

SCHEDULE

Saturday, August 10, 2019

Time	Class	Age Group	Description	Booth
Ongoing	KIDS INTERACTIVE ACTIVITIES Sanford Fit	Kids	Fit is a health activation program from Sanford Health, developed to empower children and parents to make healthy lifestyle choices that help prevent childhood obesity.	2
Ongoing	DANCE CLASSES Amaze Dance Studio	Kids	Learn dance moves that are connected to several types of dance styles including ballet, tap, and hip-hop.	13
Ongoing	KIDS FIT Hy-Vee	Kids	This program for kids of all ages and abilities is done without equipment. We teach kids why it's important to make health a priority.	12
Ongoing	OBSTACLE COURSE Wings Gymnastics Academy	Kids	This obstacle course helps increase kids' coordination, flexibility, strength, motor function, and even brain development.	1
Ongoing	IN-BODY SCANNER Sioux Falls Fit Body Boot Camp	Adult	Body composition analysis is essential to completely understand health and weight as traditional methods of assessing health, such as BMI, can be misleading. Going beyond your weight, body composition analysis breaks down your body into four components: fat, lean body mass, minerals, and body water.	8
Ongoing	INTRODUCTION TO PICKLEBALL Sioux Falls Pickleball Club	All Ages	Pickleball combines elements of badminton, tennis, and table tennis. Come learn this game that's growing in popularity!	20
9:15 -9:30	SELF-DEFENSE Sioux Falls Hapkido and Judo Club	All Ages	Introductory Self-Defense course that will be focusing on escaping from someone who grabs you by the arm.	AARP Stage
9:35 -9:50	YOGA Touchmark	Adult	Mindful exercise focusing on body alignment, posture, and proper breathing.	14
	BOOT CAMP HIIT Sioux Falls Fit Body Boot Camp	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	8
	DANCE FITNESS Shine	All Ages	SHINE is a killer workout. Our original choreography, rooted in traditional jazz, ballet, and hip-hop, provides the perfect balance of cardio, toning, and strength components.	17
	CORE Great Life	Adult	Work your core from all angles with this workout designed to strengthen, shape, and define your middle!	15
	KICKBOXING 9 Round	All Ages	A kickboxing themed fitness program that incorporates functional, interval, cardiovascular, and circuit training regimens.	9
	PELVIC FLOOR EXERCISES Fyzical Therapy and Balance Centers	Adult	Focus on transverse abdominis and how to strengthen your core.	6
	RESISTANCE BANDS—BEGINNER Profile by Sanford	Adult	Resistance bands are a great benefit for any and all free weight exercises, squats included!	3
	VINYASA YOGA Form Fitness Boutique	All Ages	This energizing and challenging yoga class uses a series of athletic postures to increase strength, flexibility and balance while empowering the body and mind.	18
	CHAIR YOGA Active Generations	All Ages	Yoga can be modified to help individuals who cannot stand or lack the mobility to move easily from standing to seated to supine positions.	19
	BASE Anytime Fitness	Adult	We'll establish proper movements and a base level of conditioning to ensure you avoid injury and make progress at your pace.	11
	MAT PILATES Club Pilates	All Ages	Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core that span from your hips to your shoulders, without bulky gym equipment.	5
9:55 -10:10	CARDIO CORE Touchmark	Adult	Build strength and endurance using a variety of cardio combinations.	14
	BOOT CAMP HIIT Sioux Falls Fit Body Boot Camp	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	8
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	HIIT Orangetheory Fitness	All Ages	This is a full-body workout that focuses on training, endurance, and strength.	16
	CUPPING THERAPY Fyzical Therapy and Balance Centers	Adult	You'll learn why it's important to stretch and use tools to release fascia and soft tissue restrictions.	6
	RESISTANCE BANDS— INTERMEDIATE Profile by Sanford	Adult	Resistance bands are a great benefit for any and all free weight exercises, squats included!	3
	CHAIR YOGA Active Generations	All Ages	Yoga can be modified to help individuals who cannot stand or lack the mobility to move easily from standing to seated to supine positions.	19
	BURN Anytime Fitness	Adult	A high-energy session that uses cardio and weights to help burn up to 1,000 calories an hour.	11
	MAT PILATES Club Pilates	All Ages	Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core that span from your hips to your shoulders, without bulky gym equipment.	5
	SELF-DEFENSE HAND GRABS Sioux Falls Hapkido and Judo Club	All Ages	Introductory Self-Defense course that will be focusing on escaping from someone who grabs you by the hand.	10
10:15 -10:30	GROUP TRAINING Anytime Fitness	Adult	Group training increases effectiveness by providing accountability and pushing you harder.	AARP Stage
10:35 -10:50	BOOT CAMP HIIT Sioux Falls Fit Body Boot Camp	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	8
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	ABS, BUNS & THIGHS Great Life	Adult	Utilizes cardiovascular exercises with a focus on strengthening and sculpting to achieve solid muscle toning and a maximum calorie burn.	15
	KICKBOXING 9 Round	All Ages	A kickboxing themed fitness program that incorporates functional, interval, cardiovascular, and circuit training regimens.	9
	FLEXIBILITY FOR SPINE Fyzical Therapy and Balance Centers	Adult	This combination of movements leads your body through a workout that will leave you feeling stronger, more flexible and relaxed.	6
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	BUILD Anytime Fitness	Adult	Get stronger, slimmer and more athletic. Our trainers will help you focus on form and increased strength without the bulk.	11
	MAT PILATES Club Pilates	All Ages	Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core that span from your hips to your shoulders, without bulky gym equipment.	5
	JUDO THROW Sioux Falls Hapkido and Judo Club	All Ages	This class will touch on executing a Judo throw!	10
10:55 -11:10	FUNCTIONAL FITNESS Touchmark	Adult	Combine all the elements found in active daily living into a FUNctional Fitness class. This class uses elements to work strength, balance, cardio, and stretching.	14
	BOOT CAMP HIIT Sioux Falls Fit Body Boot Camp	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	8
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	HIIT Great Life	Adult	Max interval training with insane results! 3 to 5-minutes of intense work followed by a short break before you're right back at it!	15
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	FUNCTIONAL DRY NEEDLING Fyzical Therapy and Balance Centers	Adult	Similar to acupuncture, dry needling can help release tension, lessen fatigue, and treat injuries.	6
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	SELF-DEFENSE WRISTLOCKS Sioux Falls Hapkido and Judo Club	All Ages	This class is about wrist escapes, wrist locks and striking.	10
11:15 -11:30	FULL BODY HIIT Sioux Falls Fit Body Boot Camp	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	AARP Stage
11:35 -11:50	DANCE FITNESS Shine	All Ages	SHiNE is a killer workout. Our original choreography, rooted in traditional jazz, ballet, and hip-hop, provides the perfect balance of cardio, toning, and strength components.	17
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	IMPROVING BALANCE Fyzical Therapy and Balance Centers	Adult	Balance and gait systems both rely to some extent on a complex number of body systems that include the inner ear, the eyes, the joint-muscle-nerve system, and of course cognitive functions. Therapy that improves gait and balance works with all of these systems to keep them functioning in harmony.	6
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	SELF-DEFENSE BLOCKING AND STRIKING Sioux Falls Hapkido and Judo Club	All Ages	Introductory Self-Defense course that will be focusing on blocking and striking.	10
12:15 -12:30	PELVIC FLOOR AND DEEP CORE Fyzical Therapy and Balance Centers	Adult	Focus on transverse abdominis and how to strengthen your core.	AARP Stage

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