

# Oct 1- Dec 31, 2018 Group Fitness

**GreatLIFE** 5901 S Southeastern Ave.  
Sioux Falls, SD 57108  
**PERFORMANCE & FITNESS CENTER** (605) 271-7324  
joingreatlife.com

## MONDAY

5:30 AM HIIT (45 min) – Holly  
8:30 AM Fit Mix (45 min) – Holly  
9:30 AM Barre – Katie  
11:30 AM Fit M.O.M. (50 min) – Mike  
12:00 PM Quick Fit (11/5-12/19) – Randall - \$  
4:30 PM PiYo (50 min) – Dian  
5:30 PM Cardio Barre (50 min) – Daniele  
6:30 PM INSANITY@ (30 min) – Natasha

## TUESDAY

5:45 AM Quick Fit (45 min) - Briana - \$  
8:30 AM Barre (50 min) – Teri  
9:30 AM PiYo (60 min) – Heather  
5:30 PM Barre (50 min) – Val  
6:00 PM Quick Fit (30 min) - Brian - \$  
6:30 PM Vinyasa (60 min) – Kurt

## WEDNESDAY

5:30 AM HIIT (45 min) – Rachel  
8:30 AM MuscleMax (50 min) – Carol  
9:30 AM Pilates Mat – Katie  
11:30 AM Fit M.O.M. (50 min) – Mike  
12:00 PM Quick Fit (11/5-12/19) – Randall - \$  
4:30 PM Barre (50 min) – Katie  
5:30 PM PiYo (50 min) – Dian  
6:30 PM Zumba – Michaela (starting 10/3)

## THURSDAY

5:45 AM Quick Fit (45 min) - Briana - \$  
8:30 AM Barre (50 min) – Teri  
9:30 AM PiYo (60 min) – Heather  
5:30 PM INSANITY@ -- Natasha  
6:00 PM Quick Fit (30 min) - Brian - \$  
6:30 PM Strength Yoga (60 min) – Karla

## FRIDAY

8:30 AM HIIT (45 min) – Holly  
9:30 AM MuscleMax (45 min) – Holly

## SATURDAY

8:00 AM PiYo (50 min) – Tammy  
9:00 AM Pilates Mat (50 min) – Katie  
10:00 AM Barre (50 min) – Katie  
11:00 AM All Levels Yoga (75 min) – Kurt

## SUNDAY

4:00 PM Vinyasa (60 min) – Kurt

<b>OPEN 24 HOURS</b> <b>Staffed Hours:</b> Mon-Fri: 5 AM – 10 PM Sat: 8 AM – 10 PM Sun: 8 AM – 8 PM	<b>Paid classes: Quick Fit</b> \$10/class or \$60/month (Not held in the Group Fitness Studio)	Class instructors/types subject to change without prior notice. Please arrive at least 5 min before class. You must be at least 14 years old to participate in GreatLIFE group fitness classes.
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**Regular classes will not be held on holidays.**

## 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.
- **Barre/Cardio 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. (Cardio Barre incorporates even more dynamic movement to raise your heart rate and maximize your workout.)
- **Fit M.O.M.:** Fit Moms On the Move! New and expecting mothers come together for a workout as unique as your pregnancy. Our Certified Pre/Post Natal Specialist will create a fitness class perfect for you and your mini's needs by allowing you to bring your little one to class! (*Babies must remain in an infant carrier or stroller while you participate in class. Consult your physician about exercise recommendations prior to attending.*)
- **Fit Mix:** Elevate your strength and stability with continuous dynamic full body strength movement using weights, resistance bands, steps and various equipment.
- **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!
- **INSANITY@:** Max interval training with insane results! 3 to 5 minutes of intense work followed by a short break to gulp some air before you're right back at it!
- **MuscleMax:** Use weights and your own bodyweight to maximize your strength and define your muscles. Leave feeling strong!
- **Pilates Mat:** Total body workout with an emphasis on the core. Includes strength training and light cardio for muscle 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.
- **Quick Fit- \$:** Surprising. Results. Fast. Experience something new and exciting during each session. HIIT training, body weight exercises, body weight suspension exercises, resistance training—you'll discover lots of options to get fit quick.
- **Strength Yoga:** A fitness-based approach to vinyasa-style yoga with an emphasis on strength and flexibility.
- **Vinyasa:** A dynamic class offering a full spectrum of yoga benefits: endurance, flexibility and strength. Yoga postures are connected through breath for a transformative, balancing effect. Experience something different and rewarding every time you step onto your mat.
- **Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**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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