

CORPORATE MEMBERSHIP

The 70th and A location of Prairie Life Fitness is offering a corporate membership option to employees of your organization. We would love the opportunity to talk to you about the discounts and benefits we have to offer you and your family in your search for better fitness and family activities.



With Corporate Membership at Prairie Life, you will have access to the following benefits:

- Access to 9 different Prairie Life locations over 4 states
- Free child care
- Free and low-cost youth programming, including dance, gymnastics, swim lessons & Taekwondo
- Huge cardio and weights areas
- Over 100 group exercise, spinning and aquatics classes
- 100,000 Gallon indoor pool
- 3 Outdoor pools and splash pad
- 2 Tennis courts
- 2 Racquetball courts
- Pilates and Yoga
- Massage
- Personal Training and Group classes in our private personal training studio
- Expert Fitness advice from our staff of Certified Personal Trainers
- Nutrition and/or Wellness Classes

In addition, you will also have the option of using the facility in a corporate capacity as well.

Options include, but are not limited to the following:

- Use of the facility/pool area for corporate meetings/ leadership trainings
- Employee-only nutrition/wellness and/or fitness classes
- Corporate party planning
- Corporate sporting events and/ or tournaments in tennis, racquetball or basketball
- Corporate volleyball games
- Fitness and wellness competitions for employee rewards/bonus points

We hope that you will consider Prairie Life Fitness in your search to add health and fitness to your life. We provide a warm, family friendly environment in which you can meet your fitness goals and enjoy the experience at the same time! Please contact me if you have any questions about Prairie Life, our programs, or your own fitness needs. I will do everything I can to help you make the right decision for you and your family.

Sincerely,

Carrie Kubesa

Corporate Membership Services

Prairie Life Fitness

ckubesa@prairielife.com

1305 South 70th Street

Lincoln, NE 68510

(402) 483-2322

PrairieLife
FITNESS

GROUP FITNESS

CLASS

DESCRIPTIONS

Abs: Gain Core Strength and endurance with this 15 minute class focusing on the abdomen and lower back.

Basic Mat Pilates: By building on core abdominal and back strength, Pilates conditioning will help you develop optimal strength, flexibility, and good posture without bulk or stressing joints.

Circuit: Save time with this upbeat challenging class combining strength training and cardio. Taught by a Certified Personal Trainer.

Core XT (Core Xtreme): Creative core training! Strengthen abs, backs and glutes to improve stability and balance.

Dance and Balance: Get your dance on while enhancing your balance. A fun, low impact fitness option.

Fit Interval: Fitness made fun! Intervals of cardio and strength/toning will keep you moving. Exercises will be adaptable to your individual fitness needs and goals.

Flow Yoga: A movement oriented class in which poses flow from one another in conjunction with breath. Create a balance of the mind/body connection and physical challenge while focusing on alignment, breathing, and the joy of movement.

Hardcore Fusion: Relax the mind and re-energize the body with a class that blends yoga, Pilates, and body sculpting. Sequences of isolated abs, arms, butt and thigh exercises are woven with sun salutations to build heat, with a reward of a cooling savasana end.

H.I.I.T: This High Intensity Interval Training class is a total body, heart pumping combination of full body strength training with high intensity cardio bursts. Modifications for all levels are provided.

Nia: A sensory based movement practice that leads to health, wellness and spirit. Classes are taken barefoot to soul stirring music and every experience can be adapted to individual needs and abilities.

Power Pilates: This fast-paced workout will rev up your mat Pilates practice by adding movements with resistance bands, weights and balls. Feel your total body lengthened, strengthened and toned while practicing mindful movement.

Relax and Recharge Yoga: Relax, renew and recharge your body, mind and soul. A class not to be missed in our busy world.

Senior Strength: An introductory strength class for the active adult age 50+ taught by a Certified Personal Trainer. The class utilizes machine and free weights, cardio equipment and body weight exercises.

Step Interval: Build strength and endurance with this energetic class that gives participants intervals of high intensity cardio followed by an interval of various strength moves like squats, lunges or pushups. Step moves are athletic and easy to follow.

Strength: Develop muscle tone, strength and endurance in all major muscle groups.

Tabata: Improve your cardiovascular performance with this method of H.I.I.T training consisting of 20 seconds of very high intensity training followed by 10 seconds of rest. This class is offered in combination with Power Pilates.

