Granite Falls Swim and Athletic Club

NOVEMBER
Fitness Schedule

MOVE · FEEL GOOD · BE WELL

Walk Club

EVERY TUESDAY AT 10:15 AM

Begins November 3rd for 8 weeks with Coach Natalie

Free for Members!

Fusion Fit

TUESDAYS AT 5:00 PM

CARDIO · STRENGTH · CORE

Step & Strength

SATURDAYS AT 10:45 AM

STEP · STRENGTH · TONE

Bikes and Butts

MONDAYS AT 9:30 AM

SIGN UP REQUIRED

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.

Please cancel within 1 hour if you are unable to attend so that your spot may be taken by someone else to avoid a **$25 charge.**

11/2/2026		11/3/2026		11/4/2026		11/5/2026		11/6/2026		11/7/2026	
GX Studio		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**	
5:35a Monday Mix	Betsy			5:35a Bootcamp	Betsy			5:35a Bootcamp	Betsy	8:15a Bootcamp	Heather
8:05a Muscle strength	Allison	8:00a Zumba	Carolina	9:15a Muscle	Allison	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	10:45a Step & Strength	Rachael
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Corrine	9:15a Back to Basics	Jennifer	8:30a The Mix	Denae		
10:30a Yoga	Lisa	10:30a Full Body Stretch	Michaelene	11:45a MX4	Natalie	10:30a Chair Yoga	Corrine	9:30a Barre	Heather		
		11:30a Tone Zone 2	Natalie					10:30a Yoga	Katie	**CYCLE Studio**	
				4:00p Kids yoga (6-11yrs)	Corrine					8:15a Cycle	Janice
										9:30a Cycle & strength	Allison
										POOL	
										9:00a Aqua aerobics	Heather
6:00p Monday night Bootca	Natalie	5:00p Fusion Fit	Bethany	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Corrine	6:00p Muscle Strength	Gail			7:05p Yoga stretch	Bethany			**11/8/2026**	
CYCLE Studio		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**GX Studio**	
9:30a Bikes and Butts	Geraldine	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			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Gail				

11/9/2026		11/10/2026		11/11/2026		11/12/2026		11/13/2026		11/14/2026	
GX Studio		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**	
5:35a Monday Mix	Betsy			5:35a Bootcamp	Betsy			5:35a Bootcamp	Valerie	8:15a Bootcamp	Allison
8:05a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15a Muscle	Denae	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	10:45a Step & Strength	Rachael
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Corrine	9:15a Back to Basics	Sarah	8:30a The Mix	Allison		
10:30a Yoga	Lisa	10:30 Full Body Stretch	Michalene	11:45a MX4	Natalie	10:30a Chair Yoga	Corrine	9:30a Barre	Heather		
		11:30a Tone Zone 2	Natalie					10:30a Yoga	Corrine	**CYCLE Studio**	
				4:00p Kids yoga (6-11yrs)	Corrine					8:15a Cycle	TBD
										9:30a Cycle & strength	Allison
										POOL	
										9:00a Aqua aerobics	Jennifer
6:00p Monday night Bootca	Natalie	5:00p Fusion Fit	Lisa	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina				
7:00p Vinyasa Yoga	Corrine	6:00p Muscle Strength	Gail			7:05p Yoga stretch	Corrine			**11/15/2026**	
CYCLE Studio		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**GX Studio**	
9:30a Bikes and Butts	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			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Valerie				

