



ADULT

for athletes ages 18+



STRENGTH

- A total body approach to improving lean muscle mass, balance, and coordination through squat, press, and pull variations.
- A great place to start or progress your strength training.
- M-F: 6am, 11am, 6pm

BOOTCAMP

- High intensity interval training with weights, sleds, tires, and med balls to improve overall fitness.
- Can be tailored to your fitness level.
- M-F: 5am, 9am, Noon, 5:30pm
- Sat: 8:30am

Register at orthopedicinstitutesf.com or 605-271-7130
5901 S. Southeastern Ave. Sioux Falls, SD 57108