

Sept. 1 – Dec. 31 2019 Group Fitness



MONDAY

9:00AM BARRE – EmBe (30 min)
10:00AM BODYPUMP – EmBe (60 min)
12:15PM BODYCOMBAT – EmBe (30 min)
1:15PM BODYBALANCE – Woodlake (60 min)
2:30PM SH'BAM – Woodlake (45 min)

TUESDAY

10:00AM CXWORX – EmBe (30 min)
11:00AM BODYFLOW – EmBe (60 min)
12:15PM BODYPUMP – EmBe (60 min)
1:15PM CXWORX – Woodlake (30 min)
2:00PM BARRE – Woodlake (30 min)

WEDNESDAY

10:00AM SH'BAM – EmBe (45 min)
1:10PM BODYFLOW – EmBe (60 min)
1:15PM BODYCOMBAT – Woodlake (60 min)
2:30PM BODYFLOW – Woodlake (60 min)
5:45PM BODYCOMBAT – EmBe (30 min)

THURSDAY

10:00AM CXWORX – EmBe (30 min)
11:00AM BODYBALANCE – EmBe (60 min)
12:15PM BODYPUMP – EmBe (60 min)
1:15PM BODYPUMP – Woodlake (60 min)
2:30PM SH'BAM – Woodlake (45 min)

FRIDAY

10:00AM BARRE – EmBe (30 min)
1:15PM BODYSTEP – Woodlake (60 min)
2:30PM BARRE – Woodlake (30 min)

SATURDAY

10:00AM BODYFLOW – EmBe (60 min)
11:10AM CXWORX – EmBe (30 min)
11:50AM SH'BAM – EmBe (45 min)
1:00PM BARRE – EmBe (30 min)
12:00PM BODYCOMBAT – Woodlake (30 min)
12:45PM BARRE – Woodlake (30 min)
1:30PM BODYFLOW – Woodlake (60 min)
2:40PM BODYPUMP – Woodlake (60 min)
4:00PM CXWORX – Woodlake (30 min)
4:40PM SH'BAM – Woodlake (45 min)

SUNDAY

9:00AM SH'BAM – Woodlake (60 min)
10:10AM BODYCOMBAT – Woodlake (30 min)
10:50AM CXWORX – Woodlake (30 min)
11:30PM BODYFLOW – Woodlake (60 min)
12:40PM BARRE – Woodlake (30 min)
1:20PM GRIT Cardio – Woodlake (30 min)
1:30PM SH'BAM – EmBe (45 min)
2:00PM BODYFLOW – EmBe (60 min)

Class Descriptions



Fun-loving and insanely addictive dance workout. No dance experience required!



Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.



Fun-loving and insanely addictive dance workout. No dance experience required!



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.



Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

*Classes will automatically begin at scheduled times.
You must be at least 14 years old to participate in GreatLIFE group fitness classes with the exception of BodyPump, you must be 16 years old.*

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

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