

PRAIRIEATHLETIC.COM

WINTER 2023

prairie athletic club

FITNESS & RECREATION FOR EVERY GENERATION





Message from Jenny

We have been busy this fall getting ready for the New Year at PAC! We are continuing to reinvest in our facility and have done a lot of renovations and bought a lot of new equipment. The weight room has a new line of Hammer Strength equipment, renovations have been done in the ladies locker room, we have freshened up many areas with paint and resurfaced the track.

If you are finishing up your holiday shopping, we have many Christmas gift ideas for both PAC & Prairie Pines Golf Club (see page 10). We will also be hosting a family New Year's Eve event with a fun movie night, crafts, face painting & a beach ball drop. Bring your family and friends!

The new year is fast approaching; check out so many great programs highlighted in this newsletter to try out in 2024. We truly have something for everyone.

Thank you SO much for voting Prairie Athletic Club BEST of Sun Prairie (1st) and BEST of Madison (3rd). We feel this honor is a testament to our facility, members and staff. We are proud to be part of such an amazing community and are continually grateful for your support.

Thank you for being a member at PAC!



Jennifer Simon

**JENNIFER SIMON
PRESIDENT**



"I have been a member of PAC since 1985 when it began as racquetball courts and a bar. I have delighted in the many stages of growth and change during those years. My wife, Ginger & I give you an A+ for always staying on top us stuff . . . lots of little stuff that adds up to big stuff. Not only have you stayed on top of activities and equipment, but you painted, re-carpeted, and added decorating touches regularly."

~Rollie



PAC Facility Hours

CLUB HOURS

Monday-Thursday	4:30 a.m.-10 p.m.
Friday	4:30 a.m.-9 p.m.
Saturday & Sunday	6 a.m.-9 p.m.

CHRISTMAS EVE

Club	6 a.m.-4 p.m.
PAC Care	8 a.m.-2 p.m.
Lost Court	Closed
Family Swim	9:15 a.m.-3:45 p.m.

CHRISTMAS DAY

Club Closed*

NEW YEAR'S EVE

Club	6 a.m.-9 p.m.
PAC Care	8 a.m.-2 p.m.
Lost Court	11 a.m.-9 p.m.
Family Swim	10 a.m.-8:45 p.m.

NEW YEAR'S DAY

Club	8 a.m.-6 p.m.
PAC Care	Closed
Lost Court	11 a.m.-6 p.m.
Family Swim	10 a.m.-5:45 p.m.

*Platinum and Gold Cove members-Access PAC 24 and work out when PAC is closed. See club for details!



Guests Welcome

- Automated guest check-in with our new iPad kiosks
- Guests need to bring an ID
- No guests after 9 p.m.
- Guests under 18 must have parent/guardian sign waiver

- Guests ages 14-17 may remain the premises without adult supervision up to three hours between 8 a.m. and 9 p.m. A guest waiver must be signed by a parent or guardian. Privileges at manager's discretion.
- Guests under age 14 must have an adult sign a waiver and must be directly supervised.



[CLICK HERE TO
BUY A GUEST PASS!](#)

Follow us!



Refer a friend!

Your referral is a compliment to our facility, service and staff and we want to thank you! Refer a new member and receive a gift on us!

December	\$25 Lost Court Gift Card
January	\$25 Amazon Gift Card
February	\$25 Buck & Honey's Gift Card
March	\$25 Lost Court Gift Card

*some exclusions apply

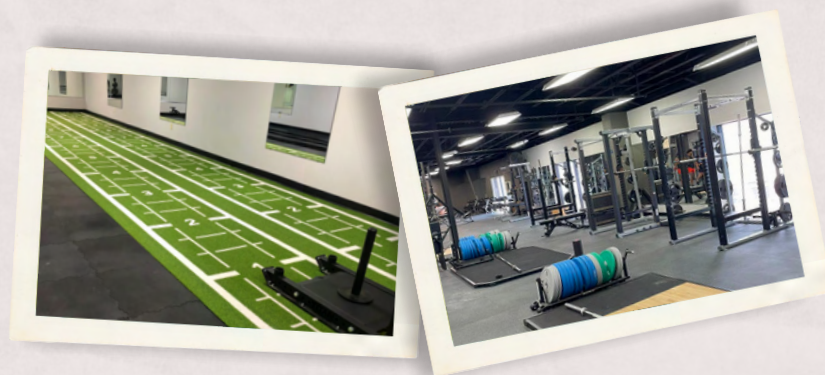
Stay up to date with all of the latest programs, health & fitness tips, club events, behind-the-scenes happenings, motivation, nutrition and member testimonials!



PAC Reinvests

Prairie Athletic Club is dedicated to delivering you the best in health & fitness and providing a facility that you are proud to call your gym.

- NEW LINE OF HAMMER STRENGTH
- NEW FIT BENCHES
- INDOOR POOL UPDATES
- UPDATED EQUIPMENT IN MATRIX ROOM
- 15 NEW CYCLING BIKES



- LOCKER ROOM UPDATES
- RACQUETBALL HALLWAY UPDATES
- UPDATED EQUIPMENT AROUND TRACK
- TRACK RESURFACING

More updates coming in 2024!

PAC GIVES BACK

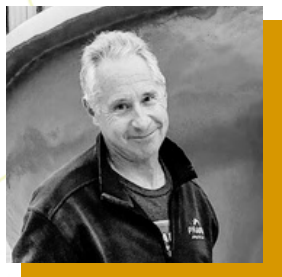
We appreciate this community and continue to make it a better place by giving back!

PAC donated to the following:

- Dane County Humane Society
- Deforest Area Youth Basketball
- CH Bird School
- Sun Prairie Storm
- Deforest Boys Basketball
- Sun Prairie Rotary
- Sun Prairie East & West Soccer
- Sunshine Place
- Sun Prairie East & West Cross Country
- Deforest Girls Golf
- Meadowview Elementary
- Sun Prairie Fire Department
- Eastside Elementary
- SP West Boys & Girls Basketball
- Sun Prairie East Girls Softball
- Prairie Kids Club Cheer
- Shelter from the Storm
- Northside Elementary
- Sun Prairie Youth Basketball
- Horizon Elementary
- Eastside Elementary
- Box of Balloons-Sun Prairie
- & More!

