



GRANITE FALLS SWIM & ATHLETIC CLUB

MAY.2026

Group Fitness Schedule

PLEASE NOTE ALL SIGN-UP CLASSES WILL OPEN 36 HOURS BEFORE THE CLASS START TIME, except for MX4, which is 24 hours prior.

Welcome to Your Fitness Community

Get ready to move, sweat, and feel your best. Whether you're just starting or pushing to the next level, we've got a class for you.

What We Offer:

- Strength Training
- Cycle/Spin
- Bootcamp
- Yoga and Mobility
- Small Group Training

Why join our classes:

- Expert Coaches
- All Fitness Levels Welcome
- High-Energy Atmosphere
- Results-Driven Programming

Check Inside for Full Weekly 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.

ALL HIGHLIGHTED CLASSES REQUIRE SIGNUP

Outdoor Pools open on May 10th



4/27/2026	4/28/2026	4/29/2026	4/30/2026	5/1/2026	5/2/2026
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 Phillip 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 10:30a 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 Piyo 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 Bootcamp Allison CYCLE Studio 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Jennifer
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
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	
POOL	POOL	POOL	POOL	POOL	
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	
5/4/2026	5/5/2026	5/6/2026	5/7/2026	5/8/2026	5/9/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Betsy 8:05a Muscle strength Valerie 9:30a Body Conditioning Gail 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 Geraldine 6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Denae 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 Piyo Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah 6:00p Zumba Gigi 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 Michalene	8:15a Bootcamp Betsy CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Heather
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Cycle Geraldine	5:35a Cycle Betsy	8:15a 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 Susie	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Susie	9:00a Aqua Aerobics Rachael	
					5/10/2026

5/25/2026	5/26/2026	5/27/2026	5/28/2026	5/29/2026	5/30/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
MEMORIAL DAY CLASSES					
	8:00a Zumba Carolina	5:35a Bootcamp Heather 9:15am Muscle Denae	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth	5:35a Bootcamp Valerie 7:50a MX4 Natalie	8:15a Boot Camp Betsy
9:00am Stars and Sweat Bootcamp Natalie	9:15a Tone Zone Natalie	10:30a Gentle Yoga Lisa	10:30a Back to Basics Jennifer	8:30a The Mix Denae	
	10:30 Full Body Stretch Katie 11:30a Tone Zone 2 Natalie	11:45a MX4 Natalie		9:30a Barre Heather 10:30a Yoga Katie	CYCLE Studio
No Evening Classes			6:00p Zumba TBD 7:00p Yoga stretch Katie		8:15a Cycle Allison 9:30a Cycle & strength Allison
	6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany			POOL
					9:00a Aqua aerobics Jennifer
					5/31/2026
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
9:30a Ride for the Red White and Blue Allison	5:35a Cycle Betsy	8:15a 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	9a Against the Current Rachael 7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael	

