

# May 1- August 31 2017 Group Fitness



7900 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 (75 minutes)

## TUESDAY

10:00 AM Aqua Aerobics  
5:45 PM ZUMBA (Starts May 8<sup>th</sup>)

## WEDNESDAY

9:00 AM **QUICK FIT** Lower Body  
6:00 PM All Levels Yoga (75 minutes)

## THURSDAY

10:00 AM Aqua Aerobics

## FRIDAY

9:00 AM **QUICK FIT**

## SATURDAY

NO CLASSES

## 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 INDIVIDUALS THROUGH GOLF, FITNESS AND HEALTHY LIFESTYLES.

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