

GreatLIFE GROUP FITNESS

September 1 - December 31, 2023



You may register for classes in the GreatLIFE app to reserve your spot!*

Registration opens 72 hours before class.

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

*All locations except EmBe



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!

Tuesday			
Time	Class	Instructor	Location
5:30 AM	BODYPUMP	Jen	Woodlake - Main
5:30 AM	Pilates Mat	Tammy	Performance Center
8:00 AM	Step Interval (45 min)	Sue	Woodlake - Main
8:30 AM	POUND (45 min)	Heather P	Performance Center
9:00 AM	Aqua Aerobics	Leslie	Woodlake Pool
9:00 AM	Zumba	Missy	Woodlake - Main
9:30 AM	PIYo	Heather P	Performance Center
10:15 AM	All Levels Yoga	Deb	Woodlake - Main
12:15 PM	BODYPUMP	Kari	Woodlake - Main
4:30 PM	Cardio Step (45 min)	Carol	Woodlake - Main
5:30 PM	PIYo	Dian	Woodlake - Main
5:30 PM	Barre Fusion	Gail	Performance Center
5:30 PM	Cycling	Steven	Woodlake - RR
5:45 PM	All Levels Yoga	Julie	Willow Run
6:00 PM	Aqua Aerobics (45 min)	Brianne	Woodlake Pool
6:45 PM	Zumba (45 min)	Kate	Woodlake Main

Thursday			
Time	Class	Instructor	Location
5:30 AM	BODYPUMP	Jen	Woodlake - Main
5:30 AM	PIYo (45 min)	Tammy	Performance Center
5:30 AM	Pilates Mat (45 min)	Gail	41st & Sertoma
8:00 AM	Step Interval (45 min)	Sue	Woodlake - Main
8:30 AM	Barre Fusion (45 min)	Ellen	Performance Center
9:00 AM	Aqua Aerobics	Leslie	Woodlake Pool
9:00 AM	Zumba	Missy	Woodlake - Main
9:30 AM	Strength Tabata (45 min)	Heather P	Performance Center
10:15 AM	All Levels Yoga	Deb	Woodlake - Main
10:30 AM	Senior Fitness (30 min)	Darcy	WL - Tennis Lounge
12:15 PM	Cycling (45 min)	Karen	Woodlake - RR
4:30 PM	Fit Mix	Carol	Woodlake - Main
5:30 PM	Fit Mix	Gail	Performance Center
5:45 PM	BODYPUMP	Noah	Woodlake - Main
5:45 PM	All Levels Yoga	Julie	Willow Run
6:00 PM	Aqua Aerobics (45 min)	Rotation	Woodlake Pool
7:00 PM	Zumba (45 min)	Michaela V	Woodlake Main

Sunday (1st and 3rd of the month only)			
Time	Class	Instructor	Location
4:00 PM	Family Zumba	Kaitlyn	Performance Center

Wednesday			
Time	Class	Instructor	Location
5:30 AM	Pilates Mat (45 min)	Tammy	Woodlake - Main
5:30 AM	Cycling (45 min)	Ashley/Amber	Woodlake - RR
5:30 AM	HIIT (45 min)	Rachel	Performance Center
5:30 AM	Fit Mix (45 min)	Gail	41st & Sertoma
6:00 AM	Shallow/Deep Aqua Aerobics	EmBe	EmBe Pool
8:00 AM	Aqua Aerobics	Shiloh	EmBe Pool
8:30 AM	All Levels Yoga (45 min)	Lynette	Willow Run
8:30 AM	MuscleMax	Carol	Performance Center
9:00 AM	Cardio Circuit (45 min)	Barb	39th & Phillips
9:00 AM	Aqua Aerobics	Sue	Woodlake Pool
9:00 AM	BODYPUMP	Kristen	Woodlake - Main
10:30 AM	Senior Fitness (30 min)	Darcy	WL - Tennis Lounge
11:00 AM	Tai-Yo-Pi	Sue	Woodlake - Main
12:00 PM	Aqua Aerobics (40 min)	Barb	EmBe Pool
12:15 PM	Strength Tabata (45 min)	Darcy	Woodlake - Main
4:30 PM	Zumba	Missy	Woodlake - Main
5:30 PM	PIYo	Dian	Performance Center
5:30 PM	Cycling (45 min)	Val	39th & Phillips
5:45 PM	BODYPUMP	Ken	Woodlake - Main

