



Hot Hit of the Week

Experience all that GreatLIFE classes and instructors have to offer!
Check out the **FREE HOT CLASSES** we are highlighting each month.

Friday, September 6th 12:00pm Hot Power with Karla

Monday, September 9th 5:30am Hot Power with Kyla

Tuesday, September 17th 9:00am Hot Hatha with Deb

Wednesday, September 25th 12:15pm Hot Slam with Haley

Thursday, October 3rd 5:30am Hot Power with Kaydn

Monday, October 7th 5:45pm Hot Yoga Mix with Diana

Wednesday, October 16th 7:00pm Hot Pilates Mat with Tammy

Tuesday, October 22nd 4:30pm Hot 60 with Kyla

Friday, November 8th 5:30am Hot Yoga Sculpt with Val

Monday, November 18th 9:00am Hot Vinyasa with Karla

Tuesday, November 25th 5:45pm Hot Vinyasa with Jennifer

Wednesday, December 4th 5:45pm Hot Power with Diana

Friday, December 13th 9:00am Hot Vinyasa with Deb

Tuesday, December 17th 12:00pm Hot Pilates Mat with Jill

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

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