

January-April 2017 Group Fitness



5901 S Southeastern Ave.
Sioux Falls, SD 57108
(605) 271-7324
joingreatlife.com

MONDAY

8:30 AM **Quick Fit (30 min)-\$**
9:30 AM Kids Yoga (30 min)
5:30 PM Barre
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM PiYo

TUESDAY

9:30 AM PiYo
5:30 PM Zumba
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM Barre
6:30 PM **After School-\$**

WEDNESDAY

8:30 AM MuscleMax
9:30 AM Barre
4:30 PM Kids Yoga (30 min)
5:30 PM PiYo
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM Recovery (Yin Yan) Yoga

THURSDAY

9:30 AM PiYo
5:30 PM Zumba
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM Barre
6:30 PM **After School-\$**

FRIDAY

8:45 AM HIIT (45 min)
9:30 AM Body Sculpt (45 min)

SATURDAY

8:00 AM All Levels Yoga
9:30 AM PiYo
9:30 AM **Pro Beach - \$**
10:30 AM Pilates Mat *
11:30 AM Barre

OPEN 24 HOURS

Staffed Hours:

M-Th: 5 AM – 10 PM
Fri: 5 AM – 8 PM
Sat & Sun: 8 AM – 6 PM

Bold indicates paid classes

After School Training – \$20/per month
Quick Fit – \$5/class or \$50/month
Pro Beach – \$5/class

Please note: Class instructors and class types are subject to change without prior notice. Thanks for your understanding.

**If sub is needed, may change to different class without prior notice*

Regular classes will not be held on holidays.

Class Descriptions

Have fun and get in shape in a group setting. All classes are included with a membership and can be modified for all fitness levels.

- **PiYo (60 min)** – Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning low impact workout that leaves your body looking long, lean, and defined.
- **BodySculpt (60 min)** – An aerobic class that includes strength training. Tone, strengthen and boost your workouts in this class.
- **Zumba (60 min)** – This class combines different music styles for a fun and effective workout that includes dance and aerobic elements. Move naturally to the beat of the music and enjoy feeling good!

- **HIIT** – High Intensity Interval Training (30-45 min) – A great class to burn calories, lose weight, build lean muscle, and improve cardio health in a short amount of time. This class is guaranteed to keep your heart pumping no matter your fitness level!
- **Barre Class** – Barre combines Pilates, Yoga, and ballet moves to give you lean sculpted muscles while keeping everything low impact and easy on joints.
- **Quick Fit** – Surprising. Results. Fast. What happens next is anybody's guess. Be introduced to something new and exciting during each 30-minute session. From HIIT training, body weight exercises, body weight suspension exercises, resistance training or even towel workouts, you'll discover lots of options to get fit, and get fit quick.

OUR MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUAL THROUGH GOLF, FITNESS AND HEALTHY LIFESTYLES.

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