

## Woodlake • Performance Center

Reserve your spot for class in the GreatLIFE app!

Class size is limited to allow for social distancing.


Registration opens 3 days before class.

Reservations will be held until 5 minutes before class. At that time, unclaimed reservations will be open to waiting members (if any).

**Class Locations**

Cycling classes are held upstairs in the RealRyder Studio, overlooking the courts

All other classes held in the main Group Fitness Studio at each facility

GreatLIFE Woodlake							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>5:30 AM</b> (45 min) Strength Tabata - Amy	<b>5:30 AM</b> BODYPUMP - Jen	<b>5:30 AM</b> FitMix - Tammy	<b>5:30 AM</b> BODYPUMP - Jen	<b>5:30 AM</b> (45 min) Pilates Mat - Tammy			
<b>5:30 AM</b> (45 min) Cycling - Dan	<b>5:30 AM</b> (45 min) Cycling - Trish/Val	<b>5:30 AM</b> (45 min) Cycling - Dan	<b>5:30 AM</b> (45 min) Cycling - Heather S		<b>7:30 AM</b> Cycling - Rotation		
	<b>8:00 AM</b> (45 min) Step Interval - Sue		<b>8:00 AM</b> (45 min) Step Interval - Sue		<b>8:00 AM</b> (45 min) BODYPUMP - Virtual		
<b>9:00 AM</b> Aqua Aerobics - Leslie	<b>9:00 AM</b> Aqua Aerobics - Leslie	<b>9:00 AM</b> Aqua Aerobics - Sue		<b>9:00 AM</b> Aqua Aerobics - Leslie	<b>9:00 AM</b> (45 min) PiYo - Dian		
<b>9:00 AM</b> Cardio Interval - Missy	<b>9:00 AM</b> Zumba - Missy	<b>9:00 AM</b> BODYPUMP - Kristen	<b>9:00 AM</b> Zumba - Missy	<b>9:00 AM</b> BODYPUMP - Kristen	<b>10:00 AM</b> Zumba - Missy		
<b>10:30 AM</b> (30 min) BODYPUMP - Kristen	<b>10:15 AM</b> All Levels Yoga - Deb	<b>11:00 AM</b> Tai-Yo-Pi - Sue	<b>10:15 AM</b> All Levels Yoga - Deb	<b>11:00 AM</b> Tai-Yo-Pi - Sue	<b>11:15 AM</b> BODYPUMP - Virtual		
<b>12:15 PM</b> (45 min) Cycle & Core - Karen	<b>12:15 PM</b> (45 min) BODYPUMP - Kari	<b>12:15 PM</b> (45 min) Strength Tabata - Heather P	<b>12:15 PM</b> (45 min) Cycle & Core - Karen	<b>12:15 PM</b> (45 min) BODYFLOW - Virtual			
<b>4:30 PM</b> (45 min) Cardio Circuit - Carol	<b>4:30 PM</b> (45 min) Step Circuit - Carol	<b>4:30 PM</b> Zumba - Missy	<b>4:30 PM</b> (45 min) Cardio Circuit - Carol	 <p>SCAN ME</p> <p><b>A GET THE APP</b></p>		<b>4:45 PM</b> BODYPUMP - Virtual	
<b>5:45 PM</b> (45 min) Cardio Interval - Ken	<b>5:45 PM</b> PiYo - Dian	<b>5:45 PM</b> (45 min) P90X - Natasha	<b>5:45 PM</b> BODYPUMP - Ken				
<b>6:00 PM</b> Aqua Aerobics - Jvonne	<b>6:00 PM</b> Cycling - Heather S		<b>6:00 PM</b> Aqua Aerobics - Shiloh				<b>6:00 PM</b> Zumba - Milissa**
<b>6:45 PM</b> BODYPUMP - Ken	<b>7:00 PM</b> (45 min) Zumba - Milissa	<b>6:45 PM</b> BODYFLOW - Virtual	<b>7:00 PM</b> (45 min) Zumba - Michaela				

