



1010 N. Bird St, Sun Prairie • (608) 837-4646 • www.prairieathletic.com

# Aquatic Fitness Classes

Day & Time	Class	Instructor	Location
<b>Sunday</b>			
9-10 a.m.	Aqua Circuit	Deb	Lap Pool
<b>Monday</b>			
5:30-6:30 a.m.	Aqua Circuit/Tabata	Cindy	Lap pool
8:15-9 a.m.	Aqua Circuit/Tabata Express	Kat	Lap pool
9-10 a.m.	Aqua Fit	Lisa	Lap pool
5:30-6:30 p.m.	DEEP WATER RUNNING	Audrey/Heidi	Lap pool
6:30-7:45 p.m.	<b>MASTERS SWIM</b>	Staff	Lap pool
<b>Tuesday</b>			
5:15-6:30 a.m.	<b>MASTERS SWIM</b>	Chris T	Lap pool
7:00 –7:45 a.m.	AQUA YOGA	Kat	Warm Water Pool
8:15– 9:00 a.m.	Tri-Aqua	Kat/Sandy	Lap pool
9:00– 10:00 a.m.	Aqua Fit	Sandy	Lap pool
5:30-6:30 p.m.	Shallow/Deep Combo	Laura	Lap pool
6:30-7:15 p.m.	<b>MASTERS SWIM</b>	Staff	Lap pool
<b>Wednesday</b>			
5:30-6:30 a.m.	Aqua Circuit/Tabata	Cindy	Lap pool
8:15-9 a.m.	Water in Motion Express	Maralee	Lap pool
9-10 a.m.	Shallow/Deep Combo	Deb	Lap pool
5:30- 6:30 p.m.	Power Mashup	Jennie/Connie	Lap pool
6:30-7:45 p.m.	<b>MASTERS SWIM</b>	Staff	Lap pool
<b>Thursday</b>			
5:15- 6:30 a.m.	<b>MASTERS SWIM</b>	Chris T	Lap pool
6:30 –7:15 a.m.	AQUA YOGA	Jerilyn/Maralee	Warm Water Pool
8:15 -,9:00 a.m.	Power Mashup Express	Jennie	Lap pool
9-10 a.m.	WATER IN MOTION	Tammy	Lap pool
5:30-6:30 p.m.	Aqua Circuit/Tabata	Laura	Lap pool
6:30-7:15 p.m.	<b>MASTERS SWIM</b>	Staff	Lap pool
<b>Friday</b>			
5:30-6:30 a.m.	Shallow/Deep Combo	Cindy	Lap pool
8:15-9 a.m.	Aquatic Kickboxing Express	Kat	Lap pool
9-10 a.m.	Aqua Fitness	Jan	Lap pool
<b>Saturday</b>			
8:15– 9:00 a.m.	AQUA ZUMBA	Mark/Veronica	Lap pool
9:00-10:00 a.m.	WATER IN MOTION	Jan/Maralee/ Tammy/Sandy	Lap pool

## **Class Descriptions:**

\*All non-swimming based classes suitable for all fitness levels. Instructor will help personalize your training. Masters, Beginner and Advanced Beginner swimming classes are geared for specific ability levels.

**Aqua Fit:** If you are new to the water or an experienced participant this is a great class. The class offers a moderate level or intensity. The instructor will demonstrate higher or lower versions of moves to personalize your training.

**Shallow/Deep Combo:** Prepare to explore all water depths. Utilize intense cardio energy and a great variety of equipment. Emphasis is on strength and toning.

**Aqua Circuit/Tabata:** An intermediate to high intensity level of training alternating between strength and cardio. Stations or intervals are created both in shallow and deep water. HIIT (High Intensity Interval Training) is also incorporated with a goal to challenge your body; increasing strength and endurance. Equipment can be used to enhance this class.

**Aquatic Kickboxing:** designed for all levels of fitness and involves powerful boxing and kicking movements in the water. Fantastic ab workout, great cross training and big calorie burn without the impact.

**Tri-Aqua:** Featuring swimming, biking and running in the pool! Take out the impact to improve your form and cardiovascular conditioning. Expect a lot of traveling movement in this high energy athletic class.

**Power Mash-up:** Kick, punch and run your way into fitness! First half focuses on cardio while the last half will focus on strength training and core conditioning. Cool down with 5 min of stretching to complete this awesome total body workout!

**AQUA ZUMBA:** Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**AQUA YOGA:** Held in the warm water therapy pool. Bringing yoga off the mat and into the water making it accessible to everyone. Those with muscle or joint limitations, pregnant woman, athletes, and experienced yoga students looking to deepen their practice will enjoy the peaceful and calming effects of the water.

**DEEP WATER RUNNING:** Little or no joint impact ideal for runners, cross training or those looking for a quick moving workout. Maximize time and efficiency through interval training while increasing strength, flexibility and range of motion. A flotation device will be used.

**WATER IN MOTION:** A low impact pre-choreographed, vertical exercise program. Participants get results regardless of age, skill or fitness level. Work and play to the best tunes in a low impact environment.

**MASTERS SWIM:** For the serious swimmer who wants to perfect stroke technique and participate in coached workouts. A great fit for sprinters, triathletes, or anyone wanting to make swimming a major part of their fitness routine!

**ADULT BEGINNER AND ADVANCED BEGINNER SWIM LESSONS:** For those who have little to no experience swimming, PAC offers Beginner Swim Lessons. Participants will learn kicking, swimming, floating treading water, and basic crawl stroke. Advanced Beginner Swim Lessons are the next step in your swimming progression, adding back crawl, side stroke, and breast stroke, while building strength and endurance.

### **Classes included in memberships:**

All lower case type indicates FREE to all members, UPPERCASE type indicates it is a specialty class and is included only with Platinum, Gold and Gold Cove memberships. All **BOLD UPPERCASE** type indicates advanced registration and program fee. Tickets may be purchased for any gold level. Tickets are 10 for \$40.

**For more information, please contact Kat Hawkins at [k.hawkins@prairieathletic.com](mailto:k.hawkins@prairieathletic.com)**