

# Sept 1 –Dec 31, 2018 Group Fitness



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

## MONDAY

8:00 AM Aqua Aerobics – Shiloh  
9:00 AM All Levels Yoga (60 min) – Kurt  
12:00 PM Aqua Aerobics (40 min) – Cheryl  
5:45 PM PiYo – Tammy

## TUESDAY

5:45 AM HIIT (30 min; in the Gym) – Cole  
9:00 AM Fitness on Demand - Cardio Circuit

## WEDNESDAY

8:00 AM Aqua Aerobics - Barb  
9:00 AM All Levels Yoga (60 min) – Kurt  
12:00 PM Aqua Aerobics (40 min) – Barb  
12:15 PM Power Cycling – Val

## THURSDAY

5:45 AM HIIT (30 min; in the Gym) – Cole  
9:00 AM Fitness on Demand - Cardio Circuit

## FRIDAY

8:00 AM Aqua Aerobics – Barb  
9:00 AM Cardio Circuit – Barb  
12:00 PM Aqua Aerobics (40 min) – Barb  
12:15 PM Cardio Strength HIIT – Rachel

## SATURDAY

8:30 AM Rotation: Combo and Zumba (45-60 min)  
- Laura/Susanne

## SUNDAY

NO CLASSES

**HOURS:**  
Mon-Fri 5am-9pm  
Sat 7am-5pm  
Sun 1-5pm

Please arrive at least 5 min before class.  
Class instructors/types subject to change without prior notice.  
Classes are 45 min unless otherwise noted.  
*You must be at least 14 years old to participate in GreatLIFE group fitness classes.*

**Regular classes will not be held on holidays.  
GreatLIFE EmBe CLOSED: Labor Day, Thanksgiving, & Christmas Day**

### Class Descriptions

- **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 joints.
- **Cardio Circuit:** Utilizes cardiovascular exercises with a focus on strengthening and sculpting to achieve solid muscle toning and a maximum calorie burn.
- **Cardio Strength HIIT:** Alternate between strength training and cardio exercises set in an interval format. This workout has the potential to help you reach your maximum effort and guarantees to keep your heart pumping.
- **Combo:** High/low aerobics interspersed with strengthening segments, including abdominal work and stretches.

- **HIIT (High Intensity Interval Training):** Burn calories, build lean muscle and improve cardio health using various exercises done in an interval format. 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.

### Fitness classes are just a click away with Fitness On Demand!

Enjoy the convenience and experience of a *virtual group fitness class* with over 28 different fitness formats. Fitness on Demand has everything from intense HIIT workouts to restorative yoga brought to you by some of the best: **Jillian Michaels, Dashama, Cycling Fusion, POWER STEP, revolution, RIP, GAIAM, YogaFit, GymRa, LatinYa Fitness, cathe, CoffeyFIT**, to name a few.  
\*\*\*Fitness On Demand is available anytime except Wed 12:00-1:15 pm.\*\*\*

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

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

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**LAP SWIM – Must be 14 years old to swim.**  
 Visit EmBe.org for a live pool schedule.

**Sept 1-Dec 31, 2018**  
**Pool Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM – 6 PM	5 AM – 6 PM	5 AM – 6 PM	5 AM – 6 PM	5 AM – 6 PM	7 AM – 4:45 PM Family Swim 1 PM – 4 PM	1 PM – 5 PM

**\*Mon-Fri from 6pm-8pm there will be limited lanes available.**

**Basketball court open Mon/Wed/Fri 5-7 am; Mon-Fri 1-3 pm.**

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