



GRANITE FALLS SWIM & ATHLETIC CLUB

PLEASE NOTE ALL SIGN UP CLASSES WILL OPEN 36 HOURS BEFORE THE CLASS START TIME STARTING FEBRUARY 1ST except for MX4 which is 24 hours prior

♥ Try our Group Fitness Classes

New Class Offering: Our popular class Tone Zone will now have a second offering at 11:30am on Tuesdays. Tone Zone 2 (No sign up required) is a Strength training class that combines basic strength exercises with balance and flexibility.

Pilates with Tiffany Wednesdays at 7pm

Join one of our small group trainings:

Spring Training with Cheryl  
Spring into Motion with Denae  
Powerful Energy with Valerie  
Springtime Sweat with Natalie

## APRIL.2026

### *Group Fitness Schedule*

Join us for a wide variety of group fitness classes in our studio, cycle room, and swimming pool.

Our team of personal trainers are ready to help you crush your fitness goals—whether you're aiming for strength, fat loss, or endurance. Learn more about each trainer and their specialties by visiting our website: [www.granitefallsclub.com](http://www.granitefallsclub.com).

**ALL HIGHLIGHTED CLASSES REQUIRE SIGNUP**





4/13/2026		4/14/2026		4/15/2026		4/16/2026		4/17/2026		4/18/2026							
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio							
5:35am Monday Mix	Betsy			5:35a Bootcamp	Heather			5:35a Bootcamp	Valerie	8:15a Boot Camp	Betsy						
8:05a Muscle strength	Phillip			8:00a Zumba	Carolina			9:15am Muscle	Denae			8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie		
9:30a Body Conditioning	Natalie			9:15a Tone Zone	Natalie			10:30a Gentle Yoga	Lisa			9:15a Danz Insanity	Elizabeth	8:30a The Mix	Denae		
10:30a Yoga	Lisa			10:30a Full Body Stretch	Katie			11:45a MX4	Natalie			10:30a Back to Basics	Sarah	9:30a Barre	Heather		
4:00 Fit Fun 4 Kids(5-7yr)	Emma			11:30a Tone Zone 2	Natalie			4:00 Fit Fun 4 Kids(5-7yr)	Emma					10:30a Yoga	Katie		
4:30 Fit Fun 4 Kids(8-10y)	Emma	6:00p Muscle Strength	Gail	4:30 Fit Fun 4 Kids(8-10y)	Emma	6:00p Zumba	Carolina	CYCLE Studio	8:15a Cycle	Heather							
6:00p Monday night Bootcamp	Natalie			6:00p Bootcamp	Betsy	7:00p Yoga stretch	Katie				6:00p Cycle			Tricia	POOL	9:30a Cycle & strength	Allison
7:00p Vinyasa Yoga	Tiffany			7:00p Pilates	Tiffany	CYCLE Studio	9:30a Cycle				Allison						
9:30a Cycle	Allison	5:35a Cycle	Betsy	8:15a Cycle & strength	Allison			5:35a Cycle & strength	Ashley	9:00a Aqua aerobics				Rachael			
POOL		POOL		POOL		POOL		POOL		4/19/2026							
9:00a Aqua Zumba	Hannah	7:00p Aqua aerobics	Jennifer	9:00a Water Explosion	Heather	7:00p Aqua aerobics	Valerie	9:00a Aqua Aerobics	Rachael	GX Studio							

4/20/2026		4/21/2026		4/22/2026		4/23/2026		4/24/2026		4/25/2026							
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio							
5:35am Monday Mix	Betsy			5:35a Bootcamp	Heather			5:35a Bootcamp	Valerie	8:15a Boot Camp	Natalie						
8:05a Muscle strength	Phillip			8:00a Zumba	Carolina			9:15am Muscle	Denae			8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie		
9:30a Body Conditioning	Natalie			9:15a Tone Zone	Natalie			10:30a Gentle Yoga	Lisa			9:15a Danz Insanity	Elizabeth	8:30a The Mix	Denae		
10:30a Yoga	Lisa			10:30 Full Body Stretch	Katie			11:45a MX4	Allison			10:30a Back to Basics	Jennifer	9:30a Barre	Heather		
4:00 Fit Fun 4 Kids(5-7yr)	Emma			11:30a Tone Zone 2	Natalie			4:00 Fit Fun 4 Kids(5-7yr)	Emma					10:30a Yoga	Katie		
4:30 Fit Fun 4 Kids(8-10y)	Emma	6:00p Muscle Strength	Gail	4:30 Fit Fun 4 Kids(8-10y)	Emma	6:00p Zumba	Carolina	CYCLE Studio	8:15a Cycle	Allison							
6:00p Monday night Bootcamp	Natalie			6:00p Bootcamp	Betsy	7:00p Yoga stretch	Katie				6:00p Cycle			Tricia	POOL	9:30a Cycle & strength	Allison
7:00p Vinyasa Yoga	Tiffany			7:00p Pilates	Tiffany	CYCLE Studio	9:30a Cycle				Geraldine						
9:30am Cycle	Geraldine	5:35a Cycle	Betsy	8:15a Cycle & strength	Geraldine			5:35a Cycle & strength	Ashley	9:00a Aqua aerobics				Heather			
POOL		POOL		POOL		POOL		POOL		4/26/2026							
9:00a Aqua Zumba	Hannah	7:00p Aqua aerobics	Jennifer	9:00a Water Explosion	Heather	7:00p Aqua aerobics	Bethany	9:00a Aqua Aerobics	Rachael	GX Studio							

<b>4/27/2026</b>	<b>4/28/2026</b>	<b>4/29/2026</b>	<b>4/30/2026</b>	<b>5/1/2026</b>	<b>5/2/2026</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Lisa 4:00 Fit Fun 4 Kids(5-7yr) Emma 4:30 Fit Fun 4 Kids(8-10y) Emma 6:00p Monday night Bootcamp Heather 7:00p Vinyasa Yoga Tiffany	8:00a Zumba Carolina 9:15a Tone Zone Gail 10:30 Full Body Stretch Katie 11:30a Tone Zone 2 Sarah 6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Allison 10:30a Gentle Yoga Lisa 11:45a MX4 Allison 4:00 Fit Fun 4 Kids(5-7yr) Emma 4:30 Fit Fun 4 Kids(8-10y) Emma 6:00p Bootcamp Betsy 7:00p Pilates Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Jennifer 6:00p Zumba Carolina 7:00p Yoga stretch Katie	5:35a Bootcamp Valerie 7:50a MX4 Allison 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Katie	8:15a Boot Camp Heather <b>CYCLE Studio</b> 8:15a Cycle Janice 9:30a Cycle & strength Allison <b>POOL</b> 9:00a Aqua aerobics Jennifer
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>5/3/2026</b>
9:30a Cycle Allison	5:35a Cycle Betsy	8:15a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Aqua Zumba Hannah	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael	















