

# SHAKE UP YOUR EXERCISE ROUTINE



**Enjoy access to our complete selection of group exercise classes at no extra cost** when you're a member of the Avera Sacred Heart Wellness Center. No long-term contracts or hidden fees.

**Whether you're looking for an intense or relaxing workout, we offer fun and effective classes all week long!**

- Yoga
- Body Sculpting
- Water Aerobics
- APEX Cardio Strike & Tone
- Circuit
- Zumba
- Bootcamp

**Avera**   
Sacred Heart  
Wellness Center

**Call 605-668-8357**  
for membership or group  
session opportunities.