Yoga: A system of exercises that can help increase your muscular strength, endurance and flexibility. Yoga techniques help improve your balance and posture.

Zumba®: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy to follow, latin inspired, calorie burning dance fitness party that's moving millions of people toward joy and health.

Please see the schedule on the reverse side of this flyer for class times and locations.



PrairieLife
FITNESS

PERSONAL TRAINING

WHY PERSONAL TRAINING?

Having a Personal Trainer will be a great asset to your health and fitness. The trainers here at Prairie Life Fitness have experience working with all ages, fitness levels and a wide variety of goals.



Some of these goals include losing weight and inches, gaining muscle mass, improving strength, agility, endurance, flexibility, balance, stability, athletic performance and more. We can also offer nutritional tips and advice to you if you are looking to make changes in your diet. No matter your goals, we can help you achieve them and we've got someone to match your needs!

It's important to us to get you to where you want to be! We strive to tailor each session to your current abilities to ensure that you're continuously working towards improving your health. We want to create a positive relationship with each one of our clients and make sure you are comfortable here at Prairie Life Fitness.

WHY EVERYONE CAN BENEFIT

Education: A trainer will make sure you are performing every exercise safely and correctly with proper form and technique. You can be assured that you're getting quality professional advice regarding your personal exercise program.

Motivation: Prairie Life's personal trainers can keep you motivated by changing your routine, pushing you to work harder or simply offering words of encouragement. With one of our trainers helping you to succeed, you'll stay motivated to achieve your goals.

Investment: Personal training is an investment in your future health and fitness. Many people plan for their financial future but few people plan for their future health.

Time Efficient: Meeting your health and fitness goals doesn't mean endless hours in the club. A Prairie Life personal trainer can design a time efficient and effective workout that will give you results and fit into your busy schedule.

Setting and Meeting Goals: Setting obtainable and measurable goals is essential to achieving your health and fitness potential. Consult with one of Prairie Life's personal trainers to see how he or she can help you assess your short and long-term fitness goals.

BOOK YOUR SESSION TODAY!

The Personal Training Staff at Prairie Life Fitness will motivate you, encourage you and hold you accountable to the best of our ability... set up a training session today to see how training can take your fitness goals to the next level!

PrairieLife
FITNESS

SMALL GROUPS

Small group personal training is a fantastic way to supplement your health and fitness! With groups ranging from 4-8 people, Prairie Life small groups will give you the personal attention and coaching as well as the group support and motivation that you need to keep you progressing towards your fitness goals. Each of our Certified Personal Trainers create workouts tailored to the groups' needs and are able to make modifications when needed. With a wide variety of groups offered, there is always something for you and your needs!



REGULAR ON-GOING SMALL GROUPS

WOW - Women on Weights: Designed specifically for women, this class focuses on long-term weight loss, toning and shaping muscles and increasing strength without adding bulk. Monday/Wednesday @ 5:30 pm with Richard.

TRX Suspension Training: TRX suspension training is a unique system of training that uses gravity and your own body weight to build strength, power, balance, coordination, flexibility, core and joint stability. Traditional training methods are usually performed in specific and set motions. This does not reflect our daily lives...TRX Suspension training exercises target our core muscle groups to help prepare us for the most important event....LIFE! Wednesdays @ 9:30 am with Ben.

Beginner's Boot Camp: The Beginner's Boot Camp consists of, but is not limited to, exercises and workouts for beginning group exercise participants or anyone new to fitness. This class is great for anybody that has preexisting injuries or nagging every day bugs. While workouts are sure to get your heart pumping and your body sweating, there are always modifications for every exercise that we do! If you're looking to start out by joining a class or are getting tired and bored with your own routine and want something new to things mix it up, come try it out! Monday/Thursday @ 5:30 pm with Justin.

Injury Prevention and Care (IPC): IPC is a group designed to help people gain strength, flexibility, endurance, and increase range of motion to help with everyday activities. We will be using resistance bands, TRX suspension straps, free weights and weight machines. There will always be modifications for difficult movements and exercises. Wednesdays @ 11:00 am with Justin.

Booty Camp: Booty Camp is a 30 minute small group with a focus on strengthening, firming, toning and building your lower body. Workouts will consist of kettlebells, TRX, resistance bands, barbells and more. Be prepared to feel the burn and build your best booty! Thursdays @ 5:00-5:30 pm with Olivia.

