

# May 1 – August 31, 2019 Group Fitness



112 W 39<sup>th</sup> Street  
Sioux Falls, SD 57105  
(605) 271-3232  
joingreatlife.com

## MONDAY

4:30 PM Extreme 30 (75 min) – Mal  
5:45 PM HardCORE (30 min) – Mal  
6:15 PM Zumba – Milissa

## TUESDAY

4:30 PM BodySculpt (45 min) – Megan  
5:30 PM Core De Force – Lily

## WEDNESDAY

4:30 PM BLT (Buns, Legs, Thighs) (30 min) – Megan  
5:30 PM Cycle Moves (45 minutes) – Jennifer

## THURSDAY

4:30 PM Extreme 30 – Mal  
5:30 PM Core De Force – Tarah

## FRIDAY

NO CLASSES

## SATURDAY

9:00 AM Circuit – Ben/Austin

## SUNDAY

NO CLASSES

### OPEN 24 HOURS

#### Staffed Hours:

M-Th: 9 AM – 8 PM  
Fri: 9 AM – 6 PM  
Sat: 9 AM – 12 PM

Class instructors/types subject to change without prior notice.

Please arrive at least 5 min before class.

Classes are 55-60 min unless noted above.

*You must be at least 14 years old to participate in GreatLIFE group fitness classes.*

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

## Class Descriptions

- **BLT (Buns, Legs, Thighs):** A class designed to blast the Buns, Legs, and Thighs with a focus on increasing strength and toning.
- **BodySculpt:** An aerobics class that combines cycling and strength training with dumbbells. Tone, strengthen and boost your muscular fitness while also working the cardiovascular system.
- **Circuit:** This class includes it all! Focus on strengthening/sculpting and cardiovascular exercises to achieve solid muscle toning and a maximum calorie burn.
- **Core De Force:** Workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations, bodyweight moves, and a fat-blasting cardio spike in every round.
- **Cycle Moves:** This class encourages a total body workout while cycling. We keep the music (and bodies) rocking as we move to the beat throughout this energetic class. Have fun, burn some serious calories and MOVE!
- **Extreme 30:** Get the atmosphere of a class, the instruction of a personal trainer, with the flexibility to fit your schedule! This unforgiving 30-minute workout will have your heart pounding and leave you gasping for breath. Use TRX straps, kettlebells, battle ropes, and more to give you full body conditioning. Complete a warm-up on your own and jump in to the circuit at any point during the block of time; just 30 minutes and you're done.
- **HardCORE:** A great class that hits your core from all angles, this workout is designed to strengthen, shape, and define your middle! Works your abs, back and hip flexors. Mats are provided but members are encouraged to provide their own.
- **Zumba:** This class combines different music styles for a fun and effective workout that includes dance and aerobic elements. Move naturally to the beat of the music and enjoy feeling good!

OUR MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUAL THROUGH GOLF, FITNESS AND HEALTHY LIFESTYLES.

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