Recognizing Our Prairie Athletic Club Team

We appreciate you!



Steve Konicek
Pool Maintenance Manager
37 years



Cindy Thorne
Group Fitness
37 years



Jenny Simon
President
34 years



Peggy Simmons
Asst General Manager
31 years

Over 25 Years

- Becky Blashcka, Group Fitness
- Bill Miller, Volleyball
- Kristin Oehrlein, Group Fitness
- Catie O'Keefe, Member Services
- Chris Franz, Group Fitness
- Dalene Thompson, Group Fitness
- Randy Thompson, Personal Training
- Paul Krueger, Sports Manager
- Laura Slavik, Group Fitness
- Debbie Elliott, Group Fitness
- Deb Davis, Group Fitness
- Don Punzel, Maintenance Manager

Over 20 Years

- Tanya Ward, Group Fitness Director
- Pete Simon, Co-Owner
- Annette Gasper, Group Fitness
- Deborah Ethington, Group Fitness
- Jennifer Jungenberg, Assistant General Manager
- Kim Ireland, Group Fitness
- Tracy Ferron, Marketing Director
- Maralee Tubbs, Group Fitness
- Kraig Kuchenbecker, Personal Training
- Aimee Higgins, Group Fitness
- Jeff Welsch, Group Fitness
- Sandra Elifritz, Group Fitness
- Heidi Coopman, Group Fitness
- Jan McCarthy, Group Fitness
- Robert Rufflo, Personal Training

Over 15 Years

- Christina Hill, Member Services & Group Fitness
- Kat Hawkins, Aqua Fitness Manager
- Pat Schellin, Aquatics
- Amy Wilcox, Group Fitness
- Kevyn Feiner, Personal Training Director, Co-Owner
- Lisa Schneider, Youth Program Director
- Heather Rimrodt, Aquatics
- Angela Knoll, Personal Training
- Joe Benusa, Group Fitness

Over 10 Years

- Ryan Pieters, Volleyball
- Linda Swanson, Member Services
- Val Faust, Manager
- Peg Michaels, Assistant General Manager
- Pam Sawyer, Group Fitness
- Tina Muller, Youth Volleyball
- Nicole Deno, Group Fitness
- Deborah Moe, Ballroom Dance
- Michael Moe, Ballroom Dance
- Nancy Hill, Personal Training
- Veronica Anguiano, Group Fitness
- Josh Deppe, CrossFit
- Mike Miller, Youth Programs
- Dan Thompson, Co-Owner
- Sean Bindley, Volleyball
- Bob Doeden, IT Manager
- Andrea Burton, Group Fitness
- Craig Mieczkowski, Lost Court Manager
- Blair Dehnke, Group Fitness



REACH YOUR GOALS WITH PRAIRIE ATHLETIC CLUB PERSONAL TRAINING

Let our fitness professionals focus on you individually to help you achieve your goals. Let us provide you with a personalized plan.

1 on 1 training is the traditional trainer working individually with one client—all for one goal! Our trainers will provide a unique program designed specifically for you in a comfortable environment that allows you to reach your goals.

Buddy Training is a great way for two individuals who have similar fitness goals to work out together. Our trainers will provide the fun and challenging program while participants motivate each other to achieve success!

Team training is for those who have a group of friends or teammates that want to train together. We can also try to place individuals on a team for those who enjoy working in a group setting and want to meet new people with similar fitness goals. Teams meet with a trainer on a schedule determined by the team and motivate each other along the way.



DISCOVER NUTRITION AT PAC



Welcome Nutrition Coach Maddie

Achieve Your Health & Fitness Goals Faster

Maddie has a Masters of Education in Physical Activity and Health with an emphasis in nutrition, obesity intervention, and motivational psychology. She is passionate in helping individuals make informed and healthy choices when it comes to their diet and overall well-being. Maddie's primary focus is on promoting proper nutrition to support weight management goals and optimize overall health and vitality.

Holiday Special

2 Nutrition Appointments
\$99

Discover a nutrition plan that will optimize performance, fuel your body and provide you with long term results without leaving you feeling deprived.

LEARN MORE!

Discover a professional training program on your schedule, your terms, and with your own music in your headphones. Work remotely with a trainer for 24/7 accountability and support.

MEET OUR FITNESS PROFESSIONALS

Kevyn Feiner, PT Manager

My training philosophy is to first learn how to move well and become efficient in those movements. Then to follow a systematic approach to develop consistency so results will follow.



Tammy Andorfer

My training philosophy is to inspire my clients to work to their potential by creating innovative and engaging programs with their specific goals in mind. I encourage functional training that strengthens the total body concurrently with proper nutrition.



Alex Dynes

My fitness philosophy is that exercise should be enjoyable and help us achieve our goals. Many people forget to make exercise fun, but when you do you see many benefits, in and out of the gym. Exercise can help anyone whether its their first or 100th workout.



Chris Franz

My philosophy is to have fun and try new things. Fitness isn't always about the shape of our body, it's about the ability to move the way we want to..



Bryce Hanson, ESP Director

Nothing good ever comes easy, but I believe when it comes to fitness, doing something that you enjoy is the best and most approachable way to live a healthy lifestyle. Be the best version of you and enjoy doing it.



Nancy Hill

Start from the basics and work up. Joint movements and mobility are the building blocks of strength. You are also stronger than you think you are!



Kasen Jacob

Fitness should be an essential part of everyone's routine not only for the physical benefits, but the mental as well. It doesn't matter if you want to be a marathon runner or the next Arnold Schwarzenegger, just get out there and move!