XFIT Bootcamp: This 30 minute bootcamp will combine intervals and strength training for a full body, functional workout that leaves no muscle group untouched! We'll swing sledgehammers, slam battle ropes, jump high and lift heavy. Tuesday/Thursday @ 12:30-1:00 pm with Chelsea and Olivia.

Cardio Kickboxing: This intense 30 minute class will get you up and sweating in no time. Provides a full body workout that will help to improve cardiovascular endurance, strength, flexibility, coordination and balance. The majority of the class is based on Martial Arts and bag work, but may incorporate some free weights and other props to get you moving! Gloves are provided. Tuesdays, 6-6:30 with Justin.

Early Risers: Get your day off right with this small group! Workouts consist of free weights and functional movement with a variety of equipment. Provides a full body workout to improve endurance, strength, flexibility, balance and coordination. Monday/Wednesday/Friday @ 5:30am with Justin.

Fit Body Burn 20:10:

A 30 Minute High Intensity Interval Training group dedicated to sculpting your body. Tabata sessions consist of 20 seconds of exercise followed by 10 seconds of complete rest.

Monday/Thursday @
5:30-6:00pm with Dalton.

PrairieLife
FITNESS

ADULT AQUATICS

AQUATIC CLASSES

Water aerobics is a great cardiovascular alternative to floor aerobics, especially if you are looking for a medium to high intensity workout with less impact on the joints. Use the resistance of the water to tone, shape, and burn fat painlessly. These classes provide a total body workout focusing on all major muscle groups. Different types of equipment are incorporated into the cardiovascular and toning portions of classes. All classes include warm up and cool down, stretching and toning work. Check the intensity level key on the aquatics schedule to find the level that best fits your needs.



Aqua Boot Camp: Blast fat and burn calories using the resistance of the water to help tone and shape your body painlessly. This class incorporates circuit style full-body workouts to keep your aqua-energy up!

Energy H2O: This class has a mix of Poolates, dance, toning, aerobics and stretching. Each class offers a lot of variety to make the hour fun and energetic!

Afternoon Aqua EX: Designed for all ages from people in their 20's to the young at heart. This class will give you a balanced workout of low to moderate intensity cardio, strength, toning and stretching to improve flexibility.

Water Dynamics: This is a low-intensity workout that concentrates on stretching, aerobics, and strength exercises.

Water Works: A specially designed aerobic activity using large body movements and water resistance. This class provides an elevated heart rate, full range-of-motion exercises, improved flexibility and muscle toning.

Turbo Splash: This class is a medium to high-intensity class that gives you a full-body cardiovascular workout. Different types of equipment are incorporated into the cardiovascular and toning portions of the class.

Power Waves: Use the resistance of the water to tone, shape and burn fat painlessly. With energetic and fun music, you can attain your target heart rate and your body will receive an excellent cardiovascular workout. Class provides a total-body workout focusing on all major muscle groups.

Aqua Fit: This is a medium to high-intensity, fat-burning class. Different types of equipment will be incorporated for toning exercises.

BEST (Balance, Exercise, Stretch and Toning): This class is a recreational program conducted in our heated pool. The class provides the opportunity for persons with arthritis or other issues to meet others and have fun. Class participants are led by trained personnel through a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. The original program was developed by the Arthritis Foundation. Any person with severe joint problems or who has had joint surgery, is encouraged to check with his or her doctor for special precautions. This will be a complete workout, gentle but efficient!

About the BEST instructors: Anne Lenz is a Registered Nurse and has taught the original AFAP class since 1985. She was a trainer for the State of Nebraska for the AFAP program for many years. Linda Dietrich has arthritis and fibromyalgia herself and has also been trained and taught the original AFAP program for many years. The original training was a 12 hour course including teaching of activities for use with those who have arthritis as well as a general understanding of and sensitivity towards arthritis and those who have arthritis. Both instructors have their Basic Water Safety Certification and are CPR/AED Certified.

MORE ADULT AQUATICS ACTIVITIES

Adult Swimming Lessons: Have you always wanted to learn how to swim? Adult group lessons are open to beginning swimmers. Lessons are in small groups and are geared to the individual needs of each participant.

