

September-December 2017 Group Fitness



4600 S Tennis Lane
Sioux Falls, SD 57106
(605) 361-0445
joingreatlife.com

MONDAY

5:30 AM RealRyder (45 min) - Dan
5:30 AM Pilates Mat (45 min) - Tammy
8:00 AM All Levels Yoga (50 min) - Bailey
9:00 AM Aqua Aerobics - Leslie
9:00 AM Cardio Interval - Missy R.
10:10 AM BodyPump® - LaVae
12:00 PM Tai-Yo-Pi - Sue
4:35 PM Cardio Circuit - Carol
5:40 PM Cardio Interval - Ken
6:45 PM BodyPump® - Ken

TUESDAY

5:30 AM BodyPump® - Kristin
5:30 AM RealRyder (45 min) - Kari
8:00 AM Step - Sue
9:00 AM Aqua Aerobics - Lou
9:00 AM Zumba - Missy R.
12:15 PM BodyPump® Express (30 min) - Anna
12:15 PM RealRyder/Core (45 min) - Karen
4:35 PM Step Circuit - Carol
5:40 PM PiYo - ROTATION
6:00 PM RealRyder (45 min) - Heather
6:00 PM Aqua Aerobics - Rachel
6:45 PM Zumba - Gail

WEDNESDAY

5:30 AM PiYo - Amy
5:30 AM RealRyder (45 min) - Dan
9:00 AM Aqua Aerobics - Sue
9:00 AM BodyPump® - LaVae
12:00 PM Tai-Yo-Pi - Sue
4:35 PM Zumba - Missy R.
5:40 PM BodyPump® - Kristin
6:50 PM Cardio Kickbox (45 min)- ROTATION

THURSDAY

5:30 AM BodyPump® - Kristin
5:30 AM RealRyder (45 min) - Kari
8:00 AM Step - Sue
9:00 AM Zumba - Missy R.
12:15 PM Cardio/Core (30 min) - LaVae
12:15 PM RealRyder/Core (45 min) - Karen
4:35 PM Cardio Interval - Carol
5:40 PM BodyPump® - Ken
6:00 PM Aqua Aerobics - Rachel
6:50 PM Zumba - Milissa

FRIDAY

5:30 AM Pilates Mat (45 min) - Tammy
5:30 AM RealRyder (45 min) - Heather
8:00 AM All Levels Yoga (50 min) - Chelsey
9:00 AM BodyPump® - LaVae
9:00 AM Aqua Aerobics - Leslie
11:00 AM Tai-Yo-Pi - Sue **(starting Dec 1)**
12:15 PM BodyPump® Express (30 min) - Anna

SATURDAY

7:30 AM RealRyder - ROTATION
8:00 AM Aqua Aerobics - Leslie
8:00 AM PiYo (45 min) - ROTATION
8:55 AM BodyPump® - ROTATION
10:05 AM Zumba - Missy R.

SUNDAY

2:00 PM PiYo - ROTATION
4:50 PM BodyPump® - ROTATION
6:00 PM Zumba - Milissa

Woodlake Hours: Mon-Fri 5 AM – 11 PM; Sat & Sun 7 AM – 9 PM

<p>Class instructors/types subject to change without prior notice.</p> <p>Classes are 55 min unless noted above.</p>	<p>Class Locations:</p> <ul style="list-style-type: none"> • RealRyder classes held upstairs in the RealRyder Studio, overlooking the basketball and tennis courts. • Aqua classes held in the pool. • All other classes held in the Group Fitness Studio above the weight/cardio area. 	<p><i>RealRyder, BodyPump & Zumba participants: Pick up a card 30 minutes before class at the Member Support desk to secure your spot.</i></p>
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REGULAR CLASSES WILL NOT BE HELD ON HOLIDAYS.

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

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September-December 2017 Class Descriptions



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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.

BodyPump: For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. You will burn a large amount of calories in this 55 min class. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Cardio/Core: Maximize your workout time with cardio and core focused exercises.

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

Cardio Interval: Build strength and endurance using a variety of cardio combinations.

Cardio Kickboxing: A boxing, martial arts and aerobics fusion class offering an intense cross-training and total-body workout.

Pilates Mat: Total body workout with an emphasis on the core. Includes strength 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.

RealRyder or RealRyder/Core: Ready to experience the exhilaration of outdoor cycling right at the gym? Then it's time to experience RealRyder. Get a solid cardio workout with even more benefits: stronger core, improved balance and coordination, toned arms and legs, greater joint mobility, and improved endurance, speed and agility.

Step or Step Circuit: Utilizes the step for a great cardio workout without the bouncing movements. Low impact. High intensity.

Tai-Yo-Pi: Tai Chi, Yoga and Pilates. This combination of movements leads your body through a workout that will leave you feeling stronger, more flexible and relaxed.

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

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