



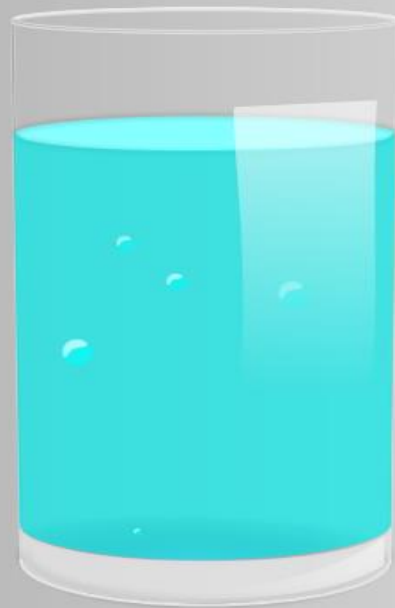
GRANITE FALLS SWIM & ATHLETIC CLUB

Benefits of Drinking Water

It prevents kidney damage

It delivers oxygen throughout the body

It flushes body waste



It regulates body temperature

AUGUST.2025

Group Fitness Schedule

How much water should you drink daily:

- For men, the Institute of Medicine (IOM) recommends a total of 13 cups (about 3 liters) of fluid each day.
- For women, they suggest 9 cups (a little over 2 liters) of fluid each day. Pregnant women should drink about 10 cups of water daily. Those who breastfeed need about 12 cups.

Join us for a variety of group fitness classes held in our fitness studio, cycle room, and the swimming pool at Granite Falls.

Our team of personal trainers are ready to help you on your fitness journey whether your goals are strength building, fat loss or endurance. Check out our trainers bio's on our website granitefallsclub.com

GraniteFallsClub.com / (919) 562 8895

MONDAY 8/11	TUESDAY 8/12	WEDNESDAY 8/13	THURSDAY 8/14	FRIDAY 8/15	SATURDAY 8/16
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 Elizabeth 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 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	6:00p Zumba Carolina 7:00p Yoga stretch Yazmin		CYCLE Studio 8:15a Cycle Janice 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			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 8/17
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	GX Studio
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 8/18	TUESDAY 8/19	WEDNESDAY 8/20	THURSDAY 8/21	FRIDAY 8/22	SATURDAY 8/23
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 Stephanie	8:15a Boot Camp Heather 9:30a Danz Insanity Malika
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	6:00p Zumba Dasha 7:00p Yoga stretch Yazmin		CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua Combo Susie
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Katie		6:00p Bootcamp Natalie 7:00p Pilates Stephanie			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	SUNDAY 8/24
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	GX Studio
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 TBD	9:00a Aqua Aerobics Rachael	

MONDAY 8/25	TUESDAY 8/26	WEDNESDAY 8/27	THURSDAY 8/28	FRIDAY 8/29	SATURDAY 8/30
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 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	Heather 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	Valerie Natalie Denae Heather Katie Carolina Yazmin
					8:15a Boot Camp 9:30a Danz Insanity
					Heather Malika
					CYCLE Studio
					8:15a Cycle 9:30a Cycle & strength
					Janice Allison
					POOL
					9:00a Aqua Combo
					Jennifer
					SUNDAY 8/31
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
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	
9:00a Aqua Zumba	Hannah	9:00a Against the current	Jennifer	9:00a Water Explosion	Heather
		7:00p Aqua aerobics	Jennifer	9:00a Against the current	Rachael
				7:00p Aqua aerobics	Valerie
					Rachael