

# Livestream Group Fitness

September 1 - December 31, 2020

GreatLIFE®

Golf & Fitness Club

Live. Play. Better.

View livestream classes by joining our Facebook group at  
[Facebook.com/groups/GreatLIFEGroupFitness](https://www.facebook.com/groups/GreatLIFEGroupFitness)

## Monday

6 AM All Levels Yoga

Angela

## Tuesday

6:45 PM Pilates Mat

Tammy

## Wednesday

10:45 AM Cardio Interval

Ronnie

## Thursday

5 PM PiYo

Dian

## Friday

10:45 AM MuscleMax

Ronnie

## 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.

**Cardio Interval:** Build strength and endurance using a variety of cardio combinations.

**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.