



GRANITE FALLS SWIM & ATHLETIC CLUB

MX4
by MATRIX

JUNE.2025

Group Fitness Schedule

New classes for June

Against the Current at 9:00 am

Tuesday & Thursday in the lazy river. An intense water class that works against the current of the lazy river. Water shoes are needed. This class will continue into September, weather permitting.

Saturday Aqua combo at 9:00 am

Outdoor pool, lazy river, or indoor pool, the instructor chooses.

Friday Aqua aerobic at 9:00 am

Outdoor pool weather permitting.

Due to a scheduled club event, there will be no Tuesday 7 pm Aqua classes on June 17th and July 1st

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 6/2	TUESDAY 6/3	WEDNESDAY 6/4	THURSDAY 6/5	FRIDAY 6/6	SATURDAY 6/7
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	Betsy Phillip Natalie Stephanie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Denae Stephanie Natalie	5:35a Bootcamp 7:50a MX4 8:30a The Mix 9:30a Classic Step 10:30a Yoga	Phillip Natalie Denae Heather Katie
4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Natalie Natalie	4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Nolan Nolan		
6:00p Monday night Bootcamp 7:00p Vinyasa Yoga	Natalie Tiffany	6:00p Bootcamp 7:00p Pilates	Natalie Stephanie	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	Geraldine
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba	Hannah	9:00a Against the current 7:00p Aqua aerobics	Jennifer Jennifer	9:00a Water Explosion	Heather
MONDAY 6/9	TUESDAY 6/10	WEDNESDAY 6/11	THURSDAY 6/12	FRIDAY 6/13	SATURDAY 6/14
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	Betsy Phillip Natalie Stephanie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Denae Stephanie 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	4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Nolan Nolan		
6:00p Monday night Bootcamp 7:00p Vinyasa Yoga	Natalie Stephanie	6:00p Muscle Strength 7:00p Barre	Gail Heather	6:00p Bootcamp 7:00p Pilates	Natalie Stephanie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba	Hannah	9:00a Against the current 7:00p Aqua aerobics	Jennifer Jennifer	9:00a Water Explosion	Heather
MONDAY 6/9	TUESDAY 6/10	WEDNESDAY 6/11	THURSDAY 6/12	FRIDAY 6/13	SATURDAY 6/14
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	Betsy Phillip Natalie Stephanie	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 11:45a MX4	Phillip Denae Stephanie 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	4:00 Fit Fun 4 Kids(5-7yr) 4:30 Fit Fun 4 Kids(8-10y)	Nolan Nolan		
6:00p Monday night Bootcamp 7:00p Vinyasa Yoga	Natalie Stephanie	6:00p Muscle Strength 7:00p Barre	Gail Heather	6:00p Bootcamp 7:00p Pilates	Natalie Stephanie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba	Hannah	9:00a Against the current 7:00p Aqua aerobics	Jennifer Jennifer	9:00a Water Explosion	Heather

Unrestricted

MONDAY 6/16	TUESDAY 6/17	WEDNESDAY 6/18	THURSDAY 6/19	FRIDAY 6/20	SATURDAY 6/21
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 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 Heather Stephanie Nolan Nolan Betsy Tiffany	5:35a Bootcamp 9:15am Muscle 10:30a Gentle Yoga 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 Nolan Nolan Heather Stephanie	5:35a Bootcamp 8:15a Circuit Bootcamp 9:15a Danz Insanity 10:30a Back to Basics 6:00p Zumba 7:00p Yoga stretch	Phillip Gigi Gigi Sarah Carolina Yazmin
	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Carolina Heather Katie Gail Heather		Denae Heather Katie	8:15a Boot Camp 9:30a Danz Insanity CYCLE Studio 8:15a Cycle 9:30a Cycle & strength POOL 9:00a Aqua Combo
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 6/22
9:30a Cycle	5:35a Cycle	10:30a Cycle & strength	5:35a Cycle & strength 6:00p Cycle	9:30a Cycle	GX Studio
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba	9:00a Against the current No evening aqua class	9:00a Water Explosion	9:00a Against the current 7:00p Aqua aerobics	9:00a Aqua Aerobics	
Hannah	Jennifer	Heather	Rachael Valerie	Rachael	

MONDAY 6/23	TUESDAY 6/24	WEDNESDAY 6/25	THURSDAY 6/26	FRIDAY 6/27	SATURDAY 6/28
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 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 Nolan Nolan 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	Phillip Natalie Denae Natalie Stephanie
	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Carolina Natalie Katie Gail Heather		Denae Gigi Jennifer	8:15a Boot Camp 9:30a Danz Insanity CYCLE Studio 8:15a Cycle 9:30a Cycle & strength POOL 9:00a Aqua Combo
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 6/29
9:30am Cycle	5:35a Cycle	10:30a Cycle & strength	5:35a Cycle & strength 6:00p Cycle	9:30a Cycle	GX Studio
Geraldine	Betsy	Geraldine	Ashley Tricia	Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Aerobics	9:00a Against the current 7:00p Aqua aerobics	9:00a Water Explosion	9:00a Against the current 7:00p Aqua aerobics	9:00a Aqua Aerobics	
Heather	Jennifer Jennifer	Heather	Rachael Phillip	Rachael	

Unrestricted

MONDAY 6/30	TUESDAY 7/1	WEDNESDAY 7/2	THURSDAY 7/3	FRIDAY 7/4	SATURDAY 7/5
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 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 Nolan Nolan 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	Michelle Gigi Sarah Carolina Yazmin	July 4th GX Studio Holiday class Holiday class Details to follow.
	8:00a Zumba 9:15a Tone Zone 10:15 Full Body Stretch 6:00p Muscle Strength 7:00p Barre	Carolina Natalie Katie Gail Heather		Natalie	8:15a Boot Camp 9:30a Danz Insanity CYCLE Studio 8:15a Cycle 9:30a Cycle & strength POOL 9:00a Aqua Combo
					Valerie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 7/6
9:30a Cycle	Geraldine	5:35a Cycle	Betsy	10:30a Cycle & strength	Geraldine
				5:35a Cycle & strength 6:00p Cycle	Ashley Tricia
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Aerobics	Heather	9:00a Against the current No evening aqua class	Heather	9:00a Water Explosion	Heather
				9:00a Against the current 7:00p Aqua aerobics	Rachael Phillip
				9:00a Aqua Aerobics	Rachael