Private Adult Swim Lessons: Lessons are specifically customized to the level of the participant. One-on-one instruction to help you learn to swim on your own schedule.

Lap Swimming: A minimum of 2 lanes are always open during club hours for members 14 years and older. The indoor pool is 25 yards and 35 laps (70 lengths) equals one mile.

Kayak Polo: Contact Bryan O'Neal at Lincoln Kayak Club for more information. (402) 440-0235.

PrairieLife
FITNESS

GROUP CYCLING

WHY INDOOR CYCLING?

Indoor Cycling appeals to all ages and levels of fitness within a non-impact, non-competitive environment. There is no complicated “choreography” and each rider is permitted to dictate how hard he/she chooses to work.



What to Expect:

The instructor will provide active and dynamic encouragement, together with technical and practical advice throughout the class. Indoor cycling also allows for competitive athletes, fitness enthusiasts and beginners to ride next to each other while obtaining their own fitness goals. Besides burning between 400-500 calories in 40 minutes, indoor cycling also strengthens the muscles of the lower body. It tones the quadriceps and hamstrings, along with working the back and hips.

Benefits of Indoor Cycling:

You need 3- 5 days of cardio per week, for 30 to 60 minutes each time; this provides maximal benefits to the body including: weight loss, increased energy levels, stronger heart and lungs, decreased risk for heart disease, better sleep, as well as improved cholesterol and triglyceride levels. The benefits of indoor cycling are not limited to physical aspects; cycling workouts can do wonders for your mind, as well: relief from stress, anxiety, and symptoms of depression, increased confidence, and improved ability to visualize and focus on a goal.

Our Bikes:

Our bikes are built with a drive system that mimics outdoor cycling and a console that features direct power measurement, which actually measures the work that you do. Featuring a direct power (watts) measurement sensor, this console measures the load a rider dives into the system for an accurate, consistent reading, every time. There are strain gages (similar to what are used in a bathroom scale) embedded in the left crank arm that measure how much torque your body places on the crank. The power sensor on the crank arm converts this measurement into usable data and then wirelessly transmits that information to the console, where the rider sees a watts value. The harder the rider works, either by adding resistance or by rotating the pedals at a higher RPM, the higher his or her watts value will be. A higher watts value translates to a greater distance traveled, a faster speed, and a larger number of calories burned. Now, users can measure progress and in turn, achieve their goals faster. It's the most dynamic training available on an indoor cycle.

Become a Participant:

All you need to join a class is to show up, bring a water bottle, a towel and be ready to work. Other equipment you might want to look at: padded bike shorts, cycling shoes with cleats and a heart rate monitor (sold at the Front Desk). Class times are listed below and on the group fitness schedule in Studio C.

CLASS TIMES:

MONDAY:	9:00-10:15 AM, 5:45-6:45 PM
TUESDAY:	5:15-6:15 AM, 12:15-1:00 PM, 5:45-6:45 PM
WEDNESDAY:	5:45-6:45 PM
THURSDAY:	5:15-6:15 AM, 12:15-1:00 PM
FRIDAY:	9:30-10:30 AM
SATURDAY:	8:00-9:00 AM

PrairieLife
FITNESS

WELLNESS

YOGA

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of Yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment.



The practice of Yoga is a total approach to health and fitness. In addition to providing stress management through patterns of deep relaxation techniques, Yoga will provide you with:

- Increased energy
- Total body balance
- Increased strength
- Cardiovascular workout
- Better flexibility

The long term effects of Yoga are what make your practice essential to well-being. A good practice will accelerate the body's repair processes at a cellular level and will increase your physical and mental well-being. All of the postures improve circulation and the health of the internal organs while cleansing toxins out of the body. In other words, you will feel better AND look better!

PILATES

The late Joseph Pilates devised specific training equipment and a series of 500 controlled exercises that engage both the mind and the body. These exercises focus on developing the core muscles of the abdomen and increase the endurance and flexibility of supporting muscles. The practice of Pilates creates and maintains an efficient, lean, strong, stable and agile body. The Pilates method of exercise emphasizes restoring the body to true balance, ease, and economy of movement.