Angela Knoll

I got into the fitness industry by wanting to better myself physically after my third child. My physical goal grew into a passion for wanting to help others progress systematically to reach their goals. I specialize in nutrition and weight training.



Kraig Kuchenbecker

My fitness philosophy is "Fitness for a lifetime!" Find something you enjoy so that it's less of a chore and more of a lifelong state of health and well being. Working out is about taking care of your mind and body because it's the only one you'll get.



Lizzie Lucik

Everyone has the potential to unlock their inner strength and achieve remarkable transformations. Fitness isn't limited to a particular body type or skill level - it's a life long journey that should be enjoyable, empowering and sustainable. A positive relationship with exercise should extend beyond physical appearances.



Ben McElmurry

Challenge, adapt, and improve. Find a way to have fun with the process and create satisfaction in taking on the challenges of fitness. Always look for ways, no matter how small, to improve!



Rob Rufflo

I believe in creating a program that is realistic, easy to understand & above all a lifestyle change that lasts forever. Proper form is extremely important to me. My belief is that a healthy lifestyle boils down to your nutrition and how you're fueling your body.



Emily Ruth

I believe that every body is made to move, & health is possible in this very moment. I want to help people learn to trust their bodies & find joy in movement. I offer training that is weight and size-neutral, I am aligned with Health at Every Size and Intuitive Eating.



Ben Stone

Since my athletic career ended, I have had to relearn what it means to have a healthy relationship with exercising. I'm dedicated to finding the delicate line of being able to challenge oneself, while still maintaining a love for being active. tto is "Do what works for you and stick with it!"



Erik Schmitt

I truly believe the iron reigns supreme. It is the ultimate equalizer and can benefit everyone; no matter gender, age, goals, or fitness level. In the world of training, you can never stop learning.



Randy Thompson

My fitness philosophy is that personal training should be unique and the focus should be based around the needs and goals rather than a cookie cutter design.



Tanya Ward, Group Fitness Director

Fitness should be fun and not a punishment. My goal is to help clients find activities they enjoy so that they stay consistent - consistency is key to achieving goals!



Revive And Thrive

NEW YEAR'S

Challenge

JANUARY 8- FEBRUARY 16

GET PAID FOR THRIVING

BE HELD ACCOUNTABLE, RECEIVE
SUPPORT, AND OVERCOME OBSTACLES
IN YOUR HEALTH & FITNESS JOURNEY

TOP PRIZE \$500 PAC GIFT CARD

- Receive access to our training app with daily workouts and habits
- Nutritional guidelines to help plan healthy meals
- InBody Comprehensive Assessment

REGISTER TODAY!



TRAINING ZONE CLASS OPTIONS

CARDIO H.I.I.T-Utilizing cardio equipment and heart rate technology, each client will be given workout zones and intensity levels to work towards while optimizing caloric expenditure.

RIPPED STRENGTH-Each client will be given access to an app that between them and their trainer they will develop, track, and monitor progress of their strength training routine.

TOTAL BODY BOOTCAMP-Designed to push the client to maximum caloric expenditure through intervals of compound lifts and bursts of cardio.

MEN'S PRIME-Full body workouts designed to elevate busy professionals to the PRIME of their life! These workouts address key issues as it relates to men over 40 to help them naturally increase testosterone, build muscle, shred fat, increase energy, and decrease stress.

MOBILITY/ CORE-A combination of stretching, mobility, and core work to maximize recovery and prevent injury.



The objective of the Training Zone is to create a community driven by a culture of uplifting individuals striving for health and fitness results in a small group fitness community. We recognize that not all two people are created the same, so their training program should not be either.

HOLIDAY SPECIAL

1 Month Unlimited \$79

Training Zone focuses on an all-encompassing approach to health and wellness and includes:

- Quarterly seminars lead by professionals in the field with goal setting and implementation
- Access to InBody analysis to measure muscle mass, body fat, and metabolism
- Free challenges quarterly (nutrition, strength, and weight loss challenges, etc.)
- Strength training programs - 3 different workouts per week every month posted in the PAC Personal Training app allowing for easy tracking of progress
- Circuit/Bootcamp style training programs - experience a different workout every class with our HIIT and Total Body Bootcamp classes
- Access to 30 minute 1-on-1 Nutrition Consultations every quarter



SEE THE SCHEDULE HERE

Training Zone now included with PAC's Platinum Membership. [Click here](#) to learn more!

Holiday Specials

AVAILABLE THROUGH DECEMBER 24, 2023

Pilates Reformer

5 Reformer Sessions \$100
10 Reformer Sessions \$180

Personal Training

2 One Hour Sessions \$99

Hot Yoga

5 SOL Yoga Sessions \$65
10 SOL Yoga Sessions \$110
20 SOL Yoga sessions \$200
3 Month unlimited \$179

Family Guest Package

Family pool and pizza package \$65

Upgrade to Platinum

Unlimited access to all platinum classes including Hot Yoga, CrossFit and Pilates Reformer, Barre, Training Zone|Bootcamp \$99

Tanning

5 Spray Tans \$59
10 Spray Tans \$99

Cycle Ops

Bring your bike and ride indoors with others this winter!
5-90 minute classes \$60

Buy Gifts Today!

Guest Passes

5 Adult Guest Passes \$85
5 Child Guest Passes \$50
5 Dolphins Cove Passes \$65

Membership

Give them the best gift of all, a PAC Membership! 1 month and 3 month options available.

