

September-December 2017 Group Fitness



7900 E Arrowhead Pkwy
Sioux Falls, SD 57110
(605) 335-5900
joingreatlife.com

MONDAY

9:00 AM **QUICK FIT** Upper Body
5:45 PM All Levels Yoga
7:10 PM ZUMBA

TUESDAY

10:00 AM Aqua Aerobics
7:10 PM ZUMBA

WEDNESDAY

9:00 AM **QUICK FIT** Lower Body
5:45 PM All Levels Yoga
7:10 PM ZUMBA

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

Please arrive at least 5 min before class.

Class instructors/types subject to change without prior notice.

Classes are 60 min unless noted above.

Paid class:

Quick Fit - \$10/class or \$60/month
(See the personal trainer for details.)

Regular classes will not be held on holidays.

Class Description

- **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.
- **Aqua Aerobics:** Utilize water resistance for a great cardio and toning workout with very little impact – easy on the joints.
- **Quick Fit:** Surprising. Results. Fast. Experience 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 quick.
- **Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Pool Schedule **LAP SWIM – Must be 14 years old to swim.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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

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