

May - August 2017 Group Fitness

GreatLIFE PERFORMANCE & FITNESS CENTER

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

MONDAY

9:30 AM Pilates Mat*
5:30 PM Barre
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM **First 5K-\$ (May 1-June 26)**
6:30 PM PiYo

TUESDAY

5:30 AM Barre (Starting in June)
9:30 AM PiYo
5:30 PM Zumba
5:45 PM **Pro Beach-\$**
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM Barre
6:30 PM **Kick Start-\$**

WEDNESDAY

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

THURSDAY

5:30 AM Barre (Starting in June)
9:30 AM PiYo
5:30 PM Zumba
6:00 PM **Quick Fit (30 min)-\$**
6:30 PM Barre
6:30 PM **Kick Start-\$**

FRIDAY

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

SATURDAY

8:00 AM Pilates Mat*
9:00 AM Barre
9:30 AM **Quick Fit - \$**
10:00 AM PiYo
11:00 AM All Levels Yoga (75 min)

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 Not in Group Fitness Studio

Kick Start – \$25/per month
Quick Fit – \$5/class or \$50/month
Pro Beach – \$5/class
First 5K – \$10/class or \$60 for entire series

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

- **All Levels Yoga** – Built for beginners and those that want a simple concise practice. Learn the foundations of a healthy yoga practice; movements that build a little heat in the body, connected with your breathing. Leave feeling refreshed and renewed.
- **Barre** – Combines Pilates, Yoga, and ballet moves, to give you lean sculpted muscles while keeping everything low impact and easy on joints.
- **Body Sculpt** – An aerobics class that includes strength training. Tone, strengthen and boost your workouts in this class.
- **First 5K** – For anyone wanting to run their first 5K or improve their 5K time. Includes a weekly guided run and mileage goals. Training on injury prevention, foam rolling, nutrition and hydration and choosing proper footwear.
- **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!
- **Kick Start** – Kick start your fitness in a fun, energetic environment that combines training with team bonding. Learn different training techniques and ideas, all while getting a great workout. Whether you are new to fitness or looking for some new ideas, this class will help you get started!
- **MuscleMax** – Use weights and your own bodyweight to maximize your strength and define your muscles. Leave feeling strong!
- **Pilates Mat** – Total body workout with emphasis on the core. Includes strength training, light cardio, and total body toning and sculpting. Various levels are shown throughout class to accommodate all levels. Beginners welcome.
- **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.
- **Pro Beach** – Biceps, Triceps, Shoulders, Chest, Back, and Core! All the muscles to show off at the beach. This class will help you show off during the summer months while you are spending time enjoying the outdoors.
- **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.
- **Recovery (Yin Yan) Yoga** – All about deep stretching and complete relaxation. Yin is a complement to an active yoga practice or life in general and is suitable for everyone. It lengthens ligaments, softens joints and relaxes the back.
- **Zumba (60 min)** – 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!

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

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