

Sept 1 – Dec 31, 2018 Group Fitness



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

MONDAY

5:45 PM All Levels Yoga – Julie***
7:00 PM All Levels Yoga – Michelle

TUESDAY

WEDNESDAY

5:45 PM All Levels Yoga – Julie***

THURSDAY

FRIDAY NO CLASSES

SATURDAY NO CLASSES

SUNDAY NO CLASSES

<p>OPEN 24 HOURS Staffed Hours: M-Th: 4 PM – 8 PM Sat: 8 AM – 12 PM</p>	<p>Please arrive at least 5 min before class. Class instructors/types subject to change without prior notice. Classes are 55-60 min unless noted above. You must be at least 14 years old to participate in GreatLIFE group fitness classes.</p>	<p>***Class sign up required. Sign up available 1 week prior to class at Willow Run or text instructor at 612-849-0500. Please allow extra time for parking during golf season.***</p>
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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.

Follow GreatLIFE Group Fitness on Facebook for class updates and information.

Pool Schedule

NO LIFEGUARD ON DUTY! Members under 14 years old must be accompanied by a guardian.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>← 5:30 AM – 7 PM Open Swim Residence Swim ONLY after 7 PM →</p>						

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

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