

Sept 1 – December 31, 2019 Group Fitness



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

MONDAY

4:30 PM Cardio Circuit (30 min) – Dustin
5:30 PM Cycle & Strength (30 min) – Rachel
6:15 PM Zumba – Elisabeth

TUESDAY

5:30 PM P90X® – Natasha
6:30 PM PiYo®-Lily

WEDNESDAY

5:30 PM Cycle Moves (45 min) – Val

THURSDAY

4:30 PM HardCORE (30 min) – Dustin
5:30 PM Core De Force – Tarah

FRIDAY

5:30 AM Cycle & Strength – Trisha

SATURDAY

8:00 AM Zumba – ROTATION
9:00 AM Circuit – TRAINER ROTATION

SUNDAY

NO CLASSES

OPEN 24 HOURS

Staffed Hours:

M-Th: 9 AM – 8 PM

Fri: 9 AM – 6 PM

Sat: 8 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

- **Cardio 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!
- **Cycle and Strength:** This class offers a total body workout both on and off the bike. Time is split between cardio and resistance training using bodyweight, plyometrics and the bike!
- **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.
- **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!
- **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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