

QuickFIT Holiday Challenge

November 5th – December 18th

6 classes offered a week (M/W noon, T/Th 5:45am, T/Th 6pm)

Before and after body scan assessment

Nutrition guidance

T-shirt

Optional Thanksgiving day boot camp

Challenge prizes at the end

The person who loses the most overall inches wins!

Come for the fun, workouts, results and establish healthy exercise and nutrition habits for the holiday season!

Cost: \$75 (\$50 for any current GreatFIT participant)

Please contact Briana Kolbo at

Briana.kolbo@joingreatlife.com to sign up.

Registration due by Monday, November 5th at noon.



GreatLIFE

Like This Page · October 30, 2018 ·

We will be starting our 6-week holiday challenge at the Performance Center on November 5! This is a great way to stay healthy throughout the holiday season! For more information or to sign up, please email briana.kolbo@joingreatlife.com!

Kim Wahl, Jennifer Haugaard, Christy Kirsch and 9 others like this. Oldest ▾

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Deona Spicer Lari Seaver, Justin Spicer???

47w



Heather Keenan I'm in!

47w



Tiffany Urban Travis Urban

47w



GreatLIFE
- June 27 · 🌐

Do you LOVE Golf? Then you should consider joining our GreatLIFE Players Club!

Some of the perks of being apart of the GreatLIFE Players Club are;

- GreatLIFE Players Club Backpack
- Towel, Headcover & Bag Tag
- 3 Free Green Fee Certificates
- 10 Days Advance Tee Times
- Advanced Registration for GreatLIFE Events
- Free Driving Range at Rocky Run Anytime
- 5 Tokens for Driving Range
- GHIN Handicap Fee
- Free Push Carts at all Facilities
- 50% Off Hourly Golf Simulator Rates
- Customized Key FOB

The cost is only \$225!

If you have any questions, or would like to sign up please contact the following GreatLIFE Courses:

- Willow Run: 605-335-5900
- Bakker Crossing: 605-368-9700
- Central Valley: 605-528-6122
- Rocky Run: 605-428-3498

Liz Fiegen, Amy Schneider, Jennifer Johnson and 2 others like this.

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GL
6 WEEKS TO A
NEW YOU
GreatFIT
CHALLENGE!

Sign up at the Front Desk or Via Email

JOIN THE CHALLENGE

COST: \$99/member
\$129/non-member

- INCLUDES:**
- **Weekly Workouts** – Push yourself alongside your teammates.
 - **Weigh-ins** – Weekly private weigh ins with your coach and results announced based on percentages.
 - **Nutrition Guide** - Learn how to eat healthier for long-term results with food you enjoy.
 - **Email challenges and tips** - Weekly challenges will get you moving and keep you accountable in and out of the gym
 - **Free T-shirt** - Fitness is always in style.

GreatLIFE - September 4, 2018

Coming up September 17, we have our next GreatFIT Challenge!

The GreatFIT Challenge is a 6-week fitness challenge with a special focus on weight loss! The program is meant to help YOU get into an exercise routine and learn how to sustain a healthy lifestyle long-term! The program will be available at Woodlake, Performance Center, 39th & Phillips, Willow Run, 41st & Sertoma, Career Crossing, and ... See More

Jolene Yahr Henning, Austin Kjergaard, Jenny Charlson and 8 others like this.

3 Shares 2 Comments

Sarah Ihnen Ashley Marie 1y

Shane Pickner Ty King 1y

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GreatLIFE



July 19, 2018 · 🌐

We are looking for help starting mid-August at Suburban Lanes! Some positions that are available are front desk staff, cooking staff, pin chasers, and much more! If you're interested in being a part of team-oriented, FUN environment, then this is a GREAT opportunity for YOU!

For more information, please call 605-336-3800!

Suburban Lanes, Gretchen Gubbrud, Kim Wahl and 10 others like this.

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5 Comments



Matt Marshall Tyler Burch

1y



Casey Underberg Adrianna Spaethee

1y



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1y

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