

# SCHEDULE

## Saturday, August 11, 2018

Time	Class	Age Group	Description	Booth
Ongoing	<b>WATER ROWER DEMO</b> Orangetheory Fitness	Adults	This is a great cardio workout using a low-impact system. Come and check it out!	24
Ongoing	<b>RAPID RECOVERY</b> Active Spine	Adults	This helps to decrease delayed-onset muscle soreness and helps increase lymphatic flow.	17
Ongoing	<b>YARD GAMES</b>	All Ages	In between classes, come play games such as bean bags, Jenga, and spike ball.	16
<b>9:00</b>	<b>FALLING CLASS (20 min.)</b> Sioux Falls Hapkido & Judo Club	All Ages	Learn basic judo and hapkido falls to protect your head and body.	6
	<b>TRADITIONAL NATIVE GAMES (25 min.)</b> Good Earth State Park	All Ages	Native Americans played games for special occasions and for exercise. Learn some traditional games and experience a piece of history.	4
	<b>BODY WEIGHT &amp; BANDS (30 min.)</b> Cuong Strong Personal Training & Nutrition	Adult	Come to this session and learn how to get a full body workout with only your body weight and 1 or 2 exercise bands.	18
	<b>BARRE (30 min.)</b> Barre3	Adult	Get a full-body workout where you can modify postures and movements to get a deep muscle burn—without pain in areas of the body prone to injury.	12
	<b>BOOT CAMP (30 min.)</b> Anytime Fitness	Adult	Mini Boot Camp uses your own body weight combined with moves to confuse your muscles to give you maximum results!	13
	<b>FIT AND FLOW (30 min.)</b> CPMFITness	All Ages	Get it all . . . low-impact cardio with muscle toning and sculpting, followed by vinyasa flow and mobility for a total body workout.	23
	<b>PILATES REFORMER (15 min.)</b> Perfectly Pilates	Adult	An introduction to the Pilates Reformer machine focuses on arm and leg exercises.	14
	<b>BEGINNER PICKLEBALL (45 min.)</b> Sioux Falls Pickleball Club	Adult	Pickleball combines elements of badminton, tennis, and table tennis. Come learn this game that's growing in popularity!	26
	<b>MAT PILATES (20 min.)</b> Club Pilates	Adult & Teen	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.	20
	<b>BOOT CAMP (15 min.)</b> Sioux Falls Fit Body	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	11
	<b>TAI CHI (20 min.)</b> FYZICAL Therapy & Balance Centers	Adult & Teen	Learn to move for better balance! FYZICAL has the only employees in South Dakota certified in Tai Ji Quan!	15
<b>9:10</b>	<b>LIL' WINGS GYMNASTICS (25 min.)</b> Wings Gymnastics Academy	Walking to age 4	This class will help increase kids' coordination, flexibility, strength, motor function, and even brain development.	2
<b>9:15</b>	<b>TAI CHI (15 min.)</b> Avera McKennan Fitness Center	All Ages	Explore different forms of Tai Chi and Qi Gong, with main focus on Yang style form and technique.	21
	<b>MARTIAL ARTS/CORE (15 min.)</b> Great Life	All Ages	Train for power, speed, and balance with bodyweight core exercises and martial arts movements in this fast-moving, exhilarating class.	9
	<b>HIIT (15 min.)</b> Great Life	All Ages	Burn calories, build lean muscle, and improve cardio health in a short amount of time. Guaranteed to keep your heart pumping!	9
<b>9:30</b>	<b>KIDSFIT® (20 min.)</b> 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.	3
	<b>TRADITIONAL NATIVE GAMES (25 min.)</b> Good Earth State Park	All Ages	Native Americans played games for special occasions and for exercise. Learn some traditional games and experience a piece of history.	4
	<b>WERQ (30 min.)</b> WERQ and Sanford Health	All Ages	WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip-hop music.	7
	<b>PILATES REFORMER (15 min.)</b> Perfectly Pilates	Adult	An introduction to the Pilates Reformer machine focusing on arm and leg exercises.	14
	<b>BODY WEIGHT &amp; BANDS (30 min.)</b> Cuong Strong Personal Training & Nutrition	Adult	Come to this session and learn how to get a full body workout with only your body weight and 1 or 2 exercise bands.	18
	<b>JAZZ FUNK (30 min.)</b> Amaze Dance Studio	All Ages	Learn dance moves that are connected to several types of dance styles including ballet, tap, and hip-hop.	5
	<b>BOOT CAMP (15 min.)</b> Sioux Falls Fit Body	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	11
	<b>STRETCHING FOR RUNNERS (20 min.)</b> FYZICAL Therapy & Balance Centers	Adult & Teen	Learn to effectively stretch before and after a run. This is for everyone from beginners to advanced runners. (Come stretch after The Blue Move 5K!)	15

