

# Sept 1 - Dec 31, 2018 Group Fitness



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

## MONDAY

4:30 PM Extreme 30 (75 min) – Personal Trainer  
5:45 PM HardCORE (30 min) – Personal Trainer  
6:15 PM Zumba – Milissa

## TUESDAY

4:30 PM BodySculpt (45 min) – Personal Trainer  
5:30 PM Core De Force (40 min) –Tarah  
6:15 PM PiYo – Tarah

## WEDNESDAY

4:30 PM BLT (Buns, Legs, Thighs) (30 min) – Personal Trainer  
5:00 PM PiYo (50 min) — Sherry  
6:00 PM Barre – Heidi

## THURSDAY

5:30 PM Core De Force – Tarah

## FRIDAY

NO CLASSES

## SATURDAY

9:00 AM Circuit – Personal Trainer

### OPEN 24 HOURS

#### Staffed Hours:

M-Th: 9 AM – 8 PM

Fri: 9 AM – 6 PM

Sat: 9 AM – 12 PM

Class instructors/types subject to change without prior notice.

Please arrive at least 5 min before class.

Classes are 60 min unless noted above.

*You must be at least 14 years old to participate in GreatLIFE group fitness classes.*

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

## Class Descriptions

- **Circuit:** This class includes it all! Focus on strengthening/sculpting and cardiovascular exercises to achieve solid muscle toning and a maximum calorie burn.
- **Barre:** Barre combines Pilates, Yoga, and ballet moves to give you lean sculpted muscles while keeping everything low impact and easy on joints.
- **BLT (Buns, Legs, Thighs):** A class designed to blast the Buns, Legs, and Thighs with a focus on increasing strength and toning.
- **BodySculpt:** An aerobics class that combines cycling and strength training with dumbbells. Tone, strengthen and boost your muscular fitness while also working the cardiovascular system.
- **Core De Force:** Workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations, bodyweight moves, and a fat-blasting cardio spike in every round.
- **Extreme 30:** A new concept within GreatLIFE. Get the atmosphere of a class, the instruction of a personal trainer, with the flexibility to fit your schedule! This unforgiving 30-minute workout will have your heart pounding and leave you gasping for breath. Use TRX straps, kettlebells, battle ropes, and more to give you full body conditioning. Complete a warm-up on your own and jump in to the circuit at any point during the block of time; just 30 minutes and you're done. If you are crazy enough to try it, we will be here.
- **HardCORE:** A great class that hits your core from all angles, this workout is designed to strengthen, shape, and define your middle! Works your abs, back and hip flexors. Mats are provided but members are encouraged to provide their own.
- **PiYo:** Combines the sculpting benefits of Pilates with the strength and flexibility of a yoga class. We crank up the speed to deliver a fat-burning low impact workout to leave you looking and feeling great.
- **Zumba:** This class combines different music styles for a fun and effective workout that includes dance and aerobic elements. Move naturally to the beat of the music and enjoy feeling good!

OUR MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUAL THROUGH GOLF, FITNESS AND HEALTHY LIFESTYLES.

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