

# May - August 2017 Group Fitness



112 W 39<sup>th</sup> Street  
Sioux Falls, SD 57105  
(605) 271-3232  
joingreatlife.com

## MONDAY

5:45 AM HIIT  
12:15 PM HIIT (30 min)  
4:30 PM Circuit  
5:30 PM HardCORE (30 min)  
6:00 PM Barre

## TUESDAY

12:00 PM Barre  
4:30 PM Power Cycling (45 min)  
**5:30 PM Kettlebell Circuit - \$**  
5:45 PM PiYo

## WEDNESDAY

5:45 AM Power Cycling (45 min)  
4:30 PM HIIT  
5:30 PM Body Sculpt

## THURSDAY

4:30 PM HIIT w/Abs (45 min)  
**5:30 PM Kettlebell Circuit - \$**  
5:30 PM Zumba

## FRIDAY

NO CLASSES

## SATURDAY

9:00 AM Circuit

### OPEN 24 HOURS

#### Staffed Hours:

M-Th: 9 AM – 8 PM  
Fri: 9 AM – 6 PM  
Sat: 9 AM – 12 PM

### Bold indicates paid classes

Kettlebell Circuit - \$7.50/class  
\*Must reserve spot at least 24 hours in advance  
To reserve or for more info call  
605-271-3232

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

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

## Class Descriptions

- **Circuit (60 min)** – This class includes it all! Focus on strengthening/ sculpting and cardiovascular exercises to achieve solid muscle toning and a maximum calorie burn.
- **Power Cycling (45 min or 60 min)** – An intense class for those who want to push their ride to the next level. Tension can be easily adjusted to give you a great workout whether you're a beginner or advanced rider.
- **HardCORE (30 min)** – A great class that hits your core from all angles, this workout is designed to strengthen, shape, and define your middle! Works your abs, back and hip flexors. Mats are provided but members are allowed to provide their own.
- **Barre** – Barre combines Pilates, Yoga, and ballet moves to give you lean sculpted muscles while keeping everything low impact and easy on joints.
- **Kettlebell Circuit** – A high intensity bootcamp workout that includes kettlebells, suspension trainers, sandbags, ropes and more to combine strength, conditioning, and endurance in one class. Class will be held outside during the summer months (weather permitting).
- **PiYo (60 min)** – Combines the sculpting benefits of Pilates with the strength and flexibility of a yoga class. We crank up the speed to deliver a fat-burning low impact workout to leave you looking and feeling great.
- **BodySculpt (60 min)** – An aerobic class that combines cycling and strength training with dumbbells. Tone, strengthen and boost your muscular fitness while also working the cardiovascular system.
- **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 (30 or 45 min)** – 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!

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

@JoinGreatLIFE | [www.Facebook.com/JoinGreatLIFE](http://www.Facebook.com/JoinGreatLIFE) | #MyGreatLIFE