

# Jan. 2 - April 30, 2019 Group Fitness

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

## MONDAY

5:30 AM HIIT – Holly  
8:30 AM Fit Mix – Holly  
9:30 AM Barre – Katie  
12:00 PM **Quick Fit (45 min) – Randall \$**  
5:30 PM Cardio Barre – Daniele  
6:30 PM INSANITY® (30 min) – Natasha

## TUESDAY

5:45 AM **Quick Fit (45 min) – Briana \$**  
8:30 AM Barre – Teri  
9:30 AM PiYo (60 min) – Heather  
4:45PM HardCORE (30 min) – Val  
5:30 PM Barre – Val  
6:00 PM **Quick Fit (30 min) – Brian \$**  
6:30 PM Level 1 Vinyasa (60 min) – Kurt

## WEDNESDAY

5:30 AM HIIT – Rachel  
8:30 AM MuscleMax – Carol  
9:30 AM Pilates Mat – Katie  
12:00 PM **Quick Fit (45 min) – Randall \$**  
4:30 PM Barre – Katie  
5:30 PM PiYo – Dian  
6:30 PM Zumba – Michaela

## THURSDAY

5:45 AM **Quick Fit (45 min) – Briana \$**  
8:30 AM Barre – Teri  
9:30 AM Strength Tabata – Heather  
4:30 PM PiYo – Dian  
5:30 PM INSANITY® – Tammy  
6:00 PM **Quick Fit (30 min) – Brian \$**  
6:30 PM Strength Yoga (60 min) – Karla

## FRIDAY

5:30 AM HIIT – Rachel  
8:30 AM HIIT – Holly  
9:30 AM MuscleMax – Holly  
12:00 PM **Quick Fit (45 min) – Randall \$**

## SATURDAY

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

## SUNDAY

4:00 PM Level 2 Vinyasa (60 min) – Kurt

### OPEN 24 HOURS

**Staffed Hours:**  
Mon-Fri: 5 AM – 10 PM  
Sat: 8 AM – 10 PM  
Sun: 8 AM – 8 PM

### Paid class:

**Quick Fit \$10/class or \$75/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.

Classes are 45-50 min unless noted above

You must be at least 14 years old to participate in

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

## Class Descriptions

- **Alignment-based Yoga:** Introduction for beginning students or students coming back from a hiatus from yoga. Learn the basic poses, alignment plus stretching and strengthening to achieve balance; ends with mindful breathing and basic meditation.
- **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 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!
- **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.
- **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 Tabata:** Maximize your workout with a Tabata style workout including weights, cardio and core in a 2:1 ratio of effort and recovery
- **Strength Yoga:** A fitness-based approach to vinyasa-style yoga with an emphasis on strength and flexibility.
- **Vinyasa:** Introduction for beginning students or students coming back from a hiatus from yoga. Learn the basic poses, alignments plus stretching and strengthening to achieve balance. Ends with mindful breathing and basic meditation.
- **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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