



GRANITE FALLS SWIM & ATHLETIC CLUB

JULY.2025

Group Fitness Schedule

Regular exercises and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health and overall well-being. Staying active can also help you maintain a healthy weight, reduce your risk of Type 2 diabetes, heart disease, and some cancers.

Here at Granite Falls we offer all 4 essential elements of physical fitness, cardio-respiratory endurance, muscle strength, muscle endurance and flexibility. Optimal health requires some degree of balance between all 4.

Come and take part in our many group fitness classes we offer here in the group fitness studio, cycle room and swimming pool here at Granite Falls. Check out our July 4th Holiday classes too.

MX4
by MATRIX

GraniteFallsClub.com / (919) 562 8895

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 Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Tiffany	5:35a Bootcamp Heather 9:15am Muscle Heather 10:30a Gentle Yoga Stephanie 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Malika 10:30a Back to Basics Sarah	8:15a July 4th Holiday 75 min Bootcamp with Natalie & Gigi	8:15a Bootcamp Heather 9:30a Danz Insanity Elizabeth
4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan		4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan		Club closes at 5pm	CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua Combo Valerie
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	No evening classes	6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		
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 Ashley 6:00p Cycle Tricia	9:30a Holiday Cycle Allison	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Aerobics Heather	9:00a Against the current Heather No evening aqua class	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Phillip	9:00a Aqua Aerobics Rachael	
MONDAY 7/7	TUESDAY 7/8	WEDNESDAY 7/9	THURSDAY 7/10	FRIDAY 7/11	SATURDAY 7/12
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 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 Jennifer	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Classic Step Heather 10:30a Yoga Stephanie	8:15a Bootcamp Joe 9:30a 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 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua Combo Heather
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	No evening classes	6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 7/13
9:30a Cycle Allison	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Aerobics Heather	9:00a Against the current Jennifer No evening aqua class	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

MONDAY 7/14	TUESDAY 7/15	WEDNESDAY 7/16	THURSDAY 7/17	FRIDAY 7/18	SATURDAY 7/19
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 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 Jennifer	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Katie	8:15a Boot Camp Betsy 9:30a Danz Insanity Elizabeth
4:00 Fit Fun 4 Kids(5-7yr) Natalie 4:30 Fit Fun 4 Kids(8-10y) Natalie	6:00p Muscle Strength Gail 7:00p Barre Heather	4:00 Fit Fun 4 Kids(5-7yr) Nolan 4:30 Fit Fun 4 Kids(8-10y) Nolan			CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua Combo Rachael
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany		6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 7/20
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	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

MONDAY 7/21	TUESDAY 7/22	WEDNESDAY 7/23	THURSDAY 7/24	FRIDAY 7/25	SATURDAY 7/26
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Malika 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 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 Jennifer	5:35a Bootcamp Valerie 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
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 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua Combo Susie
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	6:00p Muscle Strength Gail 7:00p Barre Heather	6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 7/27
9:30am Cycle Allison	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	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

MONDAY 7/28	TUESDAY 7/29	WEDNESDAY 7/30	THURSDAY 7/31	FRIDAY 8/1	SATURDAY 8/2
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 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 Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Classic Step Heather 10:30a Yoga Katie	8:15a Boot Camp Heather 9:30a Danz Insanity Elizabeth
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 Barre Heather	6:00p Bootcamp Natalie 7:00p Pilates Stephanie	6:00p Zumba Carolina 7:00p Yoga stretch Stephanie		8:15a Cycle Allison 9:30a Cycle & strength Allison
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	POOL
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	9:00a Aqua Combo Hannah
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	
					SUNDAY 8/3
					GX Studio