



Shakopee Mdewakanton Sioux Community

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SMSC Renovates Dakotah! Sport and Fitness to Better Serve Members

Prior Lake, Minnesota – The Shakopee Mdewakanton Sioux Community, owner and operator of Dakotah! Sport and Fitness, has completed major renovations to the area's largest family friendly fitness facility. DSF opened in 1994 offering memberships to the general public, and featuring an indoor track, aquatic center, ice arena, double gymnasium, and many more amenities dedicated to improving the health and fitness of area residents. Although renovations and upgrades have been common place since opening, recent changes were substantial, adding amenities and services that members have asked for over the years.

The lower level contains an exciting new members-only addition, Dakotah! Bowling Lanes, which is located underneath the Dakotah! Ice Center which opened in the fall of 2009. It contains three standard bowling lanes and four Highway 66 mini-bowling lanes in addition to a number of video, arcade, and other interactive games.

Recent upgrades include a new Cardio Room, with new treadmills, stair climbers, and other state-of-the-art cardio equipment. Next to the Cardio Room, is a new Circuit Room, an area dedicated to the popular circuit training workout method. In the coming months, DSF will offer its' members 24 hour access utilizing these two new areas. A new Cycling Room was installed on the lower level, and new batting cages, a new multipurpose room, and several new conference rooms have joined the mix of available activities and spaces. New locker rooms in the Ice Arena, new furnishings and flooring in the Deli, a new activities desk, additional lighting in the Aquatic Center, and upgraded restrooms round out the recent changes.

A new virtual tour highlighting all of the amenities available at Dakotah! Sport and Fitness is available for viewing at www.dakotahsport.com. DSF memberships are open to the public.

About Dakotah!

The area's premier fitness facility, Dakotah! Sport and Fitness offers a vast array of amenities with something for everyone in their 305,331 square foot facility. Amenities include an indoor track, aquatic center, indoor ice arenas, a double gymnasium, a cardio studio, a cycling studio, group fitness classes, free weights, circuit training equipment, and much more. Dakotah! Sport and Fitness is owned and operated by the Shakopee Mdewakanton Sioux Community, a federally recognized Indian tribe in the Prior Lake and Shakopee area of Minnesota. The SMSC is also the owner and operator of Mystic Lake Casino Hotel, Little Six Casino,

Playworks, the Shakopee Dakota Convenience Stores, The Meadows at Mystic Lake, and other enterprises on the reservation south of the Twin Cities.

This press release and other information may be downloaded from the SMSC website at www.shakopedakota.org.

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