

# May 1 – August 31, 2019 Group Fitness

**GreatLIFE**  
**PERFORMANCE & FITNESS CENTER**

5901 S Southeastern Ave.  
Sioux Falls, SD 57108  
(605) 271-7324  
joingreatlife.com

## MONDAY

5:30 AM HIIT – Holly  
8:30 AM Fit Mix – Holly  
9:30 AM Pilates Mat – Katie  
12:00 PM **Quick Fit (45 min) – Mike \$**  
4:30 PM PiYo – Dian  
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  
4:45 PM HardCORE (30 min) – Val  
5:30 PM Barre – Val  
6:00 PM **Quick Fit (30 min) – Brian \$**  
6:30 PM HIIT – Gail

## WEDNESDAY

5:30 AM HIIT – Rachel  
8:30 AM MuscleMax – Carol  
9:30 AM Barre – Katie  
12:00 PM **Quick Fit (45 min) – Mike \$**  
4:30 PM Fit Mix – Gail  
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 Barre – Carol  
5:30 PM P90X® – Natasha  
6:00 PM **Quick Fit (30 min) – Brian \$**

## FRIDAY

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

## SATURDAY

8:00 AM PiYo – Tammy  
8:30 AM **Quick Fit (30 min) – Brian \$**  
9:00 AM Pilates Mat – Katie  
10:00 AM Barre – Katie  
11:00 AM Vinyasa – Diana

## SUNDAY

**NO CLASSES**

### 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

- **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.
- **P90X®:** Total body cardio and strength training for an effective workout! This results driven workout uses weights to burn calories and build muscle!
- **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
- **Vinyasa:** A dynamic class offering a full spectrum of yoga benefits: endurance, flexibility and strength. Yoga postures (asanas) are connected through breath for a transformative and balancing effect.
- **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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