11/16/2026		11/17/2026		11/18/2026		11/19/2026		11/20/2026		11/21/2026	
GX Studio		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**	
5:35a Monday Mix	Betsy			5:35a Bootcamp	Betsy			5:35a Bootcamp	Valerie	8:15a Boot Camp	Bethany
8:05a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15a Muscle	Denae	8:15a Circuit Bootcamp	Michelle	7:50a MX4	Natalie	10:45a Step & Strength	Rachael
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Corrine	9:15a Back to Basics	Jennifer	8:30a The Mix	Denae		
10:30a Yoga	Lisa	10:30a Full Body Stretch	Michalene	11:45a MX4	Natalie	10:30a Chair Yoga	Corrine	9:30a Barre	Heather		
		11:30a Tone Zone 2	Natalie					10:30a Yoga	Corrine	**CYCLE Studio**	
				4:00p Kids yoga (6-11yrs)	Corrine					8:15a Cycle	Allison
										9:30a Cycle & strength	Allison
										POOL	
6:00p Monday night Bootca	Natalie	5:00p Fusion Fit	Bethany	6:00p Bootcamp	Natalie	6:00p Zumba	Carolina			9:00a Aqua aerobics	Rachael
7:00p Vinyasa Yoga	Corrine	6:00p Muscle Strength	Gail			7:05p Yoga stretch	Corrine				
										11/22/2026	
CYCLE Studio		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**GX Studio**	
9:30a Bikes and Butts	Geraldine	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			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Bethany				

11/23/2026		11/24/2026		11/25/2026		11/26/2026	11/27/2026		11/28/2026	
GX Studio		**GX Studio**		**GX Studio**		**GX Studio**	**GX Studio**		**GX Studio**	
						NO CLASSES				
5:35a Monday Mix	Betsy			5:35a Bootcamp	Betsy	**THANKSGIVING - CLUB CLOSED**	5:35a Bootcamp	**No Class**	8:15a Boot Camp	Natalie
8:05a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15a Muscle	Denae		7:50a MX4	Natalie	10:45a Step & Strength	Rachael
9:30a Body Conditioning	Natalie	9:15a Tone Zone	Natalie	10:30a Gentle Yoga	Corrine		8:30a The Mix	Denae		
10:30a Yoga	Michalene	10:30 Full Body Stretch	Michalene	11:45a MX4	Natalie		9:30a Barre	Heather		
		11:30a Tone Zone 2	Natalie				10:30a Yoga	Katie	**CYCLE Studio**	
				NO EVENING CLASSES					8:15a Cycle	Janice
									9:30a Cycle & strength	Allison
									POOL	
6:00p Monday night Bootca	Natalie	5:00p Fusion Fit	Bethany						9:00a Aqua aerobics	Susie
7:00p Vinyasa Yoga	Corrine	6:00p Muscle Strength	Gail							
									11/29/2026	
CYCLE Studio		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**	**CYCLE Studio**		**GX Studio**	
9:30am Bikes and Butts	Allison	5:35a Cycle	Betsy	8:15a Cycle & strength	Geraldine		9:30a Cycle	Geraldine		
POOL		**POOL**		**POOL**		**POOL**	**POOL**			
9:00a Aqua Zumba	Hannah			9:00a Water Explosion	Heather		9:00a Aqua Aerobics	Rachael		
		7:00p Aqua aerobics	Jennifer							

11/30/2026		12/1/2026		12/2/2026		12/3/2026		12/4/2026		12/5/2026	
GX Studio		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**		**GX Studio**	
5:35a Monday Mix	Betsy			5:35a Bootcamp	Betsy	8:15a Circuit Bootcamp	Michelle	5:35a Bootcamp	Valerie		
8:05a Muscle strength	Phillip	8:00a Zumba	Carolina	9:15a Muscle	Denae	9:15a Back to Basics	Sarah	7:50a MX4	Natalie	8:15a Bootcamp	Heather
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					10:30a Yoga	Katie	**CYCLE Studio**	
				4:00p Kids yoga (6-11yrs)	Corrine					8:15a Cycle	Allison
										9:30a Cycle & Strength	Allison
										POOL	
						6:00p Zumba	Carolina			9:00a Aqua aerobics	Rachael
6:00p Monday night Bootca	Natalie	5:00p Fusion Fit	Lisa	6:00p Bootcamp	Natalie	7:05p Yoga stretch	Corrine				
7:00p Vinyasa Yoga	Corrine	6:00p Muscle Strength	Gail								
										12/6/2026	
CYCLE Studio		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**CYCLE Studio**		**GX Studio**	
9:30a Bikes and Butts	Geraldine	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			9:00a Water Explosion	Heather			9:00a Aqua Aerobics	Rachael		
		7:00p Aqua aerobics	Jennifer			7:00p Aqua aerobics	Gail				