

# Dakotah!

SPORT AND FITNESS

## Breakout Training



**BORED?  
UNINSPIRED?  
IN A FITNESS RUT?**

Then try the newest concept in group fitness ...  
**SMALL GROUP TRAINING!**

You will be working with NETA Group Fitness and Personal Trainer certified trainers Aimie Reistad and Terri Haney using cardio equipment, participating in small studio classes for strength, stretching, and using other areas of the gym for all over health and wellness.

The benefits are endless - accountability, more focus on you, help with achieving goals, measuring progress, and introduction to new equipment and exercises.

## Small Group Training

**ALL FITNESS LEVELS WELCOME  
NEW CLASS FORMATS  
MORNING AND EVENING SESSIONS**

**\$85 for 8 Sessions!**

Space is limited, so register now.  
Contact Annie Melek at 952-496-6879 or  
annie.melek@dakotahsport.com  
with any questions.

**Register Online at  
[www.dakotahsport.com](http://www.dakotahsport.com)**

**BREAK OUT OF YOUR COMFORT ZONE.  
BREAK OUT OF YOUR RUT.  
BREAK OUT TODAY!**