

NEWS RELEASE



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Public invited to celebrate wellness on Saturday morning

SIOUX FALLS, S.D. — The Touchmark Health & Fitness Club is marking its one-year anniversary by holding a family-friendly morning of wellness this Saturday, July 21 from 9 a.m. to noon. Participants will enjoy fun fitness activities and refreshments along a 0.84-mile neighborhood course and return to Touchmark for healthy breakfast snacks, mimosas, nonalcoholic beverages and Noah Temple's jazz-style music.

Registration gets underway at 8:30 on the north lawn of Touchmark at All Saints, 111 W. 17th Street in Sioux Falls. Once registered, people will travel to three stops for a workout that will include cardio, stretching and strengthening:

- Country Heat line dancing at the History Club, 758 S. Phillips Avenue
- Yoga at Lyon Park, bordered by E 14th and S Phillips Avenue
- Strong Bodies at Touchmark's Sunset Pavilion

"Touchmark's mission is 'To enrich people's lives,' and this extends to families throughout the area," says Touchmark Executive Director Amanda Snoozy, who encourages everyone to start their weekend with a wellness boost.

"Our Health & Fitness Club is open to anyone 50 years and up and supports people through seven dimensions of wellness, including, of course, physical and social well-being. On Saturday, everyone will get a taste of these benefits."

There is no charge for the activities, and all ages are welcome. RSVPs are encouraged but not required. To RSVP, call 605-782-9131.

As part of its anniversary celebration, individuals or couples signing up for Club membership by July 31 will receive three complimentary personal training sessions.

The Touchmark Health & Fitness Club serves people 50 years and up. Members enjoy state-of-the-art equipment and training systems, indoor heated pool and spa, personal training by certified fitness professionals, fun classes, heated indoor parking and more. Additional information is available by calling 605-731-5477 or visiting Touchmark.com.

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TOUCHMARK HEALTH & FITNESS CLUB

111 W 17th Street • Sioux Falls, SD 57104

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