



GRANITE FALLS SWIM & ATHLETIC CLUB

October FITNESS SCHEDULE

NEW CLASSES • WORKSHOPS • MORE



Stronger
Healthier
Happier



NEW CLASS!

FUSION FIT

TUESDAYS • 5:00 PM

A dynamic mix of strength, cardio and functional movements designed to keep your workouts fresh, challenging and fun!



NEW CLASS!

KIDS YOGA

WEDNESDAYS • 4:00-5:00 PM

A fun, energetic yoga class designed especially for kids to build strength, flexibility, balance and confidence.



SELF-DEFENSE WORKSHOP WITH JENNIFER



FRIDAY, OCTOBER 16TH
6:00-7:00 PM

MEMBERS:

\$30

Learn practical self-defense skills, awareness techniques, and strategies to help you feel more confident and prepared.

Space is limited - sign up today!



ALL AQUA CLASSES
WILL BE INDOORS
IN OCTOBER

OCTOBER.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. 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.

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!

GraniteFallsClub.com / (919) 562 8895

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 10:30a Full Body Stretch Michaelene 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 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 Valerie 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Barre Heather 10:30a Yoga Michalene	8:15a Bootcamp Natalie
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Corrine	5:00p Fusion Fit Lisa 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Susie
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	10/4/2026
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	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Corrine	
10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026	10/10/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35a 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 Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Jennifer 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 Bootcamp Heather 10:45a Step & Strength Rachael
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Corrine	5:00p Fusion Fit Bethany 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Allison 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Jennifer
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	10/11/2026
9:30a 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 Phillip	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Gail	9:00a Aqua Aerobics Rachael	

10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026	10/17/2026
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 Corrine	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 Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Rachael 10:30a Chair Yoga 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 Bethany 10:45a Step & Strength Rachael
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Corrine	5:00p Fusion Fit Lisa 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		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	10/18/2026
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	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Bethany	9:00a Aqua Aerobics Rachael	

10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026	10/24/2026
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 Corrine	8:15a Circuit Bootcamp Michelle 9:15a Back to Basics Jennifer 10:30a Chair Yoga 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
6:00p Monday night Bootcamp Natalie 7:00p Vinyasa Yoga Corrine	5:00p Fusion Fit Bethany 6:00p Muscle Strength Gail	6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Yoga stretch Corrine		CYCLE Studio 8:15a Cycle Janice 9:30a Cycle & strength Allison POOL 9:00a Aqua aerobics Heather
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	10/25/2026
9:30am 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	7:00p Aqua aerobics Jennifer	9:00a Water Explosion Heather	7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026	10/31/2026
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:35am Monday Mix Ashley		5:35a Bootcamp Betsy	8:15a Circuit Bootcamp Michelle	5:35a Bootcamp TBD	
8:05a Muscle strength Phillip	8:00a Zumba Carolina	9:15am Muscle Denae	9:15a Back to Basics Sarah	7:50a MX4 Natalie	8:15a Bootcamp Natalie
9:30a Body Conditioning Natalie	9:15a Tone Zone Natalie	10:30a Gentle Yoga Corrine	10:30a Chair Yoga Corrine	8:30a The Mix Denae	10:45a Step & Strength Rachael
10:30a Yoga Lisa	10:30 Full Body Stretch Michalene	11:45a MX4 Natalie		9:30a Barre Heather	
	11:30a Tone Zone 2 Natalie	4:00p Kids yoga Corrine		10:30a Yoga Katie	CYCLE Studio
					8:15a Cycle Allison
					9:30a Cycle & Strength Allison
					POOL
6:00p Monday night Bootcamp Natalie	5:00p Fusion Fit Lisa	6:00p Bootcamp Natalie	6:00p Zumba Carolina		9:00a Aqua aerobics Susie
7:00p Vinyasa Yoga Corrine	6:00p Muscle Strength Gail		7:00p Yoga stretch Corrine		
					11/1/2026
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	9:30a Cycle Geraldine	
			6:00p Cycle Tricia		
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	