GreatLIFE Performance & Fitness Center						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b> (45 min) HIIT - Holly**	<b>5:30 AM</b> (45 min) FitMix - Tammy	<b>5:30 AM</b> HIIT - Rachel**	<b>5:30 AM</b> (45 min) FitMix - Tammy	<b>5:30 AM</b> (45 min) HIIT - Rachel**		<b>No Classes</b>
<b>8:30 AM</b> Fit Mix - Holly	<b>8:30 AM</b> (45 min) Yoga Mix - Angela	<b>8:30 AM</b> (45 min) MuscleMax - Carol	<b>8:30 AM</b> (45 min) Cardio Barre - Ellen	<b>8:30 AM</b> (45 min) HIIT - Holly	<b>8:00 AM</b> (45 min) PiYo - Tammy	
<b>9:30 AM</b> Barre Fusion - Carol	<b>9:30 AM</b> PiYo - Heather P		<b>9:30 AM</b> Strength Tabata - Heather P	<b>9:30 AM</b> MuscleMax - Holly	<b>9:00 AM</b> Pilates Mat - Tammy	
<b>4:30 PM</b> (45 min) PiYo - Dian	<b>4:45 PM</b> (30 min) HardCORE - Val E					
<b>5:30 PM</b> Cardio Barre - Daniele	<b>5:30 PM</b> Barre - Val E	<b>5:30 PM</b> PiYo - Dian	<b>5:30 PM</b> Fit Mix - Gail			

## 39th & Phillips • 41st & Sertoma • EmBe • Willow Run

NO PRE-REGISTRATION.

Please arrive at least 10 minutes early for class.

Classes are held in the main Group Fitness Studio at each facility.

Class size is limited to allow for social distancing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM @ 41st</b> Kettlebells - Tammy		<b>5:30 AM @ 41st</b> (45 min) Fit Mix - Gail	<b>No Classes</b>		<b>No Classes</b>	<b>No Classes</b>
		<b>8 AM @ EmBe</b> (40 min) Aqua Aerobics - Shiloh		<b>8 AM @ EmBe</b> (40 min) Aqua Aerobics - Shiloh		
<b>8:30 AM @ Willow Run</b> (45 min) All Levels Yoga - Lynnette*		<b>8:30 AM @ Willow Run</b> (45 min) All Levels Yoga - Lynnette*				
		<b>9 AM @ 39th</b> Aerobics - Barb		<b>9 AM @ 39th</b> Aerobics - Barb		
<b>12 PM @ EmBe</b> (40 min) Aqua Aerobics - Shiloh		<b>12 PM @ EmBe</b> (40 min) Aqua Aerobics - Barb				
<b>5:45 PM @ 39th</b> (45 min) Cycle Moves - Val L	<b>6:00 PM @ 41st</b> P90X - Natasha	<b>5:45 PM @ 39th</b> (45 min) Cycle Moves - Val L				

All classes are 55 - 60 minutes unless otherwise noted. Regular classes will not be held on holidays. Class instructors/types are subject to change without prior notice.

Follow GreatLIFE Group Fitness on Facebook for class updates and information and livestream classes!

## 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 the joints.

**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.

**Barre/Cardio Barre/Barre Fusion:** 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.

**BODYFLOW:** An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**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. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you burn a large number of calories and 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.

**Cycle Moves:** This class encourages a total body workout while cycling. We keep the music (and bodies) rocking as we move to the beat throughout this energetic class. Have fun, burn some serious calories and MOVE!

**FitMix:** Elevate your strength and stability with continuous dynamic full body strength movement using weights, resistance bands, steps and various equipment.

**HIIT (High Intensity Interval Training):** Burn calories, lose weight, build lean muscle, and improve cardio health in a short amount of time. Guaranteed to keep your heart pumping!

**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.

**Kettlebells:** 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.

**MuscleMax:** Use weights and your own bodyweight to maximize your strength and define your muscles. Leave feeling strong!

**Pilates Mat:** Total body workout with an emphasis on the core. Includes strength training and light cardio for muscle 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 Interval is great for those new to group fitness. Step Circuit is geared toward 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.

**Yoga Mix:** Based on a vinyasa yoga flow, this class utilizes bodyweight, core engagement and stretching, ending with a wonderful savasana relaxation.

**Zumba:** Combines low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

