

# September - December 2017 Group Fitness



112 W 39<sup>th</sup> Street  
Sioux Falls, SD 57105  
(605) 271-3232  
joingreatlife.com

## MONDAY

5:45 AM HIIT (45 min)  
4:30 PM Body Sculpt  
5:30 PM HardCORE (30 min)

## TUESDAY

12:00 PM Barre (45 min)  
4:30 PM Cardio Circuit  
5:45 PM PiYo

## WEDNESDAY

5:45 AM Power Cycling (45 min)  
4:30 PM HIIT (45 min)  
5:30 PM Body Sculpt  
6:30 PM Barre

## THURSDAY

4:30 PM Power Cycling (45 min)  
5:30 PM Zumba

## FRIDAY

NO CLASSES

## SATURDAY

9:00 AM Cardio Circuit

### OPEN 24 HOURS

#### Staffed Hours:

M-Th: 9 AM – 8 PM  
Fri: 9 AM – 6 PM  
Sat: 9 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.

**Regular classes will not be held on holidays.**

## Class Descriptions

- **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.
- **BodySculpt:** Combines cycling and strength training with dumbbells. Tone, strengthen and boost your muscular fitness while also working the cardiovascular system.
- **Cardio Circuit:** Utilizes cardiovascular exercises with a focus on strengthening and sculpting to achieve solid muscle toning and a maximum calorie burn.
- **HardCORE:** Work your core from all angles with this workout designed to strengthen, shape, and define your middle! Focuses on abs, back, and hip flexors.
- **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!
- **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.
- **Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

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