Friday			
Time	Class	Instructor	Location
5:30 AM	HIIT (45 min)	Rachel	PC - Court
5:30 AM	Cycling (45 min)	Val	39th & Phillips
8:00 AM	Aqua Aerobics (40 min)	Shiloh	EmBe Pool
8:30 AM	All Levels Yoga (45 min)	Lynette	Willow Run
8:30 AM	HIIT (45 min)	Holly	PC - Court
9:00 AM	Cardio Circuit (45 min)	Barb	39th & Phillips
9:00 AM	Aqua Aerobics	Leslie	Woodlake Pool
9:00 AM	BODYPUMP	Kristen	Woodlake - Main
9:30 AM	MuscleMax	Holly	PC - Court
11:00 AM	Tai-Yo-Pi	Sue	Woodlake - Main
12:00 PM	Aqua Aerobics (40 min)	Rotation	EmBe Pool

Monday			
Time	Class	Instructor	Location
5:30 AM	Strength Tabata (45 min)	Amy	Woodlake - Main
5:30 AM	Cycling (45 min)	Heather	Woodlake - RR
5:30 AM	HIIT (45 min)	Holly	PC - Court
5:30 AM	Fit Mix (45 min)	Gail	41st & Sertoma
6:00 AM	Shallow/Deep Aqua Aerobics	EmBe	EmBe Pool
8:00 AM	Aqua Aerobics	Rotation	EmBe Pool
8:30 AM	All Levels Yoga (45 min)	Lynette	Willow Run
8:30 AM	Fit Mix (45 min)	Ronnie	Performance Center
9:00 AM	Aqua Aerobics	Leslie	Woodlake Pool
9:00 AM	BODYPUMP	Gail	Woodlake - Main
9:30 AM	Barre Fusion	Carol	Performance Center
10:15 AM	Senior Fitness (30 min)	Ellen	WL - Tennis Lounge
12:00 PM	Aqua Aerobics (40 min)	Shiloh	EmBe Pool
12:15 PM	Cycling (45 min)	Karen	Woodlake - RR
4:30 PM	Fit Mix	Carol	Woodlake - Main
4:30 PM	PIYo (45 min)	Dian	Performance Center
5:30 PM	Cycling (45 min)	Val	39th & Phillips
5:45 PM	Cardio Interval (45 min)	Ken	Woodlake - Main
6:00 PM	Aqua Aerobics (45 min)	Brianne	Woodlake Pool
6:00 PM	Zumba	Kaitlyn	Performance Center
6:45 PM	BODYPUMP	Ken	Woodlake - Main

Saturday			
Time	Class	Instructor	Location
7:30 AM	Saturday Strength	Rotation	WL - Main
7:30 AM	Cycling	Rotation	WL - RR
8:00 AM	Aqua Aerobics	Rotation	WL Pool
8:00 AM	Barre (45 min)	Jill/Gail	Performance Center
9:00 AM	PIYo (45 min)	Dian	WL - Main
9:00 AM	Pilates Mat	Jill/Gail	Performance Center
10:00 AM	Zumba	Missy	WL - Main
10:15 AM	Vinyasa	Diana	Performance Center

WL - Tennis Lounge: Area overlooking the courts, outside RealRyder studio
Woodlake - RR: RealRyder studio overlooking the courts
Woodlake - Main: Studio above cardio equipment off the basketball courts
PC - Court: Performance Center Basketball Court

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 & flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout!

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!

Saturday Strength: A weekly rotation of strength classes including Strength Tabata, BODYPUMP, Muscle Max, and HIIT. Check the GreatLIFE app for class type and instructor!

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/ Cardio Step: Utilizes the step for a great cardio workout without the bouncing movements. Step Interval is great for those new to group fitness. Cardio Step 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.