

# August 2018

## Live Well Week #MoveWellSF

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>August is Family Fun Month!</b></p>	<p>1 Hunt for Hearts (August 1-5) Sculpture Walk (All Month)</p>	<p>2</p>	<p>3</p>	<p>4 Outdoor University Heart-y Party Run 605 Group Run</p>
<p>5 Exercise with your Child Week (August 5-11)  Learn to Curl</p>	<p>6 Tai Chi Toddler Open Gym Open Gym (Mon-Fri) Pickleball Beginner Lessons Sky Fitness Pilates Group Circuit</p>	<p>7 <b>NATIONAL NIGHT OUT</b> Orienteering &amp; Skills 5K Stretching Class Pickleball Beginner Lessons Sky Fitness</p>	<p>8 Bike to Work Breakfast Book Walk Sky Fitness Wandering Wednesday Tai Chi Run 605 Group Run Yoga on the Water Pickleball Beginner Lessons Healthy Grocery Store Tour Pilates Group Circuit</p>	<p>9 Group Trail Run Orienteering &amp; Skills 5K Stretching Class Judo Sky Fitness Pickleball Beginner Lessons</p>	<p>10 Youth Triathlon Hapkido Pickleball Beginner lessons Sky Fitness Friday Fun Open Gym</p>	<p>11 Come Join Us at Riverdale Park! Blue Move 5K at 8:30 Move Well 9am-Noon</p>  

**See Event Descriptions on the Following Pages!**

### **Weekly Specials August 5-10:**

- **24/7 Fitness Club:** Free Fitness Day Passes. \*Limit 3 per person. \*New customers only.
- **Active Generations:** Mention “Move Well Event” and receive 10% off Social Membership AND a FREE Month in the Fitness Room
- **Anytime Fitness:** Free Classes with Trial. Free 7 Day Trial. 10% Off Monthly Dues when you mention “Move Well Week”
- **Club Pilates Sioux Falls:** Free Enrollment with Purchase of Membership, Discounts on Multi-Class Punch Cards and Discounts on Merchandise.
- **Eat Fit Go:** 20% discount on your purchase.
- **Great LIFE Golf & Fitness:** No Enrollment Fee. (This special runs August 11-18) when you mention “Move Well”.
- **The Master’s Club Fitness & Lifestyle Wellness:** Free Week and Introductory Kick Start Program (Call Ahead for Details).605-338-9065.

## Live Well Week Event Descriptions:

**Hunt for Hearts:** August 1-5 in Downtown Sioux Falls | The American Heart Association has hidden 20+ hearts throughout Downtown Sioux Falls, and they want you to track them down! Find a minimum of 10 hearts and share photos of yourself participating in the Hunt for Hearts to help spread the word about the Heart Walk...and while you're at it, consider making a donation to support the cause! Get additional details and official contest rules at [www.Facebook.com/SouthDakotaHeart](http://www.Facebook.com/SouthDakotaHeart).

**Sculpture Walk:** Do this anytime you are in Downtown Sioux Falls! | The Sculpture Walk is an exciting exhibit of outdoor sculptures displayed year-round in downtown Sioux Falls. Artists place their sculptures in the program for one year.

**Outdoor University:** Saturday, August 4 9AM-4PM at The Outdoor Campus (4500 S. Oxbow Ave.) | Join us for our annual event, Outdoor University! In addition to all the outdoor skills you can try like canoeing, fishing, archery, shooting, outdoor cooking, etc., this year you can also meet President Teddy Roosevelt! Activities for smaller children, fun for adults! We have food trucks so you can stay all day! FREE! All ages welcome.

**Heart-y Party:** Saturday, August 4 10AM-2PM at Hy-Vee (3000 S. Minnesota Ave.) | Win some prizes and get heart healthy at this FREE event. Join the American Heart Association, Hy-Vee, Avera McKennan and Sioux Falls Fire Rescue to learn how to keep a heart beating in an emergency. Visit interactive stations throughout the store for heart healthy samples and giveaways. Check into the 5 stations, and you and your kids will win a free Bento Box and a healthy treat! No registration is required.

**Run 605 Group Run:** Saturday, August 4 9AM, Wednesday, August 8 6:05AM, Wednesday, August 8 6:05PM at 605 Running Company (124 S. Phillips Ave.) | Join us for a group run and have fun in the process! Wednesday evening will be followed by yoga at 605 Running Company.

**Learn to Curl:** Sunday, August 5 5-6:30PM at Scheels Ice Plex (4300 N. Bobhalla). | Did you enjoy watching the USA men's curling team win GOLD in this year's Olympics? Now is your chance to try curling and learn what it is all about. Curling is great for people of all ages and abilities. The game can be modified for young children or those with physical limitations. It is also a game for people of any particular fitness level. Everyone can come out and enjoy curling! Pre-registration is required, \$20 per person. For more information visit: [www.sfcurling.com](http://www.sfcurling.com).

**Tai Chi:** Monday, August 6 and Wednesday, August 8 12-1PM at FYZICAL Therapy and Balance Centers (6301 S. Minnesota Ave.) | These instructors are Tai Ji Quan: Moving for Better Balance Certified. This class is a research-based balance regiment to improve balance, mental awareness and muscular strength. \$5 per person per class.

**Open Gym:** Monday-Friday 1-2PM, Toddler Open Gym Monday, August 6 9-10AM, Friday Fun Gym Friday, August 10 6-8PM at Wings Gymnastics Academy (5825 S. Bahnson Ave.) | Join us for open gyms at Wings. Call 605-271-8424 and use code "Live Well" to enroll for FREE!

**Pickleball Beginner Lessons:** Monday, August 6 through Friday, August 10 10AM-12PM and 7-8:30PM at Riverdale Park (2000 E. 24<sup>th</sup> St.) | Join the Sioux Falls Pickleball Club during the week to learn the basics of pickleball and get instruction from club members.