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9:40	<b>SELF DEFENSE (20 min.)</b> Sioux Falls Hapkido & Judo Club	All Ages	This class is about wrist escapes, wrist locks, and striking.	6	
	<b>WINGS NINJA GYM (25 min.)</b> Wings Gymnastics Academy	Boys 5 & Up	Boys will spend time building strength, agility, flexibility, coordination, and body awareness while they learn hard work and dedication.	2	
	<b>MAT PILATES (20 min.)</b> Club Pilates	Adult & Teen	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.	20	
9:45	<b>BARRE (30 min.)</b> Barre3	Adult	Get a full-body workout where you can modify postures and movements to get a deep muscle burn—without pain in areas of the body prone to injury.	12	
	<b>ABT (15 min.)</b> Great Life	All Ages	Target abs, buns and thighs to strengthen and improve core stability and prevent injuries in this circuit style class. Feel the burn!	9	
	<b>YOGA SCULPT (15 min.)</b> Great Life	All Ages	A total body yoga workout utilizing weights, cardio, and plyometrics to help sculpt your body.	9	
10:00	<b>TECH NECK (15 min.)</b> Sioux Falls Chiropractic	All Ages	Technology can be great, but it can be hard on your neck. Come learn some stretching techniques to relieve "tech neck."	22	
	<b>BARBELL FORM &amp; TECHNIQUE (30 min.)</b> Cuong Strong Personal Training & Nutrition	Adult	Learn how to squat, deadlift, and overhead press with efficient form and technique to build strength while minimizing the risk of injury.	18	
	<b>TRADITIONAL NATIVE GAMES (25 min.)</b> Good Earth State Park	All Ages	Native Americans played games for special occasions and for exercise. Learn some traditional games and experience a piece of history.	4	
	<b>BOOT CAMP (15 min.)</b> Sioux Falls Fit Body	Adult	This workout is designed to shed unwanted body fat in the shortest amount of time possible while giving you maximum results.	11	
	<b>BEGINNERS' YOGA (20 min.)</b> East Bank Yoga	All Ages	Yoga can help reduce stress, lower blood pressure, and improve energy. This class is for all levels, from beginners to established practitioners.	19	
	<b>BEGINNER PICKLEBALL (45 min.)</b> Sioux Falls Pickleball Club	Adult	Pickleball combines elements of badminton, tennis, and table tennis. Come learn this game that's growing in popularity!	26	
	<b>CUPPING (20 min.)</b> FYZICAL Therapy & Balance Centers	Adult	You'll learn why it's important to stretch and use tools to release fascia and soft tissue restrictions.	15	
	<b>BOOT CAMP (30 min.)</b> Anytime Fitness	Adult	Mini Boot Camp uses your own body weight combined with moves to confuse your muscles to give you maximum results!	13	
	<b>YOGA (30 min.)</b> Touchmark Health & Fitness Club	All Ages	Mindful exercise focusing on body alignment, posture, and proper breathing maximizes the relaxing and meditative benefits of yoga.	10	
	<b>PILATES REFORMER (15 min.)</b> Perfectly Pilates	Adult	An introduction to the Pilates Reformer machine focusing on arm and leg exercises.	14	
	10:10	<b>WINGS GIRLS GYM (25 min.)</b> Wings Gymnastics Academy	Girls 5 & Up	Girls will spend time building strength, agility, flexibility, coordination and body awareness while they learn hard work and dedication.	2
	10:15	<b>ZUMBA (20 min.)</b> Great Life	All Ages	Combines low- and high-intensity moves for an interval-style, calorie-burning dance fitness party.	9
		<b>HIIT (15 min.)</b> Great Life	All Ages	Burn calories, build lean muscle and improve cardio health in a short amount of time. Guaranteed to keep your heart pumping!	9
		<b>CHAIR YOGA (20 min.)</b> Active Generations	Adult & Seniors	Yoga can be modified to help individuals who cannot stand or lack the mobility to move easily from standing to seated to supine positions.	25
		<b>ABT (15 min.)</b> Great Life	All Ages	Target Abs, Buns and Thighs to strengthen and improve core stability and prevent injuries in this circuit style class. Feel the burn!	9
10:20	<b>REAR THROW (20 min.)</b> Sioux Falls Hapkido & Judo Club	All Ages	This class will touch on executing a Judo throw by throwing your opponent backwards. You even get to throw a Judo Black Belt!	6	
	<b>MAT PILATES (20 min.)</b> Club Pilates	Adult & Teen	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.	20	

