



GRANITE FALLS SWIM & ATHLETIC CLUB

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!

# JULY.2026

## Group Fitness Schedule

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

### HYDRATE & PERFORM BETTER 💧💧

Don't forget to bring your water bottle to every workout! Staying hydrated helps improve energy, endurance, strength and recovery. Sip water before, during and after your workout to keep your body performing at its best!

ALL HIGHLIGHTED CLASSES REQUIRE SIGNUP



GraniteFallsClub.com / (919) 562 8895



7/13/2026		7/14/2026		7/15/2026		7/16/2026		7/17/2026		7/18/2026				
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 Heather 10:30a Full Body Stretch Corrine 11:30a Tone Zone 2 Heather  6:00p Muscle Strength Gail	5:35a Bootcamp	Heather	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Jennifer	5:35a Bootcamp	Heather	8:15a Boot Camp Bethany  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	Allison	7:50a MX4	Allison
9:30a Body Conditioning	Phillip		10:30a Gentle Yoga	Corrine		9:15a Danz & Tone	Elizabeth		8:30a The Mix	Allison				
10:30a Yoga	Lisa		11:45a MX4	Allison		6:00p Zumba	Carolina		9:30a Butts & Gutts	Allison				
6:00p Monday night Bootcamp	Heather		7:00p Piyo	Tiffany		7:00p Yoga stretch	Corrine		10:30a Yoga	Corrine				
7:00p Vinyasa Yoga	Tiffany		6:00p Bootcamp	Heather										
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		7/19/2026				
9:30a Cycle	Geraldine	5:35a Cycle	Ashley	8:15a Cycle & strength	Geraldine	5:35a Cycle & strength	Ashley	9:30a Cycle	Geraldine	GX Studio				
				6:00p Cycle	Janice									
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	Rachael	9:00a Aqua Aerobics	Rachael					
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Gail							

7/20/2026		7/21/2026		7/22/2026		7/23/2026		7/24/2026		7/25/2026				
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 Natalie 10:30 Full Body Stretch Corrine 11:30a Tone Zone 2 Natalie  6:00p Muscle Strength Gail	5:35a Bootcamp	Heather	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Jennifer	5:35a Bootcamp	Valerie	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	Denae	7:50a MX4	Natalie
9:30a Body Conditioning	Natalie		10:30a Gentle Yoga	Corrine		9:15a Danz & Tone	Elizabeth		8:30a The Mix	Denae				
10:30a Yoga	Lisa		11:45a MX4	Natalie		6:00p Zumba	Carolina		9:30a Barre	Heather				
6:00p Monday night Bootcamp	Natalie		7:00p Piyo	Tiffany		7:00p Yoga stretch	Corrine		10:30a Yoga	Corrine				
7:00p Vinyasa Yoga	Tiffany		6:00p Bootcamp	Natalie										
CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		CYCLE Studio		7/26/2026				
9:30am Cycle	Allison	5:35a Cycle	Betsy	8:15a Cycle & strength	Geraldine	5:35a Cycle & strength	Ashley	9:30a Cycle	Geraldine	GX Studio				
				6:00p Cycle	Tricia									
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	Rachael	9:00a Aqua Aerobics	Rachael					
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Bethany							

<b>7/27/2026</b>	<b>7/28/2026</b>	<b>7/29/2026</b>	<b>7/30/2026</b>	<b>7/31/2026</b>	<b>8/1/2026</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  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 Corrine 11:30a Tone Zone 2 Natalie  6:00p Muscle Strength Gail	5:35a Bootcamp Heather 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Natalie  6:00p Bootcamp Natalie 7:00p Piyo Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Jennifer  6:00p Zumba Carolina 7:00p Yoga stretch Corrine	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Corrine	9:00a Bootcamp Heather  <b>CYCLE Studio</b> 8:15a Cycle Janice 9:30a Cycle & Strength Allison <b>POOL</b> 9:00a Aqua combo Rachael
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>8/2/2026</b>
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	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
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 Valerie	9:00a Aqua Aerobics Rachael	