Nutrition

2 Sessions with PAC Nutritionist \$99

Elite Sports Performance

Holiday Starter Pack-5 sessions for ESP Foundations, Total, or Custom classes. Includes a FREE assessment \$99

Training Zone|Bootcamp

5 Classes \$75

Prairie Pines Golf Club

1-9 Hole Round w/cart valid anytime \$35
1-18 Hole Round w/ cart valid anytime \$65
5-9 Hole Round w/cart valid anytime \$170
5-18 Hole Round w/cart valid anytime \$305
20-18 Hole Round w/cart valid anytime \$1200
Junior Membership (up to age 18) \$650
Family of 4 Unlimited + Cart \$3600

*Non-member pricing available online

*Tax additional on Prairie Pines specials



**NEW JOB POSTINGS
COMING SOON FOR
SUMMER 2024!**

Aquatics

Certified Lifeguards
Certified Swim Instructors
Waterpark Attendants

Youth/Childcare

Day Camp Teacher
Youth Recreation Instructor

Food & Beverage

Bartenders
Kitchen Team
Mussels Beach Concessions
Cashier

Housekeeping/Maintenance

Club Keepers

More information about summer positions will be posted in January
SEE ALL CURRENT JOB OPENINGS

Forging Elite Fitness

CrossFit is a process of taking your mind and body from its current state to becoming fit and physically competent to handle all the challenges in life.



Member Pricing

Unlimited CrossFit Classes and Open Gym are included with Prairie Athletic Club's Platinum membership as well as everything else below at no additional charge!

- Pilates Reformer
- SOL Hot Yoga
- Training Zone/Bootcamp-8 classes per month
- Masters Swim
- Towel Service
- 10% off Food & Beverage and Pro Shop Items
- FREE PAC 24 Key Fob
- Spray Tanning-Unlimited Level 1 & 2
- + GOLD COVE MEMBERSHIP

**Learn more at prairieathletic.com or
CLICK HERE!**



PAC & CrossFit Vultus Donate Over \$1300

Shout out to everyone who participated and donated during our Annual WODdle Run on Thanksgiving Day. \$685 was raised and PAC matched raising the total to over \$1300.



ADULT SPORTS



Winter Volleyball Starts January 15

Registration is available on the PAC website for our winter leagues. Space is limited so sign up early! As always, there are no extra fees for non-members. New members or those looking to join a team can contact Paul to get on the sub/interested player list. If you are a team needing an additional player let us know!

If you have any questions please contact Paul at p.krueger@prairieathletic.com.

REGISTER YOUR TEAM TODAY!

Winter Leagues

- Tuesday-Coed B and C 6s
- Wednesday-Coed BB and B 6s,
- Thursday-Coed B/C 6s, Women's BB 4s and B/BB 6s
- Friday-Indoor Challenge volleyball-one court will be available from 6-8:30 p.m. through May. Non-members welcome with guest fee.

League Fees:

4s-\$310

6s-\$440



Hit the Courts and Burn Some Calories

If you haven't tried racquetball before, we'd love to see you out on the court. It's a great workout and a lot of fun – at the same time! Racquetball is a social sport here at the PAC. It's a great way to enjoy your workout and meet new people. Contact Paul at p.krueger@prairieathletic.com if you have questions or suggestions for PAC racquetball.



RACQUETBALL TOURNAMENTS

Club Singles February 9-10
Wisconsin State Singles March 1-2

New Year's Eve fun one day tourney and more to come this spring!



JOIN A LEAGUE! We are always looking for fellow players to join in some heart-pounding rallies and enjoy the thrill on the court. Whether you are a seasoned pro or a newbie eager to dive into the world of racquetball, join a PAC racquetball league today! Leagues run approximately 10 weeks. Contact Paul at p.krueger@prairieathletic.com to get started.

THANK YOU RACQUETBALL SPONSORS

Our sponsors are such an integral part of our tournament success. Primary sponsors include Phil Sussek, Bruce Thompson, American Family Insurance (Larry "Smokey" Anderson Agency) and West Prairie Dental. Secondary sponsors include Daly's Bar & Grill, Which Wich and Cannery Wine & Spirits. Please consider using these establishments when you do business and thank them for their support of PAC racquetball. And if you are interested in sponsoring a tournament – or know of a business that would enjoy the fantastic advertising benefits – please contact Paul.



PRIVATE RACQUETBALL LESSONS

Private lessons are available with WRA Hall-of-Famer Paul Krueger, who has taught for more than 30 years. Contact Paul or register online to sign up for private lessons. Sign up today!



Ping Pong

Looking for a smashing good time? Whether you're a seasoned paddle pro or a casual player looking for some friendly matches, our ping pong tables are ready and waiting. Grab a paddle, bring your A-game, and let the rallies begin!

Ping pong played on Racquetball Court #3

LEARN MORE ABOUT PAC RACQUETBALL

Pickleball

Grab your paddle and let's play!

Open Pickleball

PAC offers plenty of Open Pickleball time. Open Pickleball means that courts are reserved specifically for Pickleball. If the schedule does not have Open Pickleball, priority goes to basketball players. If courts are open and you would like to play Pickleball, please contact PAC staff to set up a net.

[View the full Open Pickleball Schedule](#)

Pickleball Lessons & Clinics

PAC offers a variety of options for lessons from beginner to advanced. Check out our lessons if you are just starting to play or if you want to improve your skills.

[View all Pickleball Lessons](#)



Pickleball Leagues

PAC will be offering pickleball weekend leagues beginning in February.

[View Pickleball Leagues](#)

Please email Paul at p.krueger@prairieathletic.com if you have any questions or to be added to the Pickleball email distribution list so you can stay up to date on PAC Pickleball happenings.

Challenge Basketball

Challenge basketball is a time for players to come to the club and play in "pick-up" games of basketball. Bring your friends and enjoy some friendly competition! Players are rotated in.

Monday & Wednesdays

5-7 a.m.
5-6:30 p.m. (40+)

Fridays

5-7 a.m.
4-5:30 p.m. (40+)

Tuesdays & Thursdays

11 a.m.-12:30 p.m.

Saturdays

7:30-10 a.m.

Members: FREE | Non-members: Guest fees apply

If you have any questions please email Paul at p.krueger@prairieathletic.com.

Dance Lessons

Join Mike & Deb Moe of Dance Forever for these fun lessons! Watch for upcoming dates.

