

# FEEL GOOD REASONS WHY TO ATTEND FITNESS CLASSES AT THE MUTCH WOMEN'S CENTER FOR HEALTH ENRICHMENT

**SANFORD**  
WOMEN'S



**CORE  
STABILITY**

**NO  
MEMBERSHIP**

**CLASSES LED  
BY CERTIFIED  
FITNESS  
INSTRUCTORS**

**TIME  
FOR YOU**

**OPTIONS TO  
CHOOSE WHAT  
WORKS FOR YOU—  
TIME OF DAY, DAY  
OF THE WEEK,  
VARIETY IN CLASS  
STYLE**



I could come here every day! I feel so comfortable. The instructors are friendly, and the front desk gals know my name! It makes it very easy to want to come here for exercise.”

—Joli, fitness participant



The classes are effective, safe, and provide good variety to stay healthy. The classes and instructors at the Mutch Women's Center are top notch.”

—Holly, fitness participant

**INDIVIDUALIZED  
ATTENTION,  
GUIDANCE AND  
ENCOURAGEMENT**

**SMALL  
CLASS  
SIZES**

**FUEL YOUR BODY  
AND MIND WITH  
ENERGY AND  
MOTIVATION**



**IMPROVE  
BALANCE AND  
FLEXIBILITY**

**BE STRONG. BE HEALTHY. BE YOU.**

Pre-registration for classes is requested. Call (605) 328-7155 to speak with a personal fitness coach or to pre-register.

*\*Prices do not include tax.*

# Mutch Women's Center for Health Enrichment

Motivation, Information & Inspiration for a healthy you

Check out our website for additional fitness classes, services and savings.

[mutchwomenscenter.org](http://mutchwomenscenter.org)



Join us on Facebook!

## INTRO TO FITNESS

Get started with a fitness routine and feel good!

**Saturday, August 5 • 9:30 a.m.**

**Wednesday, August 23 • 6:30 p.m.**

Learn a variety of fitness options to strengthen your core and improve flexibility. Discover which class works for you!

MVe Chair Pilates • Yoga • Functional Fitness • Yo+lates

**COST: FREE**

CALL TODAY  
AND  
REGISTER!

**SANFORD**  
WOMEN'S

Sanford  
Mutch Women's Center  
for Health Enrichment  
5019 South Western Ave., Suite 200  
Sioux Falls, SD 57108

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
SANFORD

## FREE FITNESS CLASS

Coupon is good for ONE 30 minute or 50 minute  
Feeling Good Fitness Class

Some exclusions apply. One coupon per customer. Offer non-redeemable with any other coupons, Value Card, Pick 4 or series pricing.

Expires 8/31/17