



Exercise more than your mind.

Avera Sacred Heart Wellness Center was designed under the "mind-body-spirit" model that promotes a well-balanced approach to fitness and good health.

When you become a member, you enjoy access to our complete selection of exercise equipment, two pools, over 30 group exercise classes per week at no extra cost, plus much, much more!



Unlimited Access As Low as \$18 per Month!

Student membership only \$18 per month for full-time high school or college students.

Monthly membership for non-students start at \$23.85 for seniors and \$29.68 for individuals.

Your flat monthly fee includes unlimited access to equipment, pools and group exercise classes. You can stop and start your membership at any time – no long term contracts or hidden fees!



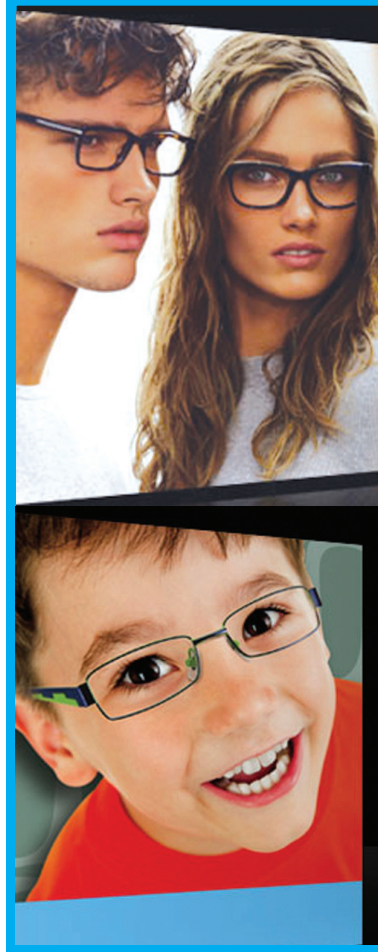
- Hoist Machine Weights
- Free Weights
- Precor Treadmills
- Adaptive Motion Trainer
- Precor Ellipticals
- Recumbent Bikes
- Rowing Machines
- Nu-Steps
- Underwater Treadmill
- Stair Climbers
- Swim Jets
- Boot Camp
- Insanity
- Zumba
- Yoga
- Step/Strength
- Step Circuit
- Circuit Class
- Power Toning
- Water Aerobics

Fall/Winter/Spring Hours
(Labor Day – Memorial Day)

Sunday 1 p.m. – 7 p.m.
Monday-Friday 5:30 a.m. – 9 p.m.
Saturday 7 a.m. – 3 p.m.



501 Summit Street • Yankton, SD 57078 • (605) 668-8357



Kids Sale
50% off Frames & Lenses
Must be 17 years or under; CR39 plastic lenses. No other discounts apply. See store for details. Offer Expires 8/31/11

Optical Expressions is pleased to announce
Dr. Laura Slowey
Independent Optometrist
Now doing eye exams at Optical Expressions
Day & Evening Hours Available

Optical Expressions
Call 605-665-6181 for appointment
Yankton Mall We Welcome Most Insurance Plans

YOUR BACK-TO-SCHOOL HEADQUARTERS

- Fashions & Footwear
- School Supplies
- Sporting Goods
- Computers
- Electronics
- Dorm Furnishings
- Health & Beauty
- Books & Music



2101 Broadway, 665-5999
M-F 10-9pm, Sat. 10-5:30pm,
Sun. Noon-5pm



Students and parents, wherever life takes you...

stay connected

eSTATEMENTS
INTERNET BANKING | eMOBILE
FIRSTCHOICE STUDENT CHECKING

First Dakota has the right products & services to help you bank with ease and build a responsible financial future.



Yankton Downtown
665.7432 • 225 Cedar Street

Yankton North
665.4999 • 2105 Broadway Avenue

Additional Convenient locations
Chamberlain Salem
Kimball Sioux Falls
Mitchell Vermillion
Oacoma Wagner
Parkston

firstdakota.com Member FDIC

OPEN A NEW CHECKING ACCOUNT AND RECEIVE UP TO **\$150***

*\$50 minimum opening deposit. Not available with any other offer. Free checkcard upon application with no usage fees assessed.

Need a New Ride For Back to School?



We have the right ride and gear to make it fun & safe!



TREK



Make Sure They're Safe!

Remind them to follow these simple tips to stay happy and healthy on their bike!



- Always wear a helmet.
- Keep your bike in good working order.
- Slow down and check traffic at all intersections
- Let cars and people go ahead of you.
- Obey traffic signs and rules.
- Walk your bike across a busy street.
- Never ride in and out of traffic or between cars.
- Try to avoid heavily traveled streets and roads.
- Don't ride double or hitch a ride.



- **Sales & Service**
- **Accessories to Make any Bike your own!**

2404 Broadway, Yankton
605-260-BIKE (2453)
M-F 8-8, Sat. 8-6, Sun. 10-5
www.acebikeandfitness.com

