

# Sept-December 2017 Group Fitness



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

## MONDAY

6:10 AM Aqua Aerobics - Shallow (40 min) - Bev  
8:00 AM Aqua Aerobics - Shallow (45 min) - Shiloh  
9:00 AM High Low Impact (45 min) - Barb  
12:10 PM Aqua Aerobics - Shallow (40 min) - Bev  
12:10 PM Strength Circuit (40 min) - Barb  
5:15 PM Power Cycling (45 min) - Val  
5:45 PM PiYo (60 min) - Tammy

## TUESDAY

6:10 AM Aqua Aerobics - Deep (40 min) - Bev  
6:00 AM Cardio Circuit (40 min) - Barb  
8:00 AM Aqua Aerobics - Shallow (45 min) - Bev  
9:00 AM High Low Impact (45 min) - Barb  
12:10 PM Aqua Aerobics - Deep (40 min) - Cheryl  
12:10 PM Cardio Circuit (40 min) - Barb

## WEDNESDAY

6:10 AM Aqua Aerobics - Shallow (40 min) - Bev  
8:00 AM Aqua Aerobics - Shallow (45 min) - Shiloh  
9:00 AM High Low Circuit (45 min) - Barb  
11:30 PM Barre (40 min) - Sherri  
12:10 PM Aqua Aerobics - Shallow (40 min) - Barb  
5:30 PM Zumba (50 min) – Susanne  
6:30 PM Power Cycling (45 min) - Val

## THURSDAY

6:10 AM Aqua Aerobics - Deep (40 min) - Bev  
6:00 AM Cardio Circuit (40 min) - Barb  
8:00 AM Aqua Aerobics - Shallow (45 min) - Bev  
9:00 AM High Low Impact (45 min) - Cole  
12:10 PM Aqua Aerobics - Deep (40 min) - Dana  
12:10 PM Power Cycling (40 min) - Rana  
5:45 PM Pilates Mat (60 min) - Tammy  
6:50 PM HIITai Chi (45 min) - Dan

## FRIDAY

8:00 AM Aqua Aerobics - Shallow (45 min) - Barb  
12:10 PM Aqua Aerobics - Shallow (40 min) - Cheryl  
12:10 PM Power Cycling (40 min) - Barb

## SATURDAY

8:30 AM Rotation: Combo and Zumba (45 min) -  
Laura/Susanne

## SUNDAY

NO CLASSES

### Sept 5-Dec Hours:

M-F: 5 AM - 9 PM  
Sat: 7AM – 5PM  
Sun: 1pm-5pm

JOIN THE GREATLIFE  
GROUP FITNESS PAGE.  
LIKE US ON FACEBOOK  
KEEP UP TO DATE ON ALL  
CLASSES!

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.

Sept 4 Closed Labor Day  
Nov 28 Closed Thanksgiving  
Nov 29 Closing at 7pm  
Dec 24 Closing at 4pm  
Dec 25 Closed Christmas

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

@JoinGreatLIFE | www.Facebook.com/JoinGreatLIFE | #MyGreatLIFE

# September 5-December 2017 Class Descriptions



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

**Aqua Aerobics:** Utilize water resistance for a great cardio and toning workout with very little impact – easy on the joints.

**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.

**Cardio Circuit:** Utilizes cardiovascular exercises with a focus on strengthening and sculpting to achieve solid muscle toning and a maximum calorie burn.

**Combo:** High/low aerobics interspersed with strengthening segments, including abdominal work and stretches.

**High/Low Impact:** Fun and easy to follow aerobic workout building strength and stamina using weights and medicine balls.

**HiITai Chi:** An exhilarating and graceful Tai Chi workout like no other! Burn calories while you experience the blend of slow, flowing movements and fast paced, cardiovascular techniques in easy to follow intervals.

**Pilates Mat:** Total body workout with an emphasis on the core. Includes strength and light cardio for muscle toning and sculpting. Various levels are shown throughout classes to accommodate all levels.

**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.

**Power Cycling:** An intense cycling experience! Bike tension can be easily adjusted to give you a great workout whether you are a beginner or advanced rider wanting to push your ride to the next level.

**Strength Circuit:** An efficient strength training workout that will lead you to the point of maximum effort.

**Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

# September 5-December 2017 Pool Schedule

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

Visit [EmBe.org](http://EmBe.org) for a live pool schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM – 8:45 PM	6 AM – 8:45 PM	6 AM – 8:45 PM	6 AM – 8:45 PM	6 AM – 8:45 PM	7 AM – 4:45 PM Family Swim 1 PM — 4 PM	1 PM – 4:45 PM Family Swim 1 PM — 4 PM

**\*Mon-Fri from 6pm-8pm there will be 1-3 lanes available**

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

@JoinGreatLIFE | [www.Facebook.com/JoinGreatLIFE](http://www.Facebook.com/JoinGreatLIFE) | #MyGreatLIFE