

# June 20-August 2017 Group Fitness



300 W 11<sup>th</sup> Street  
Sioux Falls, SD 57104  
(605) 275-0997  
joininggreatlife.com

## MONDAY

6:10-6:50 AM Stretch & Sweat Shallow  
8:00-8:45 AM Aqua Aerobics Shallow  
9:00-9:45 AM High Low Impact  
12:10-12:50 PM Aqua Aerobics  
12:10-12:50 PM Strength Circuit  
5:45-6:45 PM PiYo

## TUESDAY

6:10-6:50 AM Power Move Deep  
6:10-6:50 AM Core Fit & Cardio  
8:00-8:45 AM Stretch & Sweat Shallow  
9:00-9:45 AM High Low Impact  
12:10-12:50 PM Strength & Cardio Deep  
12:10-12:50 PM Cardio Circuit  
5:30-6:30 PM FOD

## WEDNESDAY

6:10-6:50 AM Stretch & Sweat Shallow  
8:00-8:45 AM Aqua Aerobics Shallow  
9:00-9:45 AM High Low Circuit  
11:30-12:10 PM Barre  
12:10-12:50 PM Aqua HIIT Shallow  
5:45-6:45 PM PiYo

## THURSDAY

6:10-6:50 AM Power Move Deep  
6:10-6:50 AM Core Fit & Cardio  
8:00-8:45 AM Stretch & Sweat Shallow  
9:00-9:45 AM High Low Impact  
12:10-12:50 PM Strength & Cardio Deep  
12:10-12:50 PM Spin & Strength  
5:30-6:30 PM FOD

## FRIDAY

8:00-8:45 AM Aqua Aerobics Shallow  
12:10-12:50 PM Aqua Aerobics

## SATURDAY

8:30-9:15 AM Rotation of Combo and Zumba  
9:45-10:30 AM PiYo

## SUNDAY

NO CLASSES

**June-Aug Hours:**  
**M-Th: 6 AM - 9 PM**  
**Fri: 6 AM - 6:30 PM**  
**Sat: 7AM - 1:30PM**  
**Sun: Closed**

*Please note: Class instructors and class types are subject to change without prior notice. Thanks for your understanding. Fitness on Demand (FOD) available when there are no classes scheduled.*

**Regular classes will not be held on holidays.**  
May 29 Memorial Day Closed  
July 4<sup>th</sup> Closed

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

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# June 20-August 2017 Pool Schedule



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(605) 275-0997  
[joingreatlife.com](http://joingreatlife.com)

**LAP SWIM – Must be 14 years old to swim.**  
Visit [EmBe.org](http://EmBe.org) for a live pool schedule.

## June thru July Swim Schedule-No Family Swim Available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM – 6 PM	6 AM – 8:45 PM	6 AM – 6 PM	6 AM – 8:45 PM	6 AM – 6:15 PM	7 AM – 1:15 PM	Closed

## August Pool Schedule-(No Family Swim Available)

Mon 6am-8:45pm  
Tues 6am-8:45pm  
Wed 6am-8:45pm  
Thur 6am-8:45pm  
Fri 6am-6:15pm  
Sat 7am-1:15pm  
Sun Closed

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