

## **Health/Fitness**

### **Anytime Fitness**

501 1st Ave NE

605-878-2112

[www.anytimefitness.com/gyms/417/watertown-sd-57201/](http://www.anytimefitness.com/gyms/417/watertown-sd-57201/)

Offer a 24 hour access gym with free weights, circuit, classes, personal trainers, cardio equipment, and strength equipment.

### **Dakota Gold Academy**

202 9th Ave SE

Watertown, SD 57201

605-886-7530

Contact: Bobby & Elizabeth Linneman

Email: [dakotagoldacademy@gmail.com](mailto:dakotagoldacademy@gmail.com)

[www.dakotagoldacademy.com](http://www.dakotagoldacademy.com)

Our goal is to build confident, skilled athletes in the gymnastics and cheer fields. Our experienced coaching staff implement proven techniques to develop the student's athletic abilities, in addition to developing their personal character.

### **Fall Out Shelter**

13 2nd St SE

605-204-0294

Email: [falloutsheltersd@gmail.com](mailto:falloutsheltersd@gmail.com)

[www.falloutshelterministries.com](http://www.falloutshelterministries.com)

Offers classes for Martial Arts, firearms training and self defense. Fallout Shelter is a division of Fallout Shelter Ministries, a SD non-profit, preparing people for the unexpected. Services will be expanding.

### **Grace Dance Academy**

203 1/2 East Kemp Ave (above The Gym)

Contact: Carly Buri

605-868-8083

Email: [carlyrfrاهر@gmail.com](mailto:carlyrfrاهر@gmail.com)

[www.gracedancewatertown.com](http://www.gracedancewatertown.com)

Classes include ballet, jazz, tap, hiphop, and musical theater. Classes for young dancers and adults. Register online or call the number listed.

### **Living Art Dance Studios**

19 S Broadway

605-380-1908

Email: [livingartdance@abe.midco.net](mailto:livingartdance@abe.midco.net)

[www.livingartdance.net](http://www.livingartdance.net)

Register by contacting the phone number or email above. Our mission is to provide a positive dance experience by utilizing a structured syllabus that helps students grow in self confidence and self discipline.

### **Planet Fitness**

1300 9<sup>th</sup> Ave (Watertown Mall)

605-878-0170

For club hours check out:

[www.planetfitness.com/gyms/watertown-sd](http://www.planetfitness.com/gyms/watertown-sd)

### **Prairie Lakes Wellness Center**

1515 15<sup>th</sup> St NE

605-882-6250

<http://plwc.life>

Email: [thillis@watertownsd.us](mailto:thillis@watertownsd.us)

For family and individual members, the Wellness Center provides swimming pools, waterslides, gymnasium, racquetball, walking track, group fitness classes, yoga, pilates, cardio and weight machines, sports leagues, and personal training. There is Childwatch service for children whose parents are exercising. Guest Day passes are available. Youth who are not in 7<sup>th</sup> grade or above must have an adult parent/guardian with them when they are at the center.

### **Prescribed Fitness**

204 9<sup>th</sup> Ave SE

320-583-1828

Email: [PrescribedFitnessSD@gmail.com](mailto:PrescribedFitnessSD@gmail.com)

Offers cross training focused on functional movements in a go at your own pace group setting. Classes for youth and adults.

## **The Gym**

207 E Kemp Ave.

605-753-5600

[www.thegyminc.com](http://www.thegyminc.com)

24 hour access gym with free weights, cardio -theater, personal trainers, advanced equipment, fitness classes, hydro massage, tanning, InBody Composition Analyzer, Far Infrared Saunas & Redlight Therapy.

## **Ultimate Kicks – Tae Kwon Do**

1335 9th Ave SE

605-880-8887

Contact: Ms. Kelly Sternhagen

Email: [Kelly.sternhagen1@gmail.com](mailto:Kelly.sternhagen1@gmail.com)

[www.ultimatekicks.com](http://www.ultimatekicks.com)

Tae Kwon Do is for all ages. We focus on improving manners, self-discipline and confidence while promoting physical fitness, flexibility, and self-defense.