommended)
Come join the fun!

Danz Insanity

Starting Saturday, May 3, 2025, Danz Insanity will be at 9:30 am with Malika/Elizabeth

MX4

Mondays starting May 5th, new time 12:15pm

Take a look at our May schedule featuring a wide variety of classes in our group studio, cycle room, and indoor pool. There's something for everyone—don't miss out!

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 5/12	TUESDAY 5/13	WEDNESDAY 5/14	THURSDAY 5/15	FRIDAY 5/16	SATURDAY 5/17
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix 8:05a Muscle strength 9:30a Body Conditioning 10:30a Yoga 12:15p 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 Katie Joe Natalie Natalie Natalie Tiffany	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Carolina Natalie Katie Gail Heather	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Kickbox 10:30a Yoga	Phillip Natalie Denae Natalie Katie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength 6:00p Cycle	Ashley Tricia
POOL	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	Bethany

MONDAY 5/19		TUESDAY 5/20		WEDNESDAY 5/21		THURSDAY 5/22		FRIDAY 5/23		SATURDAY 5/24		
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		
5:35am Monday Mix	Betsy	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Carolina Natalie Katie Gail Heather	5:35a Bootcamp	Phillip	8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics	Michelle Gigi Sarah	5:35a Bootcamp	Phillip	8:15a Boot Camp	Betsy	
8:05a Muscle strength	Phillip			9:15am Muscle	Denae			7:50a MX4	Natalie	9:30a Danz Insanity	Malika	
9:30a Body Conditioning	Natalie			10:30a Gentle Yoga	Stephanie			8:30a The Mix	Denae	9:30a Classic step 10:30a Yoga	CYCLE Studio 8:15a Cycle 9:30a Cycle & strength POOL 9:00a Aqua aerobics	Heather Allison Hannah
10:30a Yoga	Stephanie			11:45a MX4	Natalie							
12:15p MX4	Joe											
4:00 Fit Fun 4 Kids(5-7yr)	Natalie	4:00 Fit Fun 4 Kids(5-7yr)	Nolan									
4:30 Fit Fun 4 Kids(8-10y)	Natalie	4:30 Fit Fun 4 Kids(8-10y)	Nolan									
6:00p Monday night Bootcamp	Natalie			6:00p Bootcamp	Natalie	6:00p Zumba	Carolina					
7:00p Vinyasa Yoga	Tiffany			7:00p Pilates	Stephanie	7:00p Yoga stretch	Yazmin					
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 5/25		
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	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			
				7:00p Aqua aerobics	Valerie							

Unrestricted

MONDAY 5/26	TUESDAY 5/27	WEDNESDAY 5/28	THURSDAY 5/29	FRIDAY 5/30	SATURDAY 5/31
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
Memorial Day 8:15am 90 min Holiday Bootcamp with Natalie No evening classes	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie 6:00p Muscle Strength Gail 7:00p Barre Heather	5:35a Bootcamp Phillip 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 Jennifer 6:00p Zumba Carolina 7:00p Yoga stretch Bethany	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 9:30a Danz Insanity Malika
					CYCLE Studio
					8:15a Cycle Allison
					9:30a Cycle & strength Allison
					POOL
					9:00a Aqua aerobics Jennifer
					SUNDAY 6/1
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Holiday cycle Allison	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 Against the current Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael	9:00a Aqua Aerobics Rachael	
	7:00p Aqua aerobics Jennifer		7:00p Aqua aerobics Phillip		