



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.

NOTE: NO EVENING CLASSES ON LABOR DAY MONDAY 9/7

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!

SEPTEMBER.2026

Group Fitness Schedule

September
GROUP FITNESS
SCHEDULE

Move Together. Get Stronger. Feel Your Best.

New Classes! ♥

-  **CHAIR YOGA**
THURSDAYS
10:30AM
-  **FUSION FIT**
TUESDAYS
5:00PM
-  **KIDS YOGA**
WEDNESDAYS
4:00PM
-  **TEEN YOGA**
WEDNESDAYS
5:00PM

Find Your STRONG ♥

STRONGER TOGETHER ♥

ALL LEVELS WELCOME | ALL AGES, EVERY GOAL | MIND. BODY. COMMUNITY.

GraniteFallsClub.com / (919) 562 8895

8/31/2026	9/1/2026	9/2/2026	9/3/2026	9/4/2026	9/5/2026
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 10:30a Full Body Stretch Michaelene 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 4:00a Kids yoga (4-7) Corrine 4:30a Kids yoga (8-11) Corrine 5:00a Teen Yoga (12-17) Corrine 6:00p Bootcamp Natalie 7:00p Piyo Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Sarah 10:30a Chair Yoga Corrine 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 Bootcamp Natalie CYCLE Studio 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua combo Valerie OUTDOOR POOL
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	9/6/2026
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 Michele 7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Valerie OUTDOOR POOL	
9/7/2026	9/8/2026	9/9/2026	9/10/2026	9/11/2026	9/12/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
LABOR DAY 8:05a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Corrine NO EVENING CLASSES	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:30 Full Body Stretch Michaelene 11:30a Tone Zone 2 Natalie 5:00p Fusion Fit Bethany 6:00p Muscle Strength Gail	5:35a Bootcamp Betsy 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Allison 4:00p Kids yoga (4-7) Corrine 4:30p Kids yoga (8-11) Corrine 5:00p Teen Yoga (12-17) Corrine 6:00p Bootcamp Betsy 7:00p Piyo Tiffany	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Jennifer 10:30a Chair Yoga Corrine 6:00p Zumba Carolina 7:00p Yoga stretch Corrine	5:35a Bootcamp Betsy 7:50a MX4 Allison 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Katie	8:15a Bootcamp Heather 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	9/13/2026
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 Michele 7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael OUTDOOR POOL	

9/14/2026	9/15/2026	9/16/2026	9/17/2026	9/18/2026	9/19/2026
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 Michalene 11:30a Tone Zone 2 Natalie	5:35a Bootcamp Betsy 9:15am Muscle Denae 10:30a Gentle Yoga Corrine 11:45a MX4 Natalie 4:00p Kids yoga (4-7) Corrine 4:30p Kids yoga (8-11) Corrine 5:00p Teen Yoga (12-17) Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Sarah 10:30a Chair Yoga 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 Bethany
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	5:00p Fusion Fit Lisa 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 Heather OUTDOOR POOL
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	9/20/2026
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	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael OUTDOOR POOL	

9/21/2026	9/22/2026	9/23/2026	9/24/2026	9/25/2026	9/26/2026
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 4:00p Kids yoga (4-7) Corrine 4:30p Kids yoga (8-11) Corrine 5:00p Teen Yoga (12-17) Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Jennifer 10:30a Chair Yoga Corrine 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 Betsy
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	5:00p Fusion Fit Bethany 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany			CYCLE Studio 8:15a Cycle Heather 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Rachael
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	9/27/2026
9:30am Cycle Geraldine	5:35a Cycle Betsy	8:15a Cycle & strength Geraldine	5:35a Cycle & strength Betsy 6:00p Cycle Tricia	9:30a Cycle Geraldine	GX Studio
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah INDOOR POOL	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael INDOOR POOL	

9/28/2026	9/29/2026	9/30/2026	10/1/2026	10/2/2026	10/3/2026
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 4:00p Kids yoga (4-7) Corrine 4:30p Kids yoga (8-11) Corrine 5:00p Teen Yoga (12-17) Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Sarah 10:30a Chair Yoga Corrine 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 Bootcamp Natalie
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Tiffany	5:00p Fusion Fit Lisa 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie 7:00p Piyo Tiffany			
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE 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	8:15a Cycle Janice 9:30a Cycle & Strength Allison
POOL	POOL	POOL	POOL	POOL	POOL
9:00a Aqua Zumba Hannah INDOOR POOL	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather INDOOR POOL	7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael INDOOR POOL	9:00a Aqua aerobics Susie
					10/4/2026
					GX Studio