Waltz

Rumba

Nightclub Two Step

Cha-Cha

Hustle

\$100/couple Members

\$120/couple Non-members

Questions: Mike & Deb Moe

mmoea@aol.com or (608) 655-3250



Master Swim

Master Swim is designed for all level swimmers providing a structured workout from an accomplished coach. If you are looking to build your fitness or area triathlete looking to improve your swim skills, this is the class for you!

Next sessions starts January 8

[Register Today!](#)



THANK YOU

for voting Prairie Athletic Club

MADISON MAGAZINE'S

BEST OF MADISON

2023
BRONZE

GROUP FITNESS

Les Mills Release Party

Each quarter we receive new music and choreography for all of our Les Mills programs (BodyPump, Sprint, RPM, Core, etc.). Our group fitness instructors work hard memorizing and practicing these new releases, and when they're all ready, we throw a "release party" to unveil the latest and greatest classes. Our release parties are free to members and guests....so bring that friend who's been wanting to try a class with you! A guaranteed good time and fun prizes will be given in each class - watch for dates in mid to late January!



RPM 100

Speaking of Release Parties, we'll have an EXTRA SPECIAL release party to celebrate the 100th Release of Les Mills RPM! Let's pack the studio for this 45-minute group cycling workout! We'll take you on a journey of hill climbs, sprints, and flat riding - you control the intensity. Improve aerobic fitness and burn major calories!

Watch for more details in January.



Discover Pilates Reformer-Voted Best of Madison!



Done consistently, Pilates Reformer can strengthen your core, improve your posture, increase flexibility and help to correct muscle imbalances. Incorporating Pilates into your regular routine helps to improve movement patterns and is a great way to cross-train.

Pilates Reformer Open House-Watch for upcoming Pilates Reformer Open Houses for a chance to meet our instructors, ask questions, and enter to win some great prizes including PAC Pilates Sessions and swag!

New to Pilates Reformer? Try out our 2-week unlimited trial for just \$25! Start out with one of our "Beginner-Friendly" classes until you're comfortable to transition to Intermediate & Advanced classes.



DISCOVER PILATES REFORMER & REGISTER FOR A CLASS TODAY!

Follow us!

FaceBook Group

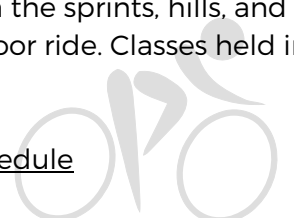
Stay Informed If you love everything about PAC Group Fitness follow our private Facebook group for all the latest class information, schedule changes and motivation. Join our group today!



Endurance Cycling

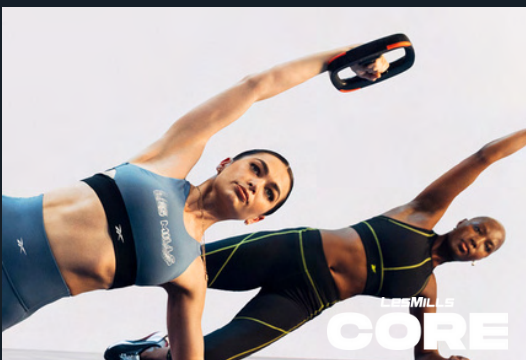
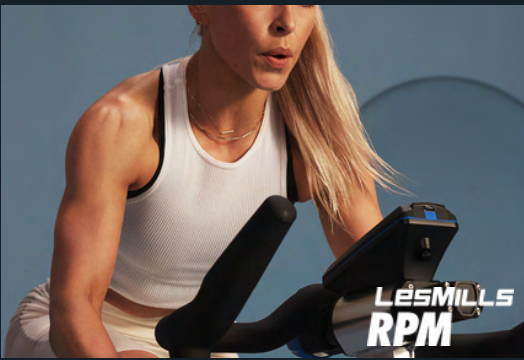
Endurance Cycling is back now through April! This 75-minute cardio session will take you through the sprints, hills, and thrills of an outdoor ride. Classes held in Studio 1.

[View current schedule](#)



FIRST EVER GROUP FITNESS TRIATHLON!

This 90-minute event will start with 30 minutes of BodyPump to focus on strength endurance. We'll follow that up with 30 minutes of Les Mills Core to hone in on the core and supporting muscles, and then take it home with 30 minutes of RPM Group Cycling to finish with that cardio high! Expect an all-star instructor lineup and a feeling of camaraderie and accomplishment like no other - we can't wait! Stay tuned for more details.



Big Screen Classes - The Best Classes in the World When YOU Want Them!

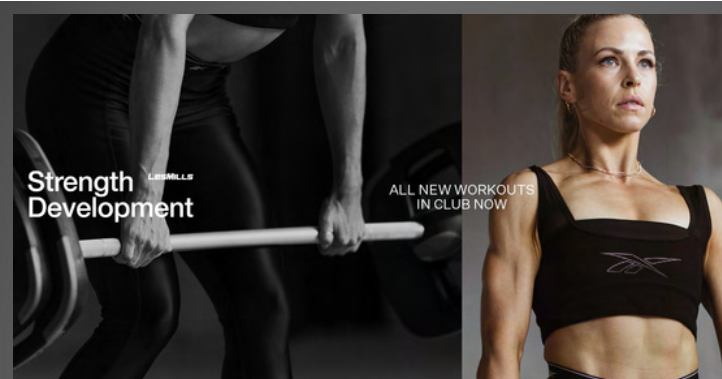


Check out our virtual classes in Studio 1, Studio 2 and Studio 5. Classes include Les Mills **Core**, Les Mills **Barre**, **BodyBalance**, **Sh'bam**, **BodyCombat**, **BodyPump**, **Sprint** & **RPM**! Our "Big Screen" classes are the same great classes led by our PAC instructors, but presented by Les Mills Trainers from around the globe and offered throughout the day on our Big Screen TVs. These classes are perfect for those who need more class time options or just prefer smaller class sizes. Simply register on Mindbody, check in at the front or back desk, and head up to the designated studio where class will begin automatically on the TVs. If you're trying a "Big Screen" class for the first time, reach out to me at t.ward@prairieathletic.com and I'll make sure you're all set for a safe and successful first class!

