

STATE OF NEBRASKA



FITNESS FOR *You*

- STATE OF THE ART FITNESS FACILITY
- INDOOR TRACK
- BASKETBALL & VOLLEYBALL
- GROUP CYCLING
- 100+ GROUP EXERCISE CLASSES
- RACQUETBALL & TENNIS
- PERSONAL TRAINING STUDIO
- SMALL GROUP TRAINING
- PILATES & YOGA
- INDOOR AND OUTDOOR POOLS
- MASSAGE AND TANNING
- STEAM ROOM, SAUNA & JACUZZI
- PRAIRIE LIFE CAFE
- 9 LOCATIONS

FITNESS FOR *Your Family*

- FULL TIME SUMMER DAY CAMP
- SWIM LESSONS
- COMPETITIVE SWIM TEAM
- DANCE AND GYMNASTICS CLASSES
- YOUTH SPORTS CLASSES & CAMPS
- PRESCHOOL PROGRAM
- TEEN SPORTS TRAINING
- 3 OUTDOOR POOLS
- FRIDAY NIGHT PARENTS' NIGHT OUT

Join Now and Receive
2 Free Personal Training Sessions,
2 Free Pilates Classes or 1 Month of Free Tanning*

PRAIRIE LIFE FITNESS
70TH AND A STREET
(402) 483-2322
WWW.PRAIRIELIFE.COM

PrairieLife
FITNESS

*Offer valid to State of Nebraska Employees with valid ID on new 24 month agreements.