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	<b>BODY WEIGHT &amp; BANDS (30 min.)</b> Cuong Strong Personal Training & Nutrition	Youth	Come to this session and learn how to get a full body workout with only your body weight and 1-2 exercise bands.	18
	<b>KIDSFIT® (20 min.)</b> 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.	3
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	<b>WERQ (30 min.)</b> WERQ and Sanford Health	All Ages	WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.	7
	<b>GUIDED MEDITATION (15 min.)</b> East Bank Yoga	All Ages	Part of living well is taking the time for relaxation. Get comfortable on a mat for a 15-minute guided meditation.	19
	<b>PILATES REFORMER (15 min.)</b> Perfectly Pilates	Adult	An introduction to the Pilates Reformer machine focuses on arm and leg exercises.	14
	<b>BODY WORKOUT (20 min.)</b> Orangetheory Fitness	Adult & Teen	This is a full-body workout that focuses on training, endurance, and strength.	24
	10:40	<b>LIL' WINGS GYMNASTICS (25 min.)</b> Wings Gymnastics Academy	Walking to age 4	This class will help increase kids' coordination, flexibility, strength, motor function and even brain development.
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	<b>COUNTRY HEAT (30 min.)</b> Touchmark Health & Fitness Club	All Ages	High-energy, low-impact, country dance-inspired fitness that totally fires up the fun—you won't even feel like you're working out!	10
	<b>SELF DEFENSE (20 min.)</b> Sioux Falls Hapkido & Judo Club	All Ages	This class is about wrist escapes, wrist locks and striking.	6
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	<b>DRY NEEDLING (20 min.)</b> FYZICAL Therapy & Balance Centers	Adult	Dry needling is now available in South Dakota! Similar to acupuncture, dry needling can help release tension, lessen fatigue, and treat your injuries.	15
	<b>MAT PILATES (20 min.)</b> Club Pilates	Adult & Teen	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.	20
11:10	<b>WINGS GIRLS' GYM (25 min.)</b> Wings Gymnastics Academy	5 & Up	Girls will spend time building strength, agility, flexibility, coordination and body awareness while they learn hard work and dedication.	2
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	<b>ZUMBA (20 min.)</b> Great Life	All Ages	Combines low- and high-intensity moves for an interval-style, calorie-burning dance fitness party.	9
	<b>YOGA (30 min.)</b> Sanford Health	All Ages	Vinyasa flow class with sun salutations and lots of core abdominal work.	8
	<b>WERQ (30 min.)</b> WERQ and Sanford Health	All Ages	WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.	7
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	11:40	<b>FORWARD THROW (20 min.)</b> Sioux Falls Hapkido & Judo Club	All Ages	Come to this class and learn a shoulder throw from a certified USA Judo coach.
<b>MAT PILATES (20 min.)</b> Club Pilates		Adult & Teen	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.	20
<b>WINGS TUMBLING (20 min.)</b> Wings Gymnastics Academy		5 & Up	Learn the basics and come and try tumbling with us!	2
<b>BODY WORKOUT (20 min.)</b> Orange Theory Fitness		Adult & Teen	This is a full-body workout that focuses on training, endurance, and strength.	24
12:00	<b>DANCE MILE</b>	All Ages	Gather in front of the stage and join us in celebration of a great morning. We will dance our way around Riverdale Park.	Stage



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