

# Sept 1 – December 31, 2019

## Group Fitness



4600 S Tennis Lane  
Sioux Falls, SD 57106  
(605) 361-0445  
joingreatlife.com

### MONDAY

5:30 AM Cycle Intervals (45 min) – Dan  
5:30 AM HardCORE (45 min) – Tammy  
8:00 AM Aqua Aerobics – Leslie  
9:00 AM Aqua Aerobics – Leslie  
9:00 AM Cardio Interval – Missy  
10:05 AM BodyPump® (30 min) – Kristen  
11:00 AM Tai-Yo-Pi – Sue  
12:15 PM Barre Express (30 min) – Carol  
4:35 PM Cardio Circuit – Carol  
5:40 PM Cardio Interval – Ken  
6:45 PM BodyPump® – Ken

### TUESDAY

5:30 AM Cycle Climb (45 min) – Val  
5:30 AM BodyPump® – Jen  
8:00 AM Step Interval – Sue  
9:00 AM Zumba – Missy  
9:15 AM Aqua Aerobics – Leslie  
10:15 AM All Levels Yoga – Deb  
12:15 PM BodyPump® (45 min) – Kari  
12:15 PM Cycle & Core (45 min) – Karen  
4:35 PM Step Circuit – Carol  
5:40 PM PiYo – Dian  
6:00 PM Cycle HIIT – Heather  
6:50 PM Zumba – Milissa

### WEDNESDAY

5:30 AM Cycle Intervals (45 min) – Dan  
5:30 AM P90X® – Amy  
9:00 AM Aqua Aerobics – Sue  
9:00 AM BodyPump® – Kristen  
11:00 AM Tai-Yo-Pi – Sue  
12:15 PM Cardio Barre Express (30 min) – Daniele  
4:35 PM Zumba – Missy  
5:40 PM INSANITY® (45 min) – Tammy

### THURSDAY

5:30 AM Cycle HIIT (45 min) – Heather  
5:30 AM BodyPump® – Jen  
8:00 AM Step Interval – Sue  
9:00 AM Zumba – Missy  
9:15 AM Aqua Aerobics – Sue  
10:15 AM All Levels Yoga – Deb  
12:15 PM Strength Tabata (30 min) – Heather  
12:15 PM Cycle & Core (45 min) – Karen  
4:35 PM Cardio Circuit – Dian  
5:40 PM BodyPump® – Ken  
6:00 PM Aqua Aerobics – Shiloh  
6:50 PM Zumba – Michaela

### FRIDAY

5:30 AM Pilates Mat (45 min) – Tammy  
8:00 AM Aqua Aerobics – Leslie  
9:00 AM Aqua Aerobics – Leslie  
9:00 AM BodyPump® – Kristen  
11:00 AM Tai-Yo-Pi – Sue  
12:15 PM BodyPump® (45 min) – Rozaria  
5:30 PM INSANITY® – Natasha

### SATURDAY

7:30 AM Cycling – ROTATION  
8:00 AM BodyPump® – ROTATION  
8:00 AM Aqua Aerobics – ROTATION  
9:15 AM PiYo (45 min) – Dian  
10:05 AM Zumba – Missy

### SUNDAY

3:00 PM PiYo – ROTATION  
4:45 PM BodyPump® – ROTATION  
6:00 PM Zumba – Milissa

### Woodlake Hours: Mon-Fri 5 AM – 11 PM; Sat & Sun 7 AM – 9 PM

<p>Class instructors/types subject to change without prior notice. Classes are 55-60 min unless noted above.</p>	<p><b>Class Locations:</b></p> <ul style="list-style-type: none"> <li>• Cycling classes held upstairs in the RealRyder Studio, overlooking the basketball and tennis courts.</li> <li>• Aqua classes held in the pool.</li> <li>• All other classes held in the Group Fitness Studio above the weight/cardio area.</li> </ul>	<p><i>Aqua &amp; BodyPump® participants: Pick up a card/bracelet 60 minutes before class at the Member Support desk to secure your spot.</i></p>
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**REGULAR CLASSES WILL NOT BE HELD ON HOLIDAYS.**

GREATLIFE'S MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUALS THROUGH GOLF, FITNESS AND HEALTHY LIFESTYLES.

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## Class Descriptions



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### 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.
- **Barre/Cardio Barre (Express):** Combines the principles of Pilates, ballet and group fitness. Utilizes the ballet barre to focus on the glutes and thighs. Pilates mat and arm strength are incorporated to tone, sculpt and strengthen from head to toe. (Cardio Barre incorporates even more dynamic movement to raise your heart rate and maximize your workout.) Express classes are the same format, just 30-minutes in length.
- **BodyPump®:** For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. You will burn a large number of calories in this 30-55 min class. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
- **Cardio Circuit:** Utilizes cardiovascular exercises with a focus on strengthening and sculpting to achieve solid muscle toning and a maximum calorie burn.
- **Cardio Interval:** Build strength and endurance using a variety of cardio combinations.
- **Cycling:** Ready to experience the exhilaration of outdoor cycling right at the gym? Then it's time to experience RealRyder. Get a solid cardio workout with even more benefits: stronger core, improved balance and coordination, toned arms and legs, greater joint mobility, and improved endurance, speed and agility. Each class offers different styles such as Intervals, High Intensity, Power or Climbs.
- **HardCORE:** Work your core from all angles with this workout designed to strengthen, shape, and define your middle! Focuses on abs, back, and hip flexors. Class is done in a circuit style format to keep heartrate up!
- **INSANITY®:** Max interval training with insane results! 3 to 5 minutes of intense work followed by a short break to gulp some air before you're right back at it!
- **Pilates Mat:** Total body workout with an emphasis on the core. Includes strength and light cardio for muscle toning and sculpting.
- **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!
- **Step Interval/Step Circuit:** Utilizes the step for a great cardio workout without the bouncing movements. (Step is great for those new to group fitness. Step Circuit is geared towards those looking for a higher intensity workout.)
- **Strength Tabata:** Maximize your workout with a Tabata style workout including weights, cardio and core in a 2:1 ratio of effort and recovery
- **Tai-Yo-Pi:** Tai Chi, Yoga and Pilates. This combination of movements leads your body through a workout that will leave you feeling stronger, more flexible and relaxed.
- **Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

***You must be 16 years old to participate in BodyPump and 14 years old for all other GreatLIFE group fitness classes (including Hot Studio classes).***

***Follow GreatLIFE Group Fitness on Facebook for class updates and information.***

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