

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.