

# May - August 2017 Group Fitness



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

## MONDAY

5:45-6:30 AM RealRyder  
5:45-6:30 AM Pilates Mat (starts 6/5)  
8:00-8:50 AM All Levels Yoga  
9:00 AM Aqua Aerobics  
9:00 AM RealRyder  
9:00 AM Cardio Interval  
12:00 PM Tai-Yo-Pi  
4:35-5:30 PM Cardio Circuit  
5:40-6:35 PM Cardio Interval  
6:45 PM BodyPump®

## TUESDAY

5:45 AM BodyPump®  
5:45-6:30 AM RealRyder  
8:00 AM Step  
9:00 AM Aqua Aerobics  
9:00 AM Zumba  
11:15-12:00 Pilates Mat  
12:15-12:45 PM BodyPump® Express  
12:15-1:00 PM RealRyder/Core  
4:35-5:30 PM Cardio Interval  
5:40-6:35 PM PiYo  
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 PM BodyPump®

## THURSDAY

5:45 AM BodyPump®  
5:45-6:30 AM RealRyder  
8:00 AM Step  
9:00 AM Zumba  
12:00 PM Pilates Mat  
12:15-1:00 PM RealRyder/Core  
4:35-5:30 PM Cardio Interval  
5:40 PM BodyPump®  
6:00 PM Aqua Aerobics  
6:50 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  
8:55 AM BodyPump®  
10:05 AM Zumba

## SUNDAY

3:40 PM PiYo  
4:50 PM BodyPump®  
6:00 PM Zumba

### Hours:

Mon - Fri: 5 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. Thanks for your understanding. Classes are 60 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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# May – August 2017 Pool Schedule



4600 S Tennis Lane  
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**ADULT SWIM – Must be 14 years old to swim.  
ONLY lap swimming allowed during Aqua Aerobics.**

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 Patrick Leach. Contact him at Patrick.Leach@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** members taking lessons are allowed in the pool area. If lessons are NOT in session, the pool is open to families.
  - Please ask the Member Support team if you have any questions.