

Pool Schedule

NO LIFEGUARD ON DUTY! Members under 14 years old must be accompanied by a guardian.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM
6:00a							
7:00a		CLOSED FOR POOL MAINTENANCE					
8:00a			FAMILY SWIM		FAMILY SWIM		
9:00a							
10:00a				WATER AEROBICS		WATER AEROBICS	
11:00a	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM
Noon							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p	RESIDENT SWIM ONLY						
6:00p							
7:00p		RESIDENT SWIM ONLY	RESIDENT SWIM ONLY	RESIDENT SWIM ONLY	RESIDENT SWIM ONLY	RESIDENT SWIM ONLY	RESIDENT SWIM ONLY
8:00p							
9:00p							
10:00p							

May 1 – August 31, 2019 Group Fitness



7900 E Arrowhead Pkwy
Sioux Falls, SD 57110
(605) 335-5900
joingreatlife.com

MONDAY

5:45 PM All Levels Yoga – Julie***

TUESDAY

10:00 AM Aqua Aerobics –Tessa
6:15 PM Women on Weights –Tessa

WEDNESDAY

5:45 PM All Levels Yoga – Julie***

THURSDAY

10:00 AM Aqua Aerobics –Tessa
6:15 PM Women on Weights –Tessa

FRIDAY

NO CLASSES

SATURDAY

NO CLASSES

SUNDAY

NO CLASSES

<p>OPEN 24 HOURS Staffed Hours: M-Th: 4 PM – 8 PM Sat: 8 AM – 12 PM</p>	<p>Please arrive at least 5 min before class. Class instructors/types subject to change without prior notice. Classes are 55-60 min unless noted above. <i>You must be at least 14 years old to participate in GreatLIFE group fitness classes.</i></p>	<p>***<u>Class sign up required.</u> Sign up available 1 week prior to class at Willow Run or text instructor at 612-849-0500. <i>Please allow extra time for parking during golf season.</i></p>
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Regular classes will not be held on holidays.

Class Descriptions

All Levels Yoga: Built for beginners and those that want a simple concise practice. Learn the foundations of a healthy yoga practice and movements connected with breathing to build heat in the body. Leave feeling refreshed and renewed.

Aqua Aerobics: Utilize water resistance for a great cardio and toning workout with very little impact – easy on the joints.

Women on Weights: Use weights and your own bodyweight to maximize your strength and define your muscles. Leave feeling strong!

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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