

# May 1 – August 31, 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) – Shiloh  
5:45 PM Power Cycling – Val

## TUESDAY

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

## SATURDAY

8:30 AM Combo – ROTATION

## SUNDAY

NO CLASSES

**HOURS:**  
**Mon-Thurs 5am-9pm**  
**Friday 5am-6:30pm**  
**Sat 7am-1:30pm**  
**Sun Closed**

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: Memorial Day & Fourth of July**

## 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.
- **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.

@JoinGreatLIFE | [www.Facebook.com/groups/GreatLIFEGroupFitness](http://www.Facebook.com/groups/GreatLIFEGroupFitness) | #MyGreatLIFE



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

**May 1 – August 31, 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	Closed

**\*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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