**Sky Fitness:** Monday through Friday (times vary) at Sky Zone Trampoline Park (5129 S. Solberg Ave.) | Burn up to 1,000 calories while having a blast! Feel the oh-so-rewarding burn in your legs, arms, and core with fitness disguised as fun. It's one of the most dynamic, effective, and enjoyable workouts you'll ever have! First time participants are free, subsequent classes are \$5. Call 605-553-9910 for class times.

**Pilates:** Monday, August 6 11AM, Wednesday, August 8 10AM at Thrive Pilates (408 W. Lotta) | Join us for FREE Pilates throughout the week. Contact Tracy to sign-up at 605-351-8786. By registering and attending you will be entered to win a 30-minute 1-on-1 training session.

**Group Circuit:** Monday, August 6 and Wednesday, August 8 11:00AM at Koko Fit Club (3320 S. Sycamore) | Join us for a FREE group circuit class at Koko Fit Club, we can't wait to see you there!

**Orienteering and Skills 5K:** Tuesday, August 7 and Thursday, August 9 8:30-10AM at The Outdoor Campus (4500 S. Oxbow Ave.) | A unique opportunity to run a 5K along with testing your fishing rod casting and BB gun skills. Prizes awarded to the top finishers in men's and women's division. Adults 16+ only. Pre-register at [www.outdoorcampus.org](http://www.outdoorcampus.org).

**Stretching Class:** Tuesday, August 7 10-11AM and Thursday, August 9 5-6PM at FYZICAL Therapy and Balance Centers (6301 S. Minnesota Ave.) | Come learn about different stretching techniques during a relaxing class. You are invited to bring your own yoga mat. \$5 per person per class.

**Bike to Work Breakfast:** Wednesday, August 8 6:30-7:30AM at Myers Deli in the CNA Surety Building (101 S. Reid Street). | Join FAB member and year-round bicycle commuter, Jason Mueller, for a fun morning of bikes & breakfast before work. This monthly meetup is held at various breakfast locations and supports both new and veteran bicycle commuters. People are always curious why anyone would bicycle to work and what is required to do so. This breakfast is for people who are interested in getting started or entertaining the idea of riding their bicycle to work. All are welcome, no bicycle required!

**Book Walk:** Wednesday, August 8 9AM-11AM in Downtown Sioux Falls | Take a walk and read the pages of children's books along the Bike Path between the Downtown River Greenway Amphitheater and Falls Park. Visit the Bookmobile from 9:00 am – 11:00 am; Rockin' Red will perform from 9:30 am – 10:00 am and 10:15 am to 10:45 am. Parking available at Falls Park.

**Wandering Wednesday:** Wednesday, August 8 6PM-9PM at Harmodon Park (5609 E. 41<sup>st</sup> St.) | Wandering Wednesday South will be starting from Harmodon Park on the SE side of Sioux Falls. Wandering Wednesdays are all about getting together and getting some road riding in. We plan on two groups, the lead group will push the pace and may extend the ride based on weather conditions and daylight available (16+ mph average). The second group will ride at a more casual pace (12 to 15 mph). This group will operate as a no-drop ride and is a good choice for individuals who'd like to tryout road riding. There is a mid-point stop for each pace to regroup. Grab a friend and come out! This route is 25 miles. Helmets required. Lights advised. Come a bit early to check in, have questions answered, and meet your fellow riders. Here is a link to the route map: <http://www.mapmyride.com/routes/view/1491032281>.

**Yoga on the Water:** Wednesday, August 8 5:30-6:30PM at Hilton Garden Inn Sioux Falls Downtown (201 E. 8<sup>th</sup> St.) | Join us along the river for our Summer Yoga Series. Bring your own mat and get ready to yoga under the sun to fun tunes with your favorite people. This is a donation based class.

**Healthy Grocery Store Tour:** Wednesday, August 8 5:30-7:00PM at Walmart (3209 S. Louise Ave.) | Want to save money at the store? Want to buy healthy foods to feed your family? Want to learn how to make the most of your food budget? Want a fun way to help your family eat a balanced diet? If you said yes, come join us for a free guided grocery store tour! Call 605-367-8031 to register for this FREE event. Meet in the produce section.

**Group Trail Run:** Thursday, August 9 6PM-7PM at Good Earth State Park at Blood Run (48072 270<sup>th</sup> St.) | Meet at the welcome center at Good Earth State Park for a weekly group run! Open to anyone and all abilities. A great park for an introduction to trail running! There is no predetermined route or distance. Park pass or \$6 one day entry fee required to enter a South Dakota State Park.

**Judo:** Thursday, August 9 6:30 PM at SF Hapkido and Judo Club (3504 S. Minnesota Ave.) | Judo, or the gentle way is an ideal form of physical exercise and a reliable system of self-defense. The aim of Judo is to perfect oneself by systematic training of the mind and body so that each person works in harmony with themselves. Ages 7 and up.

**Youth Triathlon:** Friday, August 10 10AM-1PM at Kuehn Park Pool (2501 S. Kuehn Park Rd.) | Bring your swimsuit, towel, bike, helmet, and running shoes. Back by popular demand: chip timing with splits and overall time! Call 605-367-7665 with questions and to register.

**Hapkido:** Friday, August 10 6:30 PM at SF Hapkido and Judo Club (3504 S. Minnesota Ave.) | Hapkido is a self-defense art. What separates the techniques in Hapkido from other forms of self-defense is the use of Ki, or vital energy. Pursuing an understanding of Ki is important to master Hapkido. In this introductory class you will learn basic kicking, wrist techniques, punch defenses and falling. Families welcome.