



Get Up and Play Month



At the Summit Activities Center

1801 Summit Street Yankton, SD (605) 668-5234



Mondays & Wednesdays

- Boot Camp 6:00-6:45 AM
- Water Aerobics 8:30-9:15 AM
- Water Exercise Plus 9:30-10:15 AM
- Prime Time for Seniors 9:00-9:45 AM
- Workout Express 12:15-12:45 PM
- Tabata 5:15-5:45 PM
- Water Aerobics 5:30-6:30 PM
- Power Abs 5:45-6:00 PM
- Workout Express 6:00-6:30 PM
- Booty Blasters 6:30-7:15 PM
- Open Swim 6:30-8:30 PM

Tuesdays

- Water Aerobics 8:30-9:30 AM
- Workout Express 12:15-12:45 PM
- Workout Express 5:15-5:45 PM
- Power Abs 5:45-6:00 PM
- Workout Express 6:00-6:30 PM
- Zumba 6:30-7:15 PM

Thursdays

- Water Aerobics 8:30-9:30 AM
- Workout Express 12:15-12:45 PM
- Tabata 5:15-5:45 PM
- Power Abs 5:45-6:00 PM
- Tabata 6:00-6:30 PM
- Zumba 6:30-7:15 PM

Saturdays

- Booty Blasters 8:15-9:15 AM
- Water Aerobics 9:15-10:15 AM
- Weight Room Seminar 10:30-11:15 AM (February 3rd & 17th)
- Zumba 9:30-10:30 (February 17th ONLY)
- Open Swim 1:00-5:00 PM
- POOL CLOSED: February 10 for Yankton Swim Team Meet

Fridays

- Boot Camp 6:00-6:45 AM
- Water Aerobics 8:30-9:15 AM
- Water Exercise Plus 9:30-10:15 AM
- Prime Time for Seniors 9:00-9:45 AM
- Workout Express 12:15-12:45 PM
- Open Swim 6:30-8:30 PM

Summit Activities Center Hours:

Monday-Friday 5:00 am - 10:00 pm
 Saturday 8:00 am - 8:00 pm
 Sunday 8:00 am - 8:00 pm

NO SCHOOL SWIM

SPECIAL MONDAY,

FEBRUARY 19TH 1-5 PM.

Open Skate Ice Arena

\$5 admission

- Saturday, February 10, 1:00 PM – 4:00 PM
- Friday, February 23, 7:00 PM – 9:00 PM
- Saturday, February 24, 1:00 PM – 4:00 PM

Specials:

- Half off Summer pool passes
- 10% off quarterly memberships
- 15% off annual memberships (exclude corporate and EFT)
- SAC members gets discount at Fox Run Golf Course

\$1 Day Passes All Month