

January – April 2017 Group Fitness



4600 S Tennis Lane
Sioux Falls, SD 57106
(605) 361-0445
joininggreatlife.com

MONDAY

5:45-6:30 AM RealRyder
8:00-8:50 AM All Levels Yoga
9:00 AM Aqua Aerobics
9:00 AM Cardio Interval
12:00 PM Tai-Yo-Pi
4:35-5:30 PM Cardio Interval
5:40-6:35 PM Hi/Lo Cardio
6:45 PM BodyPump®

TUESDAY

5:45 AM BodyPump®
5:45-6:30 AM RealRyder
8:00 AM Low Impact Step
9:00 AM RealRyder
9:10 AM Aqua Aerobics
9:00 AM Zumba
12:15-12:45 PM BodyPump® Express
12:15-1:00 PM RealRyder/Abs
4:35-5:30 PM Step
5:40-6:35 PM PiYo
6:00-6:45 PM RealRyder
6:00 PM Aqua Aerobics
6:45 PM Zumba

WEDNESDAY

5:45 AM PiYo
5:45-6:30 AM RealRyder
9:00 AM Aqua Aerobics
9:00 AM BodyPump®
12:00 PM Tai-Yo-Pi
4:35-5:30 PM Zumba
5:40-6:35 PM BodyPump®

THURSDAY

5:45 AM BodyPump®
5:45-6:30 AM RealRyder
8:00 AM Low Impact Step
9:00 AM RealRyder
9:00 AM Zumba
12:00 PM Tai Chi
12:15-1:00 PM RealRyder/Abs
4:35-5:30 PM Hi/Lo Cardio
5:40-6:35 PM BodyPump®
6:00-6:45 PM RealRyder
6:00 PM Aqua Aerobics
6:45 PM Zumba

FRIDAY

5:45-6:30 AM RealRyder
8:00-8:50 AM All Levels Yoga
9:00 AM BodyPump®
9:00 AM Aqua Aerobics
12:00 PM Tai-Yo-Pi

SATURDAY

7:30 AM RealRyder
8:00 AM Aqua Aerobics
8:00-8:45 AM PiYo
9:00 AM BodyPump®
10:05 AM Zumba

SUNDAY

2:00 PM PiYo
3:30 PM Yin Yoga
5:00 PM BodyPump®
6:05 PM Zumba

Hours:

M-F: 5:30 AM – 11 PM
Sat & Sun: 7 AM – 9 PM

RealRyder and BodyPump have a maximum capacity. Please pick up a card 30 minutes before class at the Member Support desk in order to secure your spot.

Please note: Class instructors and class types are subject to change without prior notice. Classes are 55 min unless noted otherwise.

Regular classes will not be held on holidays.

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

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January – April 2017 Pool Schedule



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ADULT SWIM – Must be 14 years old to swim.

ONLY lap swimming allowed during Aqua Aerobics and Lessons.

Please note that there will always be at least 1 swim lane available for lap swim (age restrictions still apply)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM		
6:00am							
7:00am						ADULT SWIM	ADULT SWIM
8:00am						AQUA AEROBICS	
9:00am	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS	FAMILY SWIM	FAMILY SWIM
10:00am	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM		
11:00am							
NOON							
1:00pm							
2:00pm							
3:00pm							
4:00pm							LESSONS
5:00pm							
6:00pm		AQUA AEROBICS		AQUA AEROBICS			
7:00pm		ADULT SWIM		ADULT SWIM			
8:00pm							
9:00pm							
10:00pm							

Woodlake offers private and group swim lessons. Please call (605) 361-0445 or visit the front desk for more details.



FAMILY SWIM is a designated time for kids and families to come in and enjoy the pool.

- Please note there is NO LIFEGAUARD on duty and kids under 14 must have an adult with them at all times.
- Kids that are NOT potty trained must be in a swim diaper.
- *Lap swimmers, be aware that families will be in the pool.*



AQUA AEROBICS is led by a group fitness instructor and is meant for anyone 14 years or older.

- Classes are as easy or challenging as you make it, so all skill levels are welcome.
- ONLY lap swimming is allowed during Aqua Aerobics.



ADULT SWIM is designated times when only members 14 and OLDER can be in the pool.



LESSONS are led by our Swim Team Lead Chris Mehlhaff. Contact him at Chris.Mehlhaff@joingreatlife.com for questions.

- Lessons will be taking place throughout the year. Please respect the instructors that are teaching.
- When lessons are in session, ONLY adult lap swimming is allowed. If lessons are NOT in session, the pool is open to families.
- Please ask the Member Support team if you have any questions.