

# GreatLIFE GROUP FITNESS

January 2- April 30, 2023

## Woodlake • Performance Center • 39th & Phillips • 41st & Sertoma • Willow Run

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).



GET THE APP

### Woodlake

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b> (45 min) Strength Tabata - Amy <b>5:30 AM</b> (45 min) Cycling - Heather  <b>9 AM</b> Aqua Aerobics - Leslie <b>9 AM</b> BODYPUMP - Liz <b>10:15 AM</b> (30 min) Senior Fitness - Ellen**  <b>12:15 PM</b> (45 min) Cycling - Karen <b>4:30 PM</b> Fit Mix - Carol <b>5:45 PM</b> (45 min) Cardio Interval - Ken <b>6 PM</b> (45 min) Aqua Aerobics - Brianne <b>6:45 PM</b> BODYPUMP - Ken	<b>5:30 AM</b> BODYPUMP - Jen  <b>8 AM</b> (45 min) Step Interval - Sue <b>9 AM</b> Aqua Aerobics - Leslie <b>9 AM</b> Zumba - Missy <b>10:15 AM</b> All Levels Yoga - Deb  <b>12:15 PM</b> (45 min) BODYPUMP - Kari <b>4:30 PM</b> (45 min) Step Circuit - Carol <b>5:30 PM</b> PiYo - Dian <b>5:30 PM</b> Cycling - Heather S. <b>6 PM</b> (45 min) Aqua Aerobics - Brianne	<b>5:30 AM</b> (45 min) Pilates Mat - Tammy <b>5:30 AM</b> (45 min) Cycling - Ashley  <b>9 AM</b> Aqua Aerobics - Sue <b>9 AM</b> BODYPUMP - Kristen <b>11 AM</b> Tai-Yo-Pi - Sue  <b>12:15 PM</b> (45 min) Strength Tabata - Darcy <b>4:30 PM</b> Zumba - Missy <b>5:45 PM</b> BODYPUMP - Gail	<b>5:30 AM</b> BODYPUMP - Jen  <b>8 AM</b> (45 min) Step Interval - Sue <b>9 AM</b> Aqua Aerobics - Leslie <b>9 AM</b> Zumba - Missy <b>10:15 AM</b> All Levels Yoga - Deb <b>10:15 AM</b> (30 min) Senior Fitness - Darcy** <b>12:15 PM</b> (45 min) Cycling - Karen <b>4:30 PM</b> FitMix - Carol <b>5:45 PM</b> BODYPUMP - Ken <b>6 PM</b> (45 min) Aqua Aerobics - Shiloh <b>7 PM</b> (45 min) Zumba - Michaela	<b>9 AM</b> Aqua Aerobics - Leslie <b>9 AM</b> BODYPUMP - Kristen <b>11 AM</b> Tai-Yo-Pi - Sue	<b>7:30 AM</b> Cycling - Rotation <b>7:30 AM</b> BODYPUMP - Rotation <b>8 AM</b> Aqua Aerobics - Rotation <b>9 AM</b> (45 min) PiYo - Dian <b>10 AM</b> Zumba - Missy	No Classes
<b>Class Locations</b>						
**Senior Fitness is held in the tennis lounge outside of the RealRyder Studio Cycling classes are held upstairs in the RealRyder Studio, overlooking the courts. All other classes are held in the main Group Fitness studio over the cardio and weight machines off the basketball courts.						

### Performance Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b> (45 min) HIIT - Holly** <b>8:30:00 AM</b> (45 min) Fit Mix - Ronnie <b>9:30 AM</b> Barre Fusion - Carol <b>4:30 PM</b> (45 min) PiYo - Dian <b>6:00 PM</b> Zumba - Kaitlyn	<b>5:30 AM</b> (45 min) Pilates Mat - Tammy <b>8:30 AM</b> (45 min) POUND - Heather <b>9:30 AM</b> PiYo - Heather P  <b>5:30 PM</b> Barre Fusion - Gail	<b>5:30 AM</b> (45 min) HIIT - Rachel** <b>8:30 AM</b> MuscleMax - Carol  <b>5:30 PM</b> PiYo - Dian	<b>5:30 AM</b> (45 min) PiYo - Tammy <b>8:30 AM</b> (45 min) Cardio Barre - Ellen <b>9:30 AM</b> Strength Tabata - Heather P  <b>5:30 PM</b> Fit Mix - Gail	<b>5:30 AM</b> (45 min) HIIT - Rachel** <b>8:30 AM</b> (45 min) HIIT - Holly <b>9:30 AM</b> MuscleMax - Holly	<b>8 AM</b> (45 min) Barre - Rotation <b>9 AM</b> Pilates Mat - Rotation <b>10:15 AM</b> Vinyasa - Diana	No Classes
<b>** HIIT is held on the basketball court.</b>						

### 39th & Phillips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 PM</b> (45 min) Cycling - Val L	<b>5:00 PM</b> (30 min) POUND - Kristen <b>5:45 PM</b> All Levels Yoga - Julie	<b>9:00 AM</b> (45 min) Cardio Circuit - Barb  <b>5:30 PM</b> (45 min) Cycling - Val L	<b>5:45 PM</b> All Levels Yoga - Julie	<b>5:30 AM</b> (45 min) Cycling - Val L  <b>9:00 AM</b> (45 min) Cardio Circuit - Barb	No classes	<b>4:00 PM</b> (30 min) Phoenix POUND - Kristen

### 41st & Sertoma

Monday	Wednesday	Thursday
<b>5:30 AM</b> (45 min) Fit Mix - Gail	<b>5:30 AM</b> (45 min) Fit Mix - Gail  <b>5:45 PM</b> Vinyasa - Brittany	<b>5:30 AM</b> (45 min) Pilates Mat - Gail

### Willow Run

Monday	Wednesday	Friday
<b>8:30 AM</b> All Levels Yoga - Lynette	<b>8:30 AM</b> All Levels Yoga - Lynette	<b>8:30 AM</b> All Levels Yoga - Lynette

### EmBe (Affiliate)

Monday	Wednesday	Friday
<b>6 AM</b> Shallow/Deep Aqua Aerobics <b>8 AM</b> (40 min) Aqua Aerobics - Shiloh <b>12 PM @ Embe</b> (40 min) Aqua Aerobics - Shiloh	<b>6 AM</b> Shallow/Deep Aqua Aerobics <b>8 AM</b> (40 min) Aqua Aerobics - Shiloh <b>12 PM @ Embe</b> (40 min) Aqua Aerobics - Barb	<b>8 AM</b> (40 min) Aqua Aerobics - Shiloh <b>12 PM @ Embe</b> (40 min) Aqua Aerobics - Rotation

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!

## 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.

**FitMix:** Elevate your strength and stability with continuous dynamic full body strength movement using a mix of weights, resistance bands, steps and other 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!

**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.

**No Membership Required:** A Phoenix class is **FREE** to anyone in the community with at least 48 hours of continuous sobriety (including anyone who is in recovery, supporting someone in recovery, or choosing to live sober.) **See app for class times.**



**THE PHOENIX**  
RISE. RECOVER. LIVE.

**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!

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

**Shallow/Deep Aqua Aerobics:** Utilize water resistance in the shallow or deep end of the pool for a great cardio and toning workout with very little impact –easy on the joints.

**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.

