



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

Lap Pool Aquatic Classes

Day & Time	Class	Instructor
Sunday		
9-10 a.m.	Aqua Toys	Chris
10-10:45 a.m.	DEEP WATER RUNNING	Connie/BethAnn
Monday		
5:30-6:30 a.m.	Shallow/Deep Combo	Cindy
8:15-9 a.m.	Aqua Circuit Express	Kat
9-10 a.m.	Aqua Fit	Deb
12-1 p.m.	US MASTERS SWIM PROGRAM	Anne
5:15-6 p.m.	Aquatic Kickboxing Express	Connie
6-6:45 p.m.	DEEP WATER RUNNING	Connie/Chris O.
Tuesday		
5:30-6:30 a.m.	US MASTERS SWIM PROGRAM	Anne
9:15-10 a.m.	Aqua Fit Express	Judy
10-10:15 a.m.	Core Deep	Judy
5:30-6:15 p.m.	AQUA ZUMBA	Kat/Renee
Wednesday		
5:30-6:30 a.m.	Aqua Fit	Cindy
9-10 a.m.	Shallow/Deep Combo	Deb
12-1 p.m.	US MASTERS SWIM PROGRAM	Anne
5:30-6:30 p.m.	Shallow/Deep Combo	Laura
Thursday		
5:30-6:30 a.m.	US MASTERS SWIM PROGRAM	Anne
9-10 a.m.	WATER IN MOTION	Beth Ann
5:30-6:30 p.m.	Aqua Toys	Chris
7-7:45 p.m.	BEGINNER ADULT SWIM LESSONS	Aquatic Staff
7-7:45 p.m.	ADVANCED BEGINNER ADULT SWIM LESSONS	Aquatic Staff
Friday		
5:30-6:30 a.m.	Shallow/Deep Combo	Cindy
8:15-9 a.m.	Aquatic Kickboxing Express	Kat
9-10 a.m.	Aqua Fit	Lisa N.
Saturday		
9-10 a.m.	Aqua Fit	Connie

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. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. 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.

Core Deep: A 15-minute core strengthening class made to define your waistline and posture.

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.

Aqua Toys: A fun, energetic class that features the use of noodles, bands, hand buoys & balls to strengthen and tone your entire body!

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: 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.

US MASTERS SWIM PROGRAM: 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.

**For more information, please contact Kat Hawkins at k.hawkins@prairieathletic.com
or Anne Baranski at a.baranski@prairieathletic.com.**