

# Sept 1 – December 31, 2019

## Group Fitness



3105 S. Sertoma Ave  
Sioux Falls, SD 57106  
(605) 271-1975  
joingreatlife.com

### MONDAY

5:30 AM Fit Mix – Gail (45 min)  
12:00 PM **Quick Fit (45 min) – Brandon \$**  
6:00 PM **INSANITY® – Natasha**

### TUESDAY

5:30 AM Kettlebells – Tammy  
6:00 PM Kettlebells – Tammy  
7:00 PM **Quick Fit – Brandon \$**

### WEDNESDAY

5:30 AM Fit Mix – Gail (45 min)  
12:00 PM **Quick Fit (45 min) – Brandon \$**  
6:00 PM **P90X® – Natasha**

### THURSDAY

5:30 AM HardCORE (45 min) – Tammy  
7:00 PM **Quick Fit (45 min)– Brandon \$**

### FRIDAY

NO CLASSES

### SATURDAY

8:30 AM **Quick Fit (30 min) – Brandon \$**

### SUNDAY

NO CLASSES

#### OPEN 24 HOURS

**Staffed Hours:**  
Mon-Thurs: 7 AM – 9 PM  
Fri-Sun: 8 AM – 8 PM

#### Paid class:

**Quick Fit \$10/class or \$75/month**

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*

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

## Class Descriptions

- **Fit Mix:** Elevate your strength and stability with continuous dynamic full body strength movement using weights, resistance bands, steps and various equipment.
- **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.
- **INSANITY®:** Max interval training with insane results! 3 to 5 minutes of intense work followed by a short break to gulp some air before your right back at it.
- **Kettlebell:** Get that heart rate up and challenge your body in ways that are much different than a regular strength training workout! Kettlebells are a highly effective training tool for improving total body strength.
- **P90X:** Total body cardio and strength training for an effective workout! This results driven workout uses weight to burn calories and build muscle!
- **QuickFit:** Surprising. Results. Fast. Experience something new and exciting during each session. HIIT training, bodyweight exercises, resistance training- you'll discover lots of options to get fit quick.

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

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