



## ACHIEVE YOUR FITNESS GOALS AT THE YWCA

It is never too late to adopt a healthy lifestyle. As our society becomes more health-conscious, there has been an increased focus on the importance of exercise. Having a consistent exercise program has also been proven to be the best medicine to fight disease.

Whether you are exercising to control weight, get in better physical condition, or working out to relieve stress, the YWCA staff can work with you to achieve your goals. Energy, health and a positive attitude are just a few rewards of exercise.

We offer many aerobics classes and a host of cardiovascular fitness machines. Turn on your favorite show or watch the morning news while you workout. In addition, we have a variety of weight machines. The benefits of weight training are endless and YWCA staff is on hand to help develop a program to suit your needs or enhance a current training regimen.

If your idea of an overall body workout is swimming, the YWCA has a six lane, 25 yard pool for you to enjoy lap swimming or participate in one of our many water exercise classes.

And if you have a little Michael Jordan in you, try out our nostalgic basketball court with a few free throws and a pick-up game of basketball. With all of the available options, the YWCA offers the perfect facility to get fit.

## HOURS OF OPERATION

### FALL & WINTER HOURS (Labor Day - Memorial Day)

Monday—Friday  
6:00am to 9:00pm

Saturday  
7:00am to 5:00pm

Sunday  
1:00pm to 5:00pm

### SUMMER HOURS (Memorial Day – Labor Day)

Monday—Thursday  
6:00am to 9:00pm

Friday  
6:00am to 6:30pm

Saturday  
7:00am to 1:30pm

Sunday - Closed

### CLOSED

New Year's Day, Easter Sunday,  
Memorial Day, 4th of July,  
Labor Day, Thanksgiving,  
Christmas Eve close at 4pm,  
and Christmas Day



300 W. 11th Street  
Sioux Falls, SD 57104  
605-336-3660  
[www.ywca-sf.org](http://www.ywca-sf.org)



**ALL  
FOR  
YOU**  
ALL AGES.  
ALL LEVELS.  
ALL ABILITIES.

**AQUATIC &  
FITNESS CENTER**  
MEN • WOMEN • FAMILIES



MEMBERSHIP, INFORMATION & PRICING



## FITNESS ASSESSMENTS [ \$15 ]

Getting a fitness assessment is an essential tool to finding out where you are and where you need to go. Assessments include weight, body mass index and fat percentage, blood pressure and a "sit and stretch" flexibility test. Measurements can be taken of key areas for toning. Schedule an appointment today.

## PERSONAL TRAINING [ \$25/hour ]

Need help setting a realistic fitness goal or is your workout stuck in a rut? Let our trainers give you pointers to make working out fun again. Our trainers are professional, dependable role models for exercise training and other areas of health. They will help you develop a workout plan and encourage you to meet the goals you set. Contact us to set up an appointment.

## MASSAGE THERAPY

Enjoy a natural form of mind and body therapy for both men and women. Ease those tense muscles and pamper yourself with our on-site masseuse. Call 336-3660 to schedule an appointment.

30 minutes: [ \$35/member ]  
[ \$40/non-member ]

60 minutes: [ \$50/member ]  
[ \$55/member ]

## BECOME A MEMBER.

### FULL FITNESS MEMBERSHIP

Includes use of the swimming pool, fitness center, land exercise classes and water exercise classes. (\*ACH rates below)

Individual [ \*\$30/month ]

Couples [ \*\$40/month ]

Senior 60+/  
FT College/Teen  
[ \*\$27/month ]

Pay for one month  
at time [ \$35/month ]

### FAMILY FITNESS MEMBERSHIP

Bring the whole family and spend your time together here! This membership includes full use of the swimming pool, fitness center, land exercise and water exercise classes for those 13 years and older in your immediate household family of up to 6.

Family [ \*\$50/month ]

LOOK GOOD.  
FEEL GOOD.  
GET INTO  
SHAPE!



### LOCKER ROOM MEMBERSHIP

For walkers or runners needing a locker room facility, or those looking for a little tender care, this annual membership provides use of the showers, towels, locker room.

[ \$99/year ]

### PUNCH CARD

10 full fitness visits for one individual

Member: [ \$40/each ]  
Non-member: [ \$60/each ]

### GUEST PASS

Single Use Pass - 1 visit

[ \$5/member ]  
[ \$7/non-member ]

### SUPPORTING MEMBERSHIP

Support the great work of the YWCA and receive member rates on all classes, our newsletters, and an invitation to the annual meeting.

Individual [ \*\$30/year ]

Senior 60+/  
FT College/Teen  
[ \$15/year ]



ADOPTING A  
**HEALTHY LIFESTYLE**  
IS THE MOST IMPORTANT  
CHOICE YOU CAN MAKE.

### BENEFITS OF YWCA MEMBERSHIP

- No long-term contract
- Month to month membership
- A variety of programs for all ages
- Discounted programs for members

### FINANCIAL ASSISTANCE

To reach as many people as possible, the YWCA provides financial assistance for memberships and programs. Please stop by our membership desk to pick up a scholarship application.

### UNITED WAY AGENCY

The YWCA is a United Way Agency. Nine percent of our budget is provided by the community through United Way contributions.

