

September-December 2017 Group Fitness



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

MONDAY

8:30 AM MuscleMax (45 min) - Holly
9:30 AM Pilates Mat - Katie
5:30 PM Barre - Jill
6:00 PM **Quick Fit (30 min) - Brian - \$**
6:30 PM PiYo - Jill

TUESDAY

5:30 AM Pilates Mat – **Start 9/12** - Tammy
5:45 AM **Quick Fit (45 min) – Briana - \$**
9:30 AM PiYo - Heather
5:30 PM Zumba - Susanne
6:00 PM **Quick Fit (30 min) - Brian - \$**
6:30 PM Barre - Katie

WEDNESDAY

5:30 AM HIIT (45 min) - Ashley
8:30 AM MuscleMax - Carol
9:30 AM Barre - Katie
5:30 PM PiYo - Dian
6:00 PM **Quick Fit (30 min) - Brian - \$**
6:30 PM Recovery (Yin Yan) Yoga - Jennifer

THURSDAY

5:30 AM Barre – **Start 9/14** - Tammy
5:45 AM **Quick Fit (45 min) - Briana - \$**
9:30 AM PiYo - Heather
5:30 PM Zumba - Susanne
6:00 PM **Quick Fit (30 min) - Brian - \$**
6:30 PM Barre - Katie

FRIDAY

8:30 AM HIIT (45 min) - Holly
9:30 AM MuscleMax (45 min) - Holly

SATURDAY

8:00 AM Pilates Mat - Katie
9:00 AM Barre - Katie
9:00 AM **Pro Beach (30 min) - Mike - \$**
9:30 AM **Quick Fit (30 min) - Brian - \$**
10:00 AM PiYo - Tammy
11:00 AM All Levels Yoga (75 min) - Kurt

OPEN 24 HOURS Staffed Hours: M-Th: 5 AM – 10 PM Fri: 5 AM – 8 PM Sat & Sun: 8 AM – 6 PM	Paid classes: Quick Fit - \$10/class or \$60/month Pro Beach - \$5/class (Not held in the Group Fitness Studio)	Please arrive at least 5 min before class. Class instructors/types subject to change without prior notice. Classes are 60 min unless noted above.
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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 and movements connected with breathing to build heat in the body. Leave feeling refreshed and renewed.
- **Barre:** Combines the principles of Pilates, ballet and group fitness. Utilizes the ballet barre to focus on the glutes and thighs. Pilates mat and arm strength are incorporated to tone, sculpt and strengthen from head to toe.
- **HIIT (High Intensity Interval Training):** Burn calories, lose weight, build lean muscle, and improve cardio health in a short amount of time. Guaranteed to keep your heart pumping!
- **MuscleMax:** Use weights and your own bodyweight to maximize your strength and define your muscles. Leave feeling strong!
- **Pilates Mat:** Total body workout with an emphasis on the core. Includes strength training and light cardio for muscle toning and sculpting.
- **PiYo:** 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! Get and stay beach-ready while enjoying the outdoors.
- **Quick Fit:** Surprising. Results. Fast. Experience something new and exciting during each 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 quick.
- **Recovery (Yin Yan) Yoga:** Deep stretching and complete relaxation. Yin is suitable for everyone. It lengthens ligaments, softens joints and relaxes the back, restoring your body for further yoga practice or the day-to-day movement of life.
- **Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

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

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