PILATES CLASSES

Pilates Reformer Classes: Pilates Reformer Classes will use our Reformer machines to enhance and add to the Pilates Mat classes available in Studio A. Reformer training utilizes special equipment and a customized series of exercises designed to strengthen, lengthen, and tone muscles. These classes will also help improve balance, flexibility, posture, and body mechanics. Class size is limited and instruction is personalized. Reservations required, 1 hour class.

EXO Chair Pilates: The versatility of the EXO Chair provides the perfect combination to challenge and improve strength, power, core engagement and flexibility. The unique resistance tubing creates a great athletic workout that is fantastic for beginners and seasoned participants.

Pilates Jumpboard: This exciting new class is a 30 minute session on the Pilates Reformer machine using our Jumpboards. This is a great class to improve cardiovascular endurance and athletic performance.

One on One Pilates Training: In addition to group Pilates classes, Pilates training is also available in Private and Semi-Private Lessons. You get all the benefit of Pilates in an individualized setting that is tailored to meet your needs. Both session types are 1 hour and are scheduled in accordance with the instructor's availability.

Pilates Rates on Reverse Side.

PrairieLife
FITNESS

YOUTH AQUATICS

SWIMMING LESSONS

All eight week sessions are free for current 2 year members.

Aqua Tots:

Designed for children ages 6 months-3 years to give them a head start in swimming and get comfortable in the water. We will begin working on basic skills while interacting with the instructor and other children in a fun and safe environment. An adult must accompany each child in the water.

Level 1: Intro to Water Skills

Level 1 participants are taught how to enter and exit the water with assistance. They will learn to back and front float, as well as the combination arm and leg movement for the front crawl. A dock is used for safety while participants are in class. Level 1 is for beginner swimmers, ready to swim without parent assistance.

Level 2: Fundamental Aquatic Skills

Level 2 participants will be able to enter and exit the water on their own. They will also learn to back float without assistance, tread water for at least 15 seconds, and open their eyes under water to retrieve an object. They will also begin learning to glide off the wall and front crawl on their own for 5 body lengths.

Level 3: Stroke Development

Level 3 participants will learn to swim front crawl for 15 yards and elementary backstroke for 15 yards. They will be able to tread water for 1 minute without assistance, and will have a good streamline position off the wall. Focus will be placed on the flutter, scissors, breaststroke, and dolphin kicks.

Level 4: Stroke Improvement

Level 4 participants will need to be able to swim front crawl and elementary backstroke for 25 yards. They will learn the Breaststroke, Back crawl, Butterfly and Sidestroke, and will need to be able to swim 15 yards of each stroke. They will also learn open turns on the front and back crawls.

Level 5: Stroke Refinement

Level 5 participants are required to swim 50 yards of both front crawl and back crawl. They will progress to doing 25 yards in the Breaststroke, Back Crawl, Butterfly and Sidestroke. They will also learn the front and backstroke flip turns.

Level 6: Swim Mastery

Level 6 participants will need to swim 100 yards of front crawl and elementary backstroke. They will work on endurance to be able to swim 50 yards in Breaststroke, Back Crawl, Butterfly and Sidestroke. They will also need to demonstrate open turns and flip turns when swimming.

Youth Swim Team

Swimmers meet up to three time a week throughout the school year for workouts and stroke instruction. The season ends just in time for pre-season in May with the PLF Penguins Summer Swim Team. Swim Team is for ages 6 - 14.

YOUTH OPEN SWIM:

Prairie Life Fitness observes the State of Nebraska guidelines in regards to pool supervision safety.

When the pool has a lifeguard on duty, children 7 years old and younger must have a parent or guardian 16 years or older within arm's reach of the child at all times. Children 8 years and older must pass a swim test to be out of arm's reach. If there is not a lifeguard on duty, children 16 years and younger must be supervised by an adult 21 years or older. Open Swim is not permitted during Aquatic Classes or Group Lessons.

Intensive 2 Week Swim Camps are offered throughout the year for 8 lessons in 2 weeks. Swim Camps are \$40 per session.

Please see the schedule on the reverse side of this flyer for class times and levels.