Strength Development is at PAC

Whether you're a regular lifter or you're just starting out, LES MILLS Strength Development will take your training to a whole new level. You will progress through a sequence of 12 45-minute workouts learning the essential elements of strength training with slow and controlled movements, functional exercises and dynamic core work - all at your own pace. We'll roll out a new workout EACH MONTH!

What is the difference between LES MILLS Strength Development & BodyPump-In BODYPUMP we use light to moderate weights to perform high reps focusing on muscle endurance. Strength Development focuses on lifting heavier weights at slower tempos to generate muscle growth. These two programs compliment each other so we recommend both classes in your workout schedule (2-3 times per week between both programs with a day of rest in between).



Benefits of LES MILLS Strength Development

The workouts are structured in progressive, science-backed phases and will help you:

- Increase muscle
- Improve weight training
- Improve Dynamic Core Strength

Classes offered: Tuesdays 5:30 a.m. | Thursdays 5:30 p.m. | Fridays 9:30 a.m. | Sundays 9:45 a.m.



Body Pump Smart Start

Why try Smart Start

- Learn how to use and set up your equipment properly.
- Learn the basic moves and techniques used in class.
- Along with a warm up and cool down, you'll complete 3-4 other tracks focusing on specific muscle groups.
- Great for beginners who would like to start with a shorter class and learn the basics.
- Ideal for regular exercisers who are new to BodyPump or lifting weights.

Class held one Tuesday per month starting in January. [View Schedule](#)

Tae Kwon Do



Tae Kwon Do is a traditional Korean martial art which emphasizes kicking and hand techniques from an upright, highly mobile stance. In addition to learning effective self-defense, people also study it for other benefits such as physical fitness, increased mental energy, and greater self-discipline. Tae Kwon Do is an efficient and stimulating way to stay fit and is something that the entire family can do together!

Wednesdays

6:30pm (all levels)

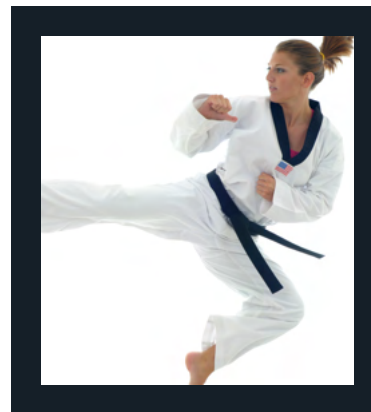
Saturdays

9:30am (all levels)

10:30am (advanced)

Classes held in Studio 3

**Included with your Gold Membership*



Group Fitness for Seniors



Find the perfect class for you!

Senior Yoga

Tuesday & Thursday 10:30 a.m. | Wednesday 1:00 p.m.

Senior Strength & Stability

Monday & Friday 10:30 a.m.

Senior Strength & Stability (Mat)

Monday 11:30 a.m. | Friday 9:30 a.m.

MX4 Active

Wednesday 9:30 a.m. & 10:30 a.m.

Fridays 10:30 a.m.

Senior Cardio Fit

Wednesdays 10:30 a.m.

Senior Cardio Intervals

Every other Thursday 11:30 a.m.

REGISTER FOR A CLASS TODAY!



Aqua Fitness

Imagine a workout where the resistance of the water challenges your muscles, while the buoyancy keeps it low-impact and easy on the joints.

Why choose Aqua Fitness?

Full-body Workout: Engage every muscle group as you navigate the water's resistance.

Low-Impact: Ideal for all fitness levels, easy on the joints, perfect for rehabilitation.

Refreshingly Fun: Exercise doesn't have to be a chore – make a splash, enjoy the music, and have a blast!

Register for a class today!

WE ARE OPEN!

THURSDAY
6-11 AM

FRIDAY
6 AM-NOON

SATURDAY
8:30 AM-NOON

*CLOSED SUNDAY-WEDNESDAY



SOL YOGA

Welcome our newest instructor Libby!

"Hi, I'm Libby, a passionate yoga instructor and a proud mom of four amazing boys! With a foundation in Rocket Yoga and a flair for creative sequencing, my teaching style is all about fostering body awareness. I specialize in crafting classes that offer clear cues and provide modifications and progressions, ensuring that even challenging practices are accessible to everyone." Flow with Libby every Tuesday at 8:30am!



SOL Yoga is offering "Pop-Up" classes on select days through April! These classes will offer a fun twist on our regularly scheduled classes or may be a completely new class offering. Pop-Up classes are included in SOL's monthly unlimited membership, otherwise just a \$14 drop in for PAC members or \$20 for guests.

Sing-Along Yoga

Friday, December 15 5:30-6:30 p.m.

Stephanie will lead a fun Friday flow with an epic playlist that is bound to have you singing along! Please note that the singing out loud part is totally optional...yet highly encouraged.

Full Moon Flow & Guided Meditation

Friday, December 29 6-7 p.m.

Led by Kacie-Immerse yourself in a 60-minute Full Moon Flow, combining yoga and lunar energy. The session kicks off with grounding exercises, setting the tone for Moon Salutations that sync with the lunar cycles. Move through poses under the full moon's glow, allowing its

energy to enhance each stretch. Following the physical practice, a guided moon meditation fosters emotional release and introspection. Close the session feeling balanced and connected to the cosmic forces that surround you.

Restorative Yoga

Friday, January 5 5:30-6:45 p.m.

Led by Jessica-The perfect class to start your New Year. Restorative Yoga is designed to help restore and reset the body. This type of yoga is great for recovery, especially from emotional and physical stress (perfect for the off day of training) including injury recovery. Poses are held for 10-15 minutes with multiple

supports to help you relax. Please note that Restorative Yoga is different from Yin Yoga.

