

Health/Fitness

Dakota Gold Academy

202 9th Ave SE

Watertown, SD 57201

605-886-7530

Email: dakotagoldacademy@gmail.com

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

605-868-0327

Email: falloutsheltersd@gmail.com

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: carlyrfraher@gmail.com

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

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 9th Ave (Watertown Mall)

605-878-0170

For club hours check out:

planetfitness.com/gyms/watertown-sd

Prairie Lakes Wellness Center

1515 15th St NE

605-882-6250

plwc.life

Email: 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 a Childwatch service for children whose

parents are exercising. Guest Day passes are available. Youth who are not in 7th grade or above must have an adult parent/guardian with them when they are at the center.

Prescribed Fitness

204 9th Ave SE

605-501-5468

Email: PrescribedFitnessSD@gmail.com

Offers cross training focused on functional movements in a go at your own pace group setting. Classes are for youth and adults. Un-attended open gym times are available. Check their website for latest class times and open gym availability.

The Gym

207 E Kemp Ave.

605-753-5600

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. Nutrition & smoothie bar on-site.

Ultimate Kicks – Tae Kwon Do

1335 9th Ave SE

605-880-8887

Contact: Ms. Kelly Sternhagen

Email: Kelly.sternhagen1@gmail.com

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.