

SANFORD FITNESS

One membership = three facilities

Sanford Wellness Center (49th & Oxbow Avenue)

Amenities:

- Full-amenity locker rooms
- Main pool
- Warm-water pool
- Whirlpool
- Sauna
- Racquetball courts
- Squash court
- Cardio and weight equipment
- Running/walking track
- Kids room
- Large play system in KidZone
- Heated Yoga room

Programs:

- Group fitness & cycling classes
- Water exercise classes
- Swim lessons
- Adaptive land and water training
- Kids classes
- Personal training
- Forte Training

Hours:

Monday – Friday: 5 a.m. – 10 p.m.
 Saturday: 7 a.m. – 6 p.m.
 Sunday: 10 a.m. – 6 p.m.



4201 S. Oxbow Ave • (605) 328-1600

Sanford Wellness Center (Tea/Ellis Road) **Formerly Family Wellness*

Amenities:

- Full-amenity locker rooms
- Zero-depth pool with slide
- Whirlpool
- Steam room
- Sauna
- Racquetball courts
- Basketball courts
- Cardio and weight equipment
- Running/walking track
- Kids room

Programs:

- Group fitness & cycling classes
- Water exercise classes
- Swim lessons
- Kids classes
- Personal training

Hours:

Monday – Friday: 5 a.m. – 10 p.m.
 Saturday: 7 a.m. – 6 p.m.
 Sunday: 10 a.m. – 6 p.m.



8701 W. 32nd • (605) 323-6900

Sanford POWER

(Fieldhouse at Sanford Sports Complex)

Amenities:

- 16,000 sq ft of turf on Field 1 – members have access to field if not in use
- State-of-the-art training facilities
- Full-amenity locker rooms

***POWER Training programs not included**

MUST be at least 16 yrs old

Please note – POWER weight room equipment is NOT available Mon-Friday 4-6pm due to scheduled athlete training sessions (September – April). Cardio equipment is available during this time.

Hours:

September 1 – May 31
 M-Th: 5:30 a.m. – 4 p.m. & 6 – 9 p.m.
 Friday: 5:30 a.m. – 4 p.m. & 6 – 8 p.m. (Fri)
 Saturday: 8 a.m. – Noon
 Sunday: Closed

**Members must defer equipment to scheduled POWER groups*

June 1 – August 31

M-Th: 5:30 – 8 p.m.
 Friday: 5:30 – 7 p.m.
 Saturday: 8 a.m. – Noon
 Sunday: Closed

**Members must defer equipment to scheduled POWER groups*



2215 W. Pentagon Place • (605) 312-7800