

# Jan. 2 – April 30, 2019 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  
12:00 PM Aqua Aerobics (40 min) – Cheryl  
5:45 PM Cardio PiYo – Tammy  
5:45 PM Power Cycling – Val

## TUESDAY

5:45 AM HIIT (30 min; in the gym) – Cole  
5:30 PM TRX – Karen

## WEDNESDAY

8:00 AM Aqua Aerobics – Barb  
9:00 AM Aerobics – Barb  
12:00 PM Aqua Aerobics (40 min) – Barb  
12:15 PM Power Cycling – Val

## THURSDAY

5:45 AM HIIT (30 min; in the gym) – Rachel

## FRIDAY

8:00 AM Aqua Aerobics – Barb  
9:00 AM Aerobics – Barb  
12:00 PM Aqua Aerobics (40 min) – Barb  
12:15 PM Cardio Strength HIIT (in the gym) – Rana

## SATURDAY

8:30 AM Combo – ROTATION

## 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: New Years Day & Easter Sunday**

## Class Descriptions

- **Aerobics:** A great workout for all levels of fitness, this class combines cardiovascular training and toning exercises, for a superior total body workout.
- **Aqua Aerobics:** Utilize water resistance for a great cardio and toning workout with very little impact – easy on joints.
- **Cardio 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.
- **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!
- **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.
- **TRX:** Boost your metabolism using a TRX suspension trainer to develop strength, balance, flexibility and core stability simultaneously. This delivers a fast and effective total body workout.

### 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](http://EmBe.org) for a live pool schedule.

**Jan. 2 - April 30, 2019**  
**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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