PrairieLife
FITNESS

KIDS FITNESS



YOUTH CLASSES

Sports Camps:

Prairie Life's Sports Camps are geared towards introducing kids to each sport while working on their skill development through drills and games. Whether your child is new to the sport or just wants to improve, our camps can help them reach new heights. Sports Camps are scheduled throughout the summer, Christmas and Spring Break for a variety of sports including basketball, soccer, racquetball and more. Visit the website for specific schedules. \$

Taekwondo: Learn the basics of taekwondo and kickboxing in a structured and fun environment. Learned skills can be used for self defense and exercise. Taekwondo emphasizes the teachings of courtesy, integrity, perseverance, self control, and an indomitable spirit. Led by 2nd degree black belt, Aubrey Duncan. Ages 6 - 12. \$

Summer Tennis Level 1: This class is designed to build the athletic skills of hand-eye coordination, ball tracking skills and racquet control needed for future tennis play through tennis related activities in a fun atmosphere. Specially sized racquets will be provided at no cost to participants. Object of this level is to start off having fun in a sport that your child can enjoy for life. \$

Summer Tennis Level 2: This level is designed to have fun learning to play tennis and improve swing technique, footwork, and consistent ball contact control. This class is for the beginner to intermediate youth. \$

Summer Tennis Level 3: These lessons are designed to improve stroke technique, footwork, spin, and serving. Sportsmanship, scoring, and match strategy are important instructional topics covered in the junior lessons. These clinics are grouped by age and ability levels. Classes are full of fun and games and will teach the players a great life-long sport. All tennis programs for ages 6 - 14. \$

SUMMER, HOLIDAY, & SPRING BREAK DAYCAMP

All day fun here at Prairie Life Fitness! A full day of care provided from 8 am to 5 pm Monday - Friday! Swimming daily, crafts and gym games with an afternoon snack provided. Each week is themed to excite children in learning something new! Swimming suit and tennis shoes required daily. We provide a balanced schedule that offers a variety of activities through out the day. Ages 5 - 12. More information and weekly themes available online at www.prairielifitness.com. \$

PRE-TEEN AND TEEN PROGRAMMING

Youth Circuit Training: This weekly class provides a fun way for kids to become more physically fit. Class will focus on resistance and cardiovascular activities, teaching children the importance of physical health and the benefits of exercising on a regular basis. Registration required. Led by Personal Trainer Justin Wittler, Ages 8 - 13. \$

Youth Training Certification: This 3 session personal training class will prepare your 10-12 year old to use the fitness center with parental supervision. Young adults will have an introduction to all the basics as well as an opportunity to start a fitness program. Fitness Center etiquette will also be addressed. Prairie Life Certified Personal Trainers instruct this class in a 1-on-1 format. \$109

KidFit60

Check out our KidFit60 Program for children ages 8-13. Classes are after school 3 days per week from 4:15-5:15 while LPS is in session. This program gives kids an opportunity to play in a fun, non-competitive environment and get 60 minutes of quality exercise at the same time! Activities include games, introductory lessons in a variety of sports, teambuilding activities and more! Free with membership.

Gym Class Heroes

NEW for 2016-17!

Prairie Life's NEW daytime programming for Home Schoolers! Bring your school-aged kids to play during the school day, get some social time and physical fitness at the same time. Wednesdays from 1-2, Non-Members welcome with Punch Card, Ages 5-12. \$

PrairieLife
FITNESS

DANCE & GYMNASTICS

CHILDREN'S DANCE

Jazz I: This 45 minute class will introduce dancers to the basics of Jazz. Coordination skills will improve as children begin learning turns, jumps, and fun routines to upbeat and current pop hits they love. Ages 5 - 7.

Jazz II: Builds on the introductory techniques learned in Jazz I. Skills such as leaps and turns are incorporated into choreographed routines that challenge the dancers' jazz and memory skills. Ages 8 - 10.

Creative Movement: Students will learn the basic ballet movements while being introduced to creative movement, a structured class setting and following instructions. Ages 3 - 4.

Junior Ballet: This class focuses on positions and technique as dancers develop balance, flexibility & confidence. Ages 5 - 8.

Hip Hop: This class will use age-appropriate pop and Hip Hop music as dancers work on basic choreography, explore rhythmic movements, begin to learn detailed foot work and have lots of fun! Ages 8 - 13.

Cheer and Pom: What a great way to get in the SPIRIT...Cheer Class! Kids will get to experience skills including motions, jumps, kicks, pom, and cheers. We will cover proper technique and execution of each skill. Seven week sessions, Ages 6 - 10. \$



CHILDREN'S GYMNASTICS

Mommy & Me: This class is designed for Mommy or Daddy and child to work together! Focus will revolve around working on colors, movement, shapes, rolls, walking, talking and more! One parent per child, please.

