

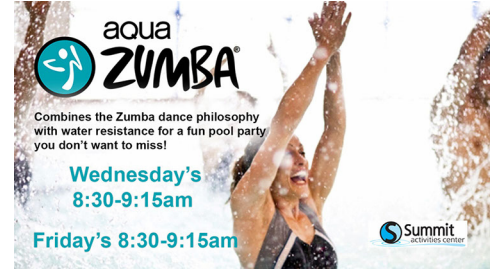


01.jpg

We have 2 AED's available.
One is located behind the SAC front reception desk.
The other is located at the top of the stairs outside the weight and fitness office.



02.jpg



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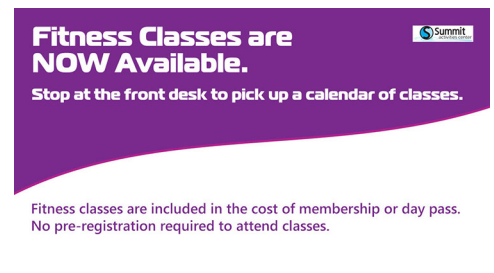
06.jpg



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08.jpg



09.jpg

Lap Swimming

Two lap swimming lanes are available at the SAC Pool at all times for lap swimmers. Swimmers and lap swimmers under 18 years of age must swim during regular open swim hours with a lifeguard present.



10.jpg

MEMBERSHIP AND FEE STRUCTURE

Our Membership and Fee structure has changed!

For more information, stop at the front desk to pick up a rates brochure.



11.jpg

J&H Cleaning Service Inc.

Contract Cleaning • Commercial/Residential
Floor Care • Auto Detailing
Carpet & Upholstery Cleaning

605-665-2571 OR 605-661-9211
601 BURLEIGH ST | YANKTON

12.jpg

NOTICE

Due to safety concerns, during open gym at the SAC the Auxiliary Gym will only be used for basketball unless a court is rented.

The Auxiliary Gyms will not be used for baseball, softball, football, volleyball or soccer practices unless court space is rented.

Please stop by the front desk if you are interested in renting a court!

PICKLEBALL HOURS AT THE SUMMIT ACTIVITIES CENTER:

Monday – Friday: 6:00am to Noon
Saturday and Sunday: 8:00am to Noon

13.jpg

Kick, Punch & Sweat

Get your heart pumping, and burn calories while punching and kicking to music.

WEDNESDAYS
6:15-6:45pm

14.jpg

15.jpg

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us
815-872-5040

16.jpg

POWER ABS

This class targets the entire abdominal area for a core strengthening workout!

Mon. & Wed. ~ 5:45 - 6:00 PM
Tue. & Thur. ~ 6:00 - 6:15 pm

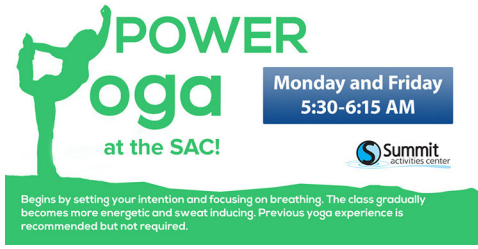
17.jpg

JR'S Oasis Convenience Store

Open daily 5am-11pm
Sunday 6am

605-665-1450
2404 East Highway 50 • Yankton

18.jpg



POWER Yoga
at the SAC!

Monday and Friday
5:30-6:15 AM

Summit activities center

Begins by setting your intention and focusing on breathing. The class gradually becomes more energetic and sweat inducing. Previous yoga experience is recommended but not required.

19.jpg



Prime Time for Seniors

Mon & Wed
9:00 - 9:45am

Summit activities center

Join this exciting class that is specifically designed for seniors that includes thera-band exercises, dumbbells, steps and much more.

20.jpg



Summit

Due to Safety Issues:

No one under the age of 12 is allowed in the upstairs weight and fitness area. 12 and 13 year olds need to be accompanied by a guardian.

We thank you for your cooperation!

21.jpg



SEVING THE AREA SINCE 1949

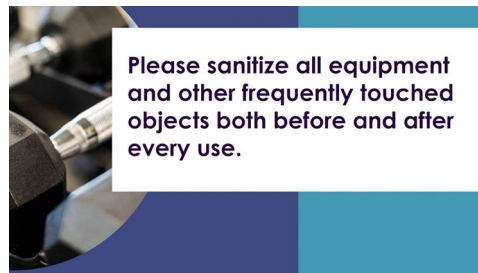
M.T. & R.C. Smith Insurance, Inc.

- Life
- Long Term Care
- Auto
- Home
- Business

SMITH INSURANCE

605.665.3611 • 204 W. 4th St. • Yankton

22.jpg



Please sanitize all equipment and other frequently touched objects both before and after every use.

23.jpg



Slow Flow Yoga

Wednesday's
5:30-6:15am

A great class for any age or ability level

SUMMIT ACTIVITIES CENTER

24.jpg



TABATA

Summit

Looking for a fast workout? Look no further. TABATA is a high-intensity interval training workout that lasts only 30 minutes!

Mon. & Wed. ~ 5:15 - 5:45 pm
Tue. & Thur. ~ 5:30 - 6:00 pm

25.jpg



Trim N Tone

A simple, quick, demanding class that focuses on tightening and toning the problem areas of the body.

Monday & Wednesday
6:00-6:25 PM

Summit activities center

26.jpg



Style N File Salon

THE MASSAGE ROOM SALON

Visit: theclassroomofdisgenius.com

(605) 260-8635

222 Capital Street, Yankton, SD

Facebook

27.jpg

Wake Up Fit

Combines cardiovascular conditioning, strength training, and core toning. Keep your body AWAKE with new workouts every week!

Tuesdays, 6:00-6:45AM

28.jpg

Water Aerobics Classes

Get your body moving in the water with a high energy, interval-conditioning, no-impact class that provides cardio and strength training all while in the pool!

Monday 5:30-6:15 PM
Tuesday & Thursday 8:30-9:30 AM
Saturday 8:30-9:30 AM

29.jpg

ZUMBA
 FITNESS

Join the party!

Enjoy Latin rhythms and dance moves for a one-of-a-kind workout.

Tuesday 5:30-6:30pm

30.jpg

Small Animal Practice

vetmed CLINIC

Surgical Operations • Medical Care
 Dentistry • Boarding • Grooming

1603 Broadway Ave • 605-665-9441
 vetmedclinic.net

31.jpg

Zumba gold

For older active adults or those looking for a lower impact workout, Zumba Gold recreates the original Zumba moves you love at a lower-intensity!

Monday 10:00-10:45 AM
Thursday 10:00-10:45 AM

32.jpg

Dance Fit

Wednesday's 5:30-6:00pm

A full body low impact workout using small movement repetitions.

33.jpg

Want to OWN this Ad Space?

Call Us
815-872-5040

Visual Solutions

Together we will grow your business!

34.jpg