

Sept 1- December 31, 2019 Group Fitness



300 W 11th Street
Sioux Falls, SD 57104
(605) 275-0997
joingreatlife.com

MONDAY

8:00 AM Aqua Aerobics – Shiloh
12:00 PM Aqua Aerobics (40 min) – Shiloh
5:45 PM Power Cycling – Val

TUESDAY

5:45 AM HIIT (30 min; in the gym) – Cole
5:45 PM Zumba – Susanne

WEDNESDAY

8:00 AM Aqua Aerobics – Barb
9:00 AM Aerobics – Barb
12:00 PM Aqua Aerobics (40 min) – Barb
12:15 PM Power Cycling – Val

THURSDAY

5:45 AM HIIT (30 min; in the gym) – Rachel
5:30 PM TRX (in the gym) – Karen

FRIDAY

8:00 AM Aqua Aerobics – Barb
9:00 AM Aerobics – Barb
12:00 PM Aqua Aerobics (40 min) – Barb
12:15 PM Power Cycling – Val

SATURDAY

8:30 AM Combo/Zumba – ROTATION

SUNDAY

NO CLASSES

OPEN 24 HOURS

Staffed Hours:

Mon-Fri 9am-1pm
4pm-8pm
Sat 8am-12pm

Please arrive at least 5 min before class.

Class instructors/types subject to change without prior notice.

Classes are 45 min unless otherwise noted.

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

**Regular classes will not be held on holidays.
GreatLIFE EmBe CLOSED: Labor Day, Thanksgiving & Christmas Day**

Class Descriptions

- **Aerobics:** A great workout for all levels of fitness, this class combines cardiovascular training and toning exercises, for a superior total body workout.
- **Aqua Aerobics:** Utilize water resistance for a great cardio and toning workout with very little impact – easy on joints.
- **Combo:** High/low aerobics interspersed with strengthening segments, including abdominal work and stretches.
- **HIIT (High Intensity Interval Training):** Burn calories, build lean muscle and improve cardio health using various exercises done in an interval format. Guaranteed to keep your heart pumping!
- **Power Cycling:** An intense cycling experience! Bike tension can be easily adjusted to give you a great workout whether you are a beginner or advanced rider wanting to push your ride to the next level.
- **TRX:** Boost your metabolism using a TRX suspension trainer to develop strength, balance, flexibility and core stability simultaneously. This delivers a fast and effective total body workout.
- **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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LAP SWIM – Must be 14 years old to swim.
 Visit EmBe.org for a live pool schedule.

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Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM – 9 PM	6 AM – 9 PM	6 AM – 9 PM	6 AM – 9 PM	6 AM – 9 PM	7 AM – 5 PM Family Swim 1 PM – 4 PM	1 PM – 5 PM

***Mon-Fri from 6pm-8pm there will be limited lanes available.**

Basketball court open Mon/Wed/Fri 5-7 am; Mon-Fri 1-3 pm.

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