



GRANITE FALLS SWIM & ATHLETIC CLUB

JUNE.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



GraniteFallsClub.com / (919) 562 8895

6/1/2026	6/2/2026	6/3/2026	6/4/2026	6/5/2026	6/6/2026
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 Natalie 10:30a Yoga Lisa 6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Gail	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30a Full Body Stretch Katie 11:30a Tone Zone 2 Natalie 6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Denae 10:30a Gentle Yoga Lisa 11:45a MX4 Natalie 6:00p Bootcamp Natalie 7:00p Piyo Tiffany	8:15a Circuit Bootcamp Natalie 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Yoga stretch Katie	5:35a Bootcamp Heather 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Katie	8:15a Bootcamp Natalie CYCLE Studio 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Phillip
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	6/7/2026
9:30a Cycle Allison	5:35a Cycle Betsy	8:15a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 6:00p Cycle Janice	9:30a Cycle Geraldine	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	9:00a Against the Current Jennifer	9:00a Water Explosion Heather	9:00a Against the Current Geraldine 7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael	
6/8/2026	6/9/2026	6/10/2026	6/11/2026	6/12/2026	6/13/2026
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 Natalie 10:30a Yoga Lisa 6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Katie 11:30a Tone Zone 2 Natalie 6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Denae 10:30a Gentle Yoga Katie 11:45a MX4 Natalie 6:00p Bootcamp Heather 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 Natalie 8:30a The Mix Denae 9:30a Butts & Guts Allison 10:30a Yoga Katie	8:15a Bootcamp Heather CYCLE Studio 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Rachael
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	6/14/2026
9:30a Cycle Allison	5:35a Cycle Ashley	8:15a 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 Allison	9:00a Against the Current Rachael 7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael	

6/15/2026		6/16/2026		6/17/2026		6/18/2026		6/19/2026		6/20/2026						
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio						
5:35am Monday Mix	Heather	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30a Full Body Stretch Michalene 11:30a Tone Zone 2 Geraldine 6:00p Muscle Strength Gail	5:35a Bootcamp	Heather	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah	5:35a Bootcamp	Valerie	8:15a Boot Camp Heather CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Heather	8:05a Muscle strength	Phillip	9:15am Muscle	Denae	7:50a MX4	Natalie	9:30a Barre	Heather
9:30a Body Conditioning	Natalie		10:30a Full Body Stretch	Gail		9:15a Danz Insanity	Elizabeth		8:30a The Mix	Denae	10:30a Yoga	Katie				
10:30a Yoga	Lisa		11:45a MX4	Natalie		10:30a Back to Basics	Sarah		9:30a Barre	Heather	10:30a Yoga	Katie				
6:00p Monday night Bootcamp	Heather		6:00p Bootcamp	Natalie		6:00p Zumba	Carolina		9:30a Barre	Heather	10:30a Yoga	Katie				
7:00p Vinyasa Yoga	Tiffany		7:00p Piyo	Tiffany		7:00p Yoga stretch	Katie		9:30a Barre	Heather	10:30a Yoga	Katie				
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio						
9:30a Cycle	Geraldine	5:35a Cycle	Heather	8:15a Cycle & strength	Geraldine	5:35a Cycle & strength	Ashley	9:30a Cycle	Geraldine							
POOL		POOL		POOL		POOL		POOL								
9:00a Aqua Zumba	Valerie	9:00a Against the Current	Jennifer	9:00a Water Explosion	Heather	9:00a Against the Current	Rachael	9:00a Aqua Aerobics	Rachael							
		7:00p Aqua aerobics		7:00p Aqua aerobics		7:00p Aqua aerobics		7:00p Aqua aerobics								

6/22/2026		6/23/2026		6/24/2026		6/25/2026		6/26/2026		6/27/2026						
GX Studio		GX Studio		GX Studio		GX Studio		GX Studio		GX Studio						
5:35am Monday Mix	Betsy	8:00a Zumba Carolina 9:15a Tone Zone Michelle 10:30 Full Body Stretch Katie 11:30a Tone Zone 2 Geraldine 6:00p Muscle Strength Gail	5:35a Bootcamp	Heather	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah	5:35a Bootcamp	Betsy	8:15a Boot Camp Natalie CYCLE Studio 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Susie	8:05a Muscle strength	Phillip	9:15am Muscle	Allison	7:50a MX4	Natalie	9:30a Barre	Heather
9:30a Body Conditioning	Natalie		10:30a Gentle Yoga	Katie		9:15a Danz Insanity	Elizabeth		8:30a The Mix	Denae	10:30a Yoga	Katie				
10:30a Yoga	Lisa		11:45a MX4	Natalie		10:30a Back to Basics	Sarah		9:30a Barre	Heather	10:30a Yoga	Katie				
6:00p Monday night Bootcamp	Natalie		6:00p Bootcamp	Natalie		6:00p Zumba	Carolina		9:30a Barre	Heather	10:30a Yoga	Katie				
7:00p Vinyasa Yoga	Tiffany		7:00p Piyo	Tiffany		7:00p Yoga stretch	Katie		9:30a Barre	Heather	10:30a Yoga	Katie				
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		GX Studio						
9:30am Cycle	Allison	5:35a Cycle	Betsy	8:15a Cycle & strength	Geraldine	5:35a Cycle & strength	Ashley	9:30a Cycle	Geraldine							
POOL		POOL		POOL		POOL		POOL								
9:00a Aqua Zumba	Valerie	9:00a Against the Current	Jennifer	9:00a Water Explosion	Heather	9:00a Against the Current	Rachael	9:00a Aqua Aerobics	Rachael							
		7:00p Aqua aerobics		7:00p Aqua aerobics		7:00p Aqua aerobics		7:00p Aqua aerobics								

6/29/2026	6/30/2026	7/1/2026	7/2/2026	7/3/2026	7/4/2026
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 Natalie 10:30a Yoga Lisa 6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Katie 11:30a Tone Zone 2 Natalie 6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Allison 10:30a Gentle Yoga TBD 11:45a MX4 Natalie 6:00p Bootcamp Natalie 7:00p Piyo Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Elizabeth 10:30a Back to Basics Sarah 6:00p Zumba Carolina 7:00p Yoga stretch Katie	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Allison 9:30a Barre Heather 10:30a Yoga Katie	SPECIAL CLASSES 9:00a Freedom Bootcamp Geraldine CYCLE Studio 9:00a Ride for the Red, Allison White and Blue POOL 9:00a Aqua combo Rachael
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	7/5/2026
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	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	9:00a Against The Current Jennifer	9:00a Water Explosion Heather	9a Against the Current Rachael 7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael	