Inversions-Attain a Supported Headstand

Sunday, January 14 12-1 p.m.

Led by Libby-If you've always wanted to work on headstands but not sure where to start, this pop-up class is for you! Libby will provide all the tools you need to learn the basics of inversions - and the focus will be on attaining a supported headstand. Great for those brand new to inversions or those needing a refresher!

Workshops at SOL

With each SOL 12-month Unlimited Membership or PAC Platinum Membership you receive 2 Workshop Entries per year FREE!

What is a Workshop?

A yoga workshop is a specialty class where participants can learn about and practice yoga centered around a particular theme, such as hip openers, heart openers, inversions, or even essential oils! These workshops may also be a class offering we don't have on our regular schedule or an extended version of one of our regular classes with some extra pampering. Workshops typically run 1.5-2.0 hours.



SOL Yoga Challenges

Thank you for participating in SOL's Birthday Bingo Challenge in November!

Our lucky winner received a free 3-month unlimited yoga pass. Watch for more challenges to come in the New Year!



New to SOL?

Embrace the warmth, ignite your spirit, and find your flow in our invigorating Hot Yoga Studio!

Try out our 2-week unlimited trial for just \$30! Visit our website to register or view other class pricing options.

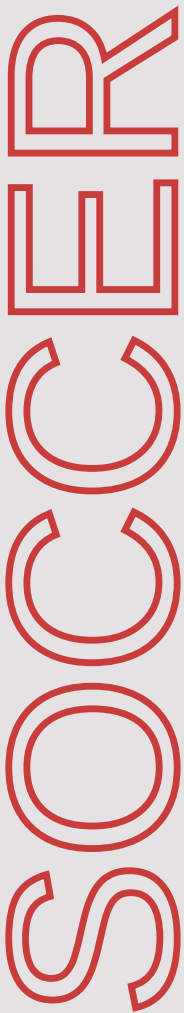
Get started today!



Follow Us-Follow SOL Yoga at Prairie Athletic Club's Facebook page for updates on new class offerings and workshops!



YOUTH PROGRAMS



WINTER SESSION I January 8-February 17

Little Kickers Ages 18-36 months

Focus on fundamental soccer skill development, basic ball skills and teamwork using a fun approach!

Wednesday 5-5:30 p.m.
Thursday 10-10:30 a.m.

Little Strikers Age 3

Introduction to the very basic ball skills with a strong emphasis on having fun!

Wednesday 5:30-6 p.m.
Saturday 9:15-9:45 a.m.

WINTER SESSION II February 26-April 14

Midfield Movers Ages 3 & 4

Develop ball handling skills, coordination and physical fitness.

Thursday 9:30-10 a.m.

Midfield Mayhem- Instruction & Scrimmage Ages 4 & 5

Continue to work on soccer skill development and ball skills. Players will have live scrimmage each week.

Wednesday 6-7 p.m.
Saturday 9:45-10:15 a.m.
(instruction only)
Saturday 10:15-11:15 a.m.

REGISTER NOW!

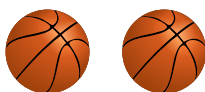
Elite Feet Ages 6-9

Emphasis is on more advanced ball skills, game strategy and field positions.

Monday 6-7 p.m.
Wednesday 7-8 p.m.
Saturday 11:15 a.m.-12:15 p.m.



BASKETBALL



Our focus is FUN!

Players will work on basics such as dribbling, shooting, passing and running through skills, drills and skill based games.

Winter Session I January 9-February 15

Winter Session II February 27-April 11

BASKETBALL INSTRUCTION (AGES 4-11)

Ages 4 & 5

Tuesday 4-4:30 p.m.
Tuesday 4:30-5 p.m.
Thursday 4:30-5 p.m.
Thursday 5-5:30 p.m.

Ages 6 & 7

Tuesday 5-5:30 p.m.
Tuesday 5:30-6 p.m.
Thursday 5:30-6 p.m.

Ages 8 & 11

Tuesday 6-6:30 p.m.

BASKETBALL SKILLS & GAMES (AGES 8-11)

Thursday 6-6:45 p.m.

REGISTER NOW!



CROSSFIT KIDS

Ages 7-12

CrossFit Kids pairs fitness with fun! Whatever the goal, the program offers kids a head start healthy lifestyle encouraging a love of fitness.

Winter Session I

January 8-February 12

Winter Session II

February 26-April 8

Ages 7-9

Monday 5:10-5:55 p.m.

Ages 10-13

Monday 6-6:50 p.m.

Sign up today

VOLLEYBALL

WINTER SESSION I

January 11-February 15

WINTER SESSION II

March 1-April 12 (no class March 22)

Volleyball Instruction Ages 9-13

This coed class provides instruction on volleyball basics through skills, drills and skill-based games.

Wednesday 4-4:45 PM

Volleyball Play (Ages 10+)

Engage in real game-time experience to enhance personal skills and teamwork. Coed teams changing each week!

Wednesday 5-5:45 PM



**REGISTER
TODAY!**

BALLET

Ages 3-5

Ballet is a foundational dance style that consists of precise movements. In this class, we will learn the very basics of this style and positions and will slowly progress to choreography

Monday 6-6:30 p.m.

Winter Session I

January 9-February 13

Winter Session II

February 27-April 10

REGISTER TODAY!



Thank you!

for voting Prairie Athletic Club



Best Thing for Kids To Do



FLAG FOOTBALL

Ages 6-9

Develop the fundamentals of football stance, blocking, running, throwing, catching, conditioning & sportsmanship. Skills and drills the first half hour, scrimmage second half hour.

Friday 4:30-5:30 p.m.

Winter Session I

January 12-February 16

Winter Session II

March 1-April 12

REGISTER TODAY!



GYMNASTICS

Gymnastics

Ages 18 months-5 years Students enhance tumbling skills, balance and teamwork through basic gymnastics instruction.

