



Effective
6/3/17

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

Aquatic Fitness Classes

Day & Time	Class	Instructor	Location
Sunday			
9-10 a.m.	AQUA CIRCUIT (outside)	Deb	Adventure Lagoon
Monday			
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 (outside)	Lisa	Outdoor adult pool
10:30-11:15 a.m.	Aqua Yoga (outside 6/12-8/21)	Kat/Maralee	Lazy River
5:30-6:30 p.m.	DEEP WATER RUNNING	Audrey/Heidi	Adventure Lagoon
6:30- 7:30 p.m.	MASTERS SWIM (outside)	Chris T	Adventure Lagoon
Tuesday			
7:00 -7:45 a.m.	AQUA YOGA	Kat/Sandy	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
6:30-7:30 p.m.	MASTERS SWIM (outside)	Chris T	Adventure Lagoon
Wednesday			
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
Thursday			
5:30- 6:30 a.m.	MASTERS SWIM (outside)	Chris T	Adventure Lagoon
8:15-9:00 a.m.	Power Mashup Express	Jennie	Lap pool
9-10 a.m.	WATER IN MOTION (outside)	Tammy	Adventure Lagoon
5:30-6:30 p.m.	Aqua Circuit/Tabata	Laura	Lap pool
Friday			
5:30-6:30 a.m.	Shallow/Deep Combo	Cindy	Lap pool
5:30- 6:30 a.m.	MASTERS SWIM (outside)	Chris T	Adventure Lagoon
8:15-9 a.m.	Aquatic Kickboxing Express	Kat	Lap pool
9-10 a.m.	Aqua Fit (outside)	Jan	Outdoor adult pool
Saturday			
8:15- 9:00 a.m.	AQUA ZUMBA (outside)	Mark/Veronica	Adventure Lagoon
9:00-10:00 a.m.	WATER IN MOTION (outside)	STAFF	Adventure Lagoon
10:30-11:15 a.m.	CURRENT CHALLENGE (outside 6/17-8/19)	STAFF	Lazy River

**Clear conditions and a minimum air temperature of 60 degrees required 30 minutes prior to scheduled outdoor class. Classes will move indoors if there is inclement weather with the exception of Current Challenge and Aqua Yoga.

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 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 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.

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.

CURRENT CHALLENGE: Held in Dolphins Cove Lazy River on Mondays and Saturdays. A unique, fun way to step up your fitness routine. This always popular class will challenge your core and whole body. **Class will not be held when there is inclement weather.*

AQUA YOGA: Held in Dolphins Cove Lazy River or warm water 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. **Wednesday class will not be held when there is inclement weather.*

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.

Aqua Circuit/Tabata: An intermediate level of training alternating between strength and cardio. Stations or intervals are created both in shallow and deep water. Always different with a goal to challenge your body; increasing strength and endurance. Equipment is used to enhance this class.

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. Tickets may be purchased for any gold or Gold Cove level class. Tickets are 10 for \$40. All **BOLD UPPERCASE** type indicates advanced registration and program fee.

For more information, please contact Kat Hawkins at k.hawkins@prairieathletic.com