Pee Wee Tumblers: This class will teach basic tumbling movements with fun and interactive stations. Focus will be on beginning coordination and independent skills. Ages 3 - 4.

Tiny Tumblers: Focuses on coordination and independence skills learned in Pee Wee Tumbling, while adding flexibility. Ages 5 - 6.

Junior Tumblers: Gymnasts will learn basic gymnastic and tumbling skills, develop strength and coordination, as well as begin to build a solid technical foundation. Ages 6 - 8.

MORE FUN

Mom's Morning Out: This program gives parents a three hour period of time for appointments, shopping, attending meetings, or just a little quiet time while their children are being cared for in a loving, caring, and safe environment. We will provide a snack, make a craft, and story time. Ages 1 - 5. \$

Parents Night Out (PNO): Drop the kids off from 5:30 - 9 pm for a night full of jumping in the bounce house, gym activity, food, swimming, and pure fun!!! Dinner is included. Swimsuits required. Ages 5 - 12. For children ages 2 - 4, nursery services will be available for the same fee. Activities in the nursery will include coloring, reading books and playing games. Registration ends Thursday night.\$

Friday Night Float N' Flick: Drop the kids off from 5:30 - 9 pm for a movie on our inflatable movie screen and fun in the pool. Dinner is included. Ages 5 - 12. Registration ends Thursday night. \$

Additional Children's Classes and Child Care Days are added seasonally. Check the website for more information on Little Tailgaters, Drop and Shop Days and other fun Saturday programming.

(Programs with a \$ indicates that there is a cost for the program. We try to keep all of our programming affordable to our members, please understand that charges are due to specialized staffing needs or equipment costs.)

PrairieLife
FITNESS

MASSAGE THERAPY

RELAX AND REJUVENATE!

Therapeutic Massage Therapy can play an important role in your health regimen. It can positively affect your health in the following ways:



- Reduce Stress
- Increase Circulation
- Manage Pain
- Reduce Fluid Retention
- Improve Posture
- Decrease Muscle Tension and Soreness
- Prevent New Injuries
- Increase Range of Motion
- Improve Physical Fitness

Types of Massage Offered:

Swedish: This is a full body therapeutic massage that utilizes long, gliding strokes and kneading while focusing on the top layer of muscle. The most popular form of massage, it promotes relaxation, stress relief and increases circulation.

Deep Tissue: This type of massage uses slow strokes and deep finger pressure to release tension. As the name suggests, this massage focuses on the deeper layers of the muscle tissue.

Sports: This type of massage will help relieve sports injuries and repetitive trauma disorders. Sports massage breaks down scar tissue, helps heal injured tissues and can make movement easier.

Massage Pricing: (Deep Tissue and Swedish)

90 Minutes: \$90

60 Minutes: \$65

45 Minutes: \$48

30 Minutes: \$35

15 Minute Seated: \$15

Massage Therapy is available
7 Days a Week by Appointment.

Cancellation policy applies.

PrairieLife
FITNESS

PARTY RENTAL

CELEBRATE AT PRAIRIE LIFE FITNESS!



For Birthdays,
Churches , Schools,
Youth Groups, Athletic
Teams or any other organizations!

Your Party Package Includes:

- Guest Fee for up to 10 people
- 3 Hour Party Rental
- Party Decorations, Soda, Cake or Snack
- Use of the Swimming Pool and Gym!

Optional Package Additions Include:

- Kids Meal Options for all your guests
- Inflatable Obstacle Course with Safety Host: \$75/ for 1 Hour
- Hip Hop or Jazz Dance Instructor teaches a 30 minute class: \$30
- Party Host leads 1 hour or fun games in the pool or gym: \$30

Members Rates start at \$120 for up to 10 guests.

Non-Member Rates start at \$140 for up to 10 guests.

\$5 for each additional person up to 15 people.

Contact Julie Tallichet at 402.483.2322 or jtallichet@prairielife.com to reserve your party time. Times available Fridays 4-7pm, Saturdays 12-6pm and Sundays 1-5pm (pool closed 3-4). Additional times available by request. (Lifeguard fee applies.)

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