

GreatLIFE GROUP FITNESS

September 1 - December 31, 2021

Woodlake • Performance Center • 39th & Phillips • 41st & Sertoma

Reserve your spot for class in the GreatLIFE app!

Class size is limited to allow for social distancing.
Registration opens 72 hours (3 days) before class.

Reservations are held until 5 minutes before class. At that time, spots are released to waiting members (if any).

Class Locations

Woodlake cycling classes are held upstairs in the RealRyder Studio, overlooking the courts.

** HIIT at Performance Center is on the basketball court.

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

GreatLIFE Woodlake

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM (45 min) Strength Tabata - Amy	5:30 AM BODYPUMP - Jen	5:30 AM FitMix - Tammy	5:30 AM BODYPUMP - Jen	5:30 AM (45 min) Pilates Mat - Tammy	7:30 AM Cycling - Rotation	
5:30 AM (45 min) Cycling - Heather		5:30 AM (45 min) Cycling - Val			8 AM Aqua Aerobics - Rotation	
	8 AM (45 min) Step Interval - Sue		8 AM (45 min) Step Interval - Sue		8 AM (45 min) BODYPUMP - Virtual	
9 AM Aqua Aerobics - Leslie	9 AM Aqua Aerobics - Leslie	9 AM Aqua Aerobics - Sue		9 AM Aqua Aerobics - Leslie	9 AM (45 min) PiYo - Dian	
9 AM BODYPUMP - Kristen	9 AM Zumba - Missy	9 AM BODYPUMP - Kristen	9 AM Zumba - Missy	9 AM BODYPUMP - Kristen	10 AM Zumba - Missy	4:45 PM BODYPUMP - Virtual
	10:15 AM All Levels Yoga - Deb	11 AM Tai-Yo-Pi - Sue	10:15 AM All Levels Yoga - Deb	11 AM Tai-Yo-Pi - Sue	11:15 AM BODYPUMP - Virtual	
12:15 PM (45 min) Cycle & Core - Karen	12:15 PM (45 min) BODYPUMP - Kari	12:15 PM (45 min) Strength Tabata - Heather P	12:15 PM (45 min) Cycle & Core - Karen	12:15 PM (45 min) BODYPUMP - Virtual		6 PM Zumba - Milissa
	1 PM (30 min) Senior Fitness - Ellen					
4:30 PM Fit Mix - Carol	4:30 PM Step Circuit - Carol	4:30 PM Zumba - Missy	4:30 PM FitMix - Carol			
	5:30 PM Cycling - Heather S					
5:45 PM (45 min) Cardio Interval - Ken	5:45 PM PiYo - Dian	5:45 PM (45 min) BODYPUMP - Gail	5:45 PM BODYPUMP - Ken			
6 PM (45 min) Aqua Aerobics - Patty	6 PM (45 min) Aqua Aerobics - Patty		6 PM (45 min) Aqua Aerobics - Shiloh			
6:45 PM BODYPUMP - Ken	6:45 PM Zumba - Milissa	7 PM (45 min) All Levels Yoga - Kelsie	7 PM (45 min) Zumba - Michaela			



GreatLIFE Performance & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM (45 min) HIIT - Holly**	5:30 AM (45 min) FitMix - Tammy	5:30 AM HIIT - Rachel**	5:30 AM (45 min) FitMix - Tammy	5:30 AM (45 min) HIIT - Rachel**		No Classes
8:30 AM Fit Mix - Ronnie	8:30 AM (45 min) POUND - Heather P	8:30 AM MuscleMax - Carol	8:30 AM (45 min) Cardio Barre - Ellen	8:30 AM (45 min) HIIT - Holly	8 AM (45 min) PiYo - Tammy	
9:30 AM Barre Fusion - Carol	9:30 AM PiYo - Heather P		9:30 AM Strength Tabata - Heather	9:30 AM MuscleMax - Holly	9 AM Pilates Mat - Tammy	
4:30 PM (45 min) PiYo - Dian	4:45 PM (30 min) HardCORE - Val E				10:15 AM Vinyasa - Morgan	
5:30 PM (45 min) POUND - Heather	5:30 PM Barre - Val E	5:30 PM PiYo - Dian	5:30 PM Fit Mix - Gail			

41st & Sertoma

Monday	Wednesday
5:30 AM (45 min) Fit Mix - Gail	5:30 AM (45 min) Fit Mix - Gail
6 PM (45 min) Muscle Max - Natasha	

39th & Phillips

Monday	Tuesday	Wednesday	Thursday	Friday
				5:30 AM (45 min) Cycling - Val L
				9:00 AM Cardio Circuit - Barb
		9:00 AM Cardio Circuit - Barb		
		5:30 PM (45 min) Cycling - Val L	5:45 PM All Levels Yoga - Julie	5:30 PM (45 min) Cycling - Val L
				5:45 PM All Levels Yoga - Julie

Willow Run • EmBe

No pre-registration.
Please arrive at least 10 minutes early for class.
Class size is limited to allow for social distancing.

EmBe

Monday	Wednesday	Friday
8 AM (40 min) Aqua Aerobics - Shiloh	8 AM (40 min) Aqua Aerobics - Shiloh	8 AM (40 min) Aqua Aerobics - Shiloh
12 PM @ Embe (40 min) Aqua Aerobics - Shiloh	12 PM @ Embe (40 min) Aqua Aerobics - Barb	12 PM @ Embe (40 min) Aqua Aerobics - Shiloh

Willow Run

Monday	Wednesday
8:30 AM All Levels Yoga - Lynette	8:30 AM All Levels Yoga - Lynette
5:30 PM HIIT - Ruby	5:30 PM Aqua Aerobics - Ruby

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!

Great**LIFE**® GROUP FITNESS

Class Descriptions

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.

BODYPUMP: 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.

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.

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

POUND: Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

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.

Senior Fitness: Designed to help adults 55+ improve flexibility and balance with a combination of strength training and basic movements.

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.

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

