

# January - April 2017 Group Fitness



8000 E Arrowhead Pkwy  
Sioux Falls, SD 57110  
(605) 335-5900  
joingreatlife.com

## MONDAY

9:00 AM **QUICK FIT** Upper Body  
6:00 PM All Levels Yoga

## TUESDAY

10:00 AM Aqua Aerobics  
6:15 PM **QUICK FIT**

## WEDNESDAY

9:00 AM **QUICK FIT** Lower Body

## THURSDAY

10:00 AM Aqua Aerobics  
5:15 PM **QUICK FIT**

## FRIDAY

9:00 AM **QUICK FIT**

## SATURDAY

## SUNDAY

NO CLASSES

### OPEN 24 HOURS

#### Staffed Hours:

M-Th: 4 PM – 8 PM  
Sat: 8 AM – 12 PM

### Bold indicates paid classes

\$10/class or \$60/month

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

**Regular classes will not be held on holidays.**

## Pool Schedule LAP SWIM – Must be 14 years old to swim.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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

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