



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. All yellow highlighted classes require sign up

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.

NEW POP-UP CLASS STEP, STRENGTH & STRETCH WITH RACHAEL SATURDAY 10:45AM 8/15 AND 8/22

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!

AUGUST.2026

Group Fitness Schedule

MOVE. SWEAT. THRIVE.

August

FITNESS SCHEDULE

NEW MONTH. NEW GOALS. STRONGER YOU.

GROUP FITNESS	CYCLE	AQUATICS	STRENGTH	WELLNESS
High energy classes for all levels	Ride strong. Ride together.	Swim, train, feel amazing	Build power. Build confidence.	Mind, body, balance.

SOMETHING FOR Everyone!

Your Community. Your Health. Your Time.

CHECK THE SCHEDULE. BOOK YOUR CLASS. MAKE IT HAPPEN.

GraniteFallsClub.com / (919) 562 8895

7/27/2026	7/28/2026	7/29/2026	7/30/2026	7/31/2026	8/1/2026
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	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30a Full Body Stretch Corrine 11:30a Tone Zone 2 Natalie	5:35a Bootcamp Heather 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Rachael	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Corrine	8:15a Bootcamp Heather
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Rachael OUTDOOR POOL
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	8/2/2026
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 INDOOR POOL	9:00a Against the Current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	9:00a Against the Current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael OUTDOOR POOL	
8/3/2026	8/4/2026	8/5/2026	8/6/2026	8/7/2026	8/8/2026
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	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Michalene 11:30a Tone Zone 2 Natalie	5:35a Bootcamp Betsy 9:15am Muscle Allison 10:30a Gentle Yoga Corrine 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Sarah	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Allison 9:30a Barre Heather 10:30a Yoga Katie	8:15a Bootcamp Betsy
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Jennifer OUTDOOR POOL
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	8/9/2026
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	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua zumba Hannah INDOOR POOL	9:00a Against the Current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	9:00a Against the Current Rachael 7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael OUTDOOR POOL	

8/10/2026	8/11/2026	8/12/2026	8/13/2026	8/14/2026	8/15/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Heather 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Lisa	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30a Full Body Stretch Corrine 11:30a Tone Zone 2 Natalie 6:00p Muscle Strength Gail	5:35a Bootcamp Betsy 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Allison 6:00p Bootcamp Betsy 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 Katie	8:15a Boot Camp Natalie 10:45a Step, Strength Rachael & Stretch
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany					CYCLE Studio
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	8:15a Cycle Heather 9:30a Cycle & strength Allison
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	POOL	9:00a Aqua combo Susie OUTDOOR POOL
9:00a Aqua Zumba Hannah INDOOR POOL	9:00a Against the Current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	9:00a Against the Current Rachael 7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael OUTDOOR POOL	8/16/2026
					GX Studio

8/17/2026	8/18/2026	8/19/2026	8/20/2026	8/21/2026	8/22/2026
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	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 Betsy 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 Sarah 6:00p Zumba Carolina 7:00p Yoga stretch Corrine	5:35a Bootcamp Betsy 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Katie	8:15a Boot Camp Heather 10:45a Step, Strength Rachael & Stretch
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany					CYCLE Studio
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	8:15a Cycle Janice 9:30a Cycle & strength Allison
9:30am 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	POOL	9:00a Aqua combo Heather OUTDOOR POOL
9:00a Aqua Zumba Hannah INDOOR POOL	9:00a Against the Current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	9:00a Against the Current Rachael 7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael OUTDOOR POOL	8/23/2026
					GX Studio

8/24/2026	8/25/2026	8/26/2026	8/27/2026	8/28/2026	8/29/2026
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	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Michalene 11:30a Tone Zone 2 Natalie	5:35a Bootcamp Betsy 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz & Tone Elizabeth 10:30a Back to Basics Jennifer	5:35a Bootcamp Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Katie	9:00a Bootcamp Betsy
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & Strength Allison
					POOL 9:00a Aqua combo Rachael OUTDOOR POOL
					8/30/2026
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 Hannah INDOOR POOL	9:00a Against The Current Jennifer 7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	9a Against the Current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael OUTDOOR POOL	