Winter Session I

January 10-February 14

Winter Session II

February 28-April 10

Ages 18 months-3 years

Wednesday 5-5:30 p.m.

Ages 3-5

Wednesday 5:30-6 p.m.

Wednesday 6-6:30 p.m.



**ENROLL
TODAY**



New program coming soon!
Music & Movement

YOUTH PROGRAMS



WINTER SESSION I

January 6-February 15

WINTER SESSION II

February 24-April 11

(No classes March 25-30)

SWIMMING



Saturday

9:30-10 a.m.	Pre-Tiny Tots
	Penguins
10-10:30 a.m.	Sea Turtles
	Level 1
10:30-11 a.m.	Level 2
	Sea Horses
11-11:30 a.m.	Level 3
	Level 4
11:30 a.m.-noon	Parent-Infant-Tot

Monday Morning

10-10:30 a.m.	Starfish
10:30-11 a.m.	Pre-Tiny Tots
11-11:30 a.m.	Parent-Infant-Tot
12:30-1 p.m.	Starfish

Monday Evening

5:30-6 p.m.	Pre-Tiny Tots
	Level 1
6-6:30 p.m.	Sea Horses
	Penguins
6:30-7 p.m.	Sea Turtles
	Level 1
7-7:30 p.m.	Sea Horses
	Level 2

Tuesday

5-5:30 p.m.	Adult Swim Tech
	Level 2
5:30-6 p.m.	Sea Horses
	Level 1
6-6:30 p.m.	Sea Turtles
	Penguins

Wednesday

5-5:30 p.m.	Sea Turtles
	Level 1
	Level 3
5:30-6 p.m.	Sea Horses
	Penguins
	Level 4
6-6:30 p.m.	Pre-Tiny Tots
	Level 2
6:30-7 p.m.	Sea Turtles
	Level 1

Thursday

4:15-5 p.m.	Competitive Stroke
4:30-5 p.m.	Parent Infant Tot
5-5:30 p.m.	Level 2
5:30-6 p.m.	Level 3
	Level 4



Child Private and Semi-private Lessons

These packages are available for both children and adults. Lessons are 30 minutes and scheduled between the participant and the instructor for your convenience.

Semi-private lessons

Learn with a sibling or a friend. Each lesson is 30 minutes and packages are sold in multiples of four. Rates are per person.

Members	Private	Semi-private
1 lesson	\$45	\$30
4 lessons	\$150	\$100
8 lessons	\$292	\$184
12 lessons	\$430	\$240
Non-members	Private	Semi-private
1 lesson	\$60	\$35
4 lessons	\$165	\$120
8 lessons	\$320	\$224
12 lessons	\$468	\$312

Competitive Stroke Technique Ages 7-18

This class is for the competitive swimmer who has mastered all four strokes, but who is looking for that individualized stroke technique work. Low swimmer instructor ratio allows for significant attention, allowing your swimmer to reach full potential.

4:15-5 p.m. Thursdays



REGISTER AT PRAIRIEATHLETIC.COM



AFTER SCHOOL

Ages 5-12

Need a safe fun place for your child after school?

PAC Kids is our State licensed after school program. Children have the opportunity to participate in gym activities, swimming, and arts & crafts. We have a quiet corner for reading and doing homework. USDA approved snacks are served to all children.

Monday, Tuesday, Wednesday, Friday Schedule

2:40-3:15 pm Check In
3:10-3:40 pm Snack
3:40-5:30 pm Activity time: basketball, soccer, table activities, junior gym

All students must be picked up by 6 pm

Thursday Schedule

1:30-2:05 pm Check In
2-3 pm Snack
3-5:30 pm Activity time: swimming, basketball, soccer, junior gym

All students must be picked up by 6 pm



Registration for the 2024-2025 school year will be available on our website April 1

CONTACT US Please reach out to Lisa at l.schneider@prairieathletic.com with questions.



DAYS OFF SCHOOL 2024

Ages 5-12 Days off Camp is held when the Sun Prairie School District is off school. Children are invited to come and participate in craft activities, free time on the soccer field and gymnasium and go swimming in the pools. If you have any questions please contact Lisa at l.schneider@prairieathletic.com.

RESERVE YOUR SPOT TODAY!

December 27-29

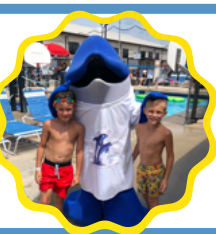
January 15, 22

February 16

March 25-29

\$80 Members,

\$95 non-members



SUMMER CAMP

Ages 5-12 Our state licensed summer camp provides your child with fun, safe, recreational and outdoor activities that foster growth. Themed activities each morning and waterpark fun in the afternoon!

FULL TIME REGISTRATION OPENS FEBRUARY 1

Storytime at Bob & Vel's

Storytime
at PAC
Tuesdays
9:00 am

We have SO much fun reading! Join Miss Tracey Thursday mornings for books, activities and making new friends. **FREE** for members.

[Help us plan and pre-register!](#)



UPCOMING BOOKS!

December 14

A Long Winter's Nap

December 21

Snowmen at Night

January 4

One Fish Two Fish Red Fish Blue Fish

January 11

Pete the Cat and His Four Groovy Buttons

January 18

How the Crayons Saved the Rainbow

January 25

The Mixed-Up Chameleon

YOUTH GROUP FITNESS

Youth MX4

Ages 10-12 MX4 combines best in class training tools with fun workouts to help improve cardiovascular fitness, strength and endurance. Class uses TRX straps, battle ropes, rowing machines, slam balls and more!



Winter Session I

January 9-February 13



Winter Session II

February 27-April 9



Tuesday 5:30-6 p.m.

ENROLL TODAY



YOGA

Youth Yoga & Mindfulness

Ages 4-12 Participants will learn techniques for self-health, relaxation, and inner fulfillment while enhancing strength, flexibility, coordination and body awareness.



Winter Session I

January 18-February 22

Winter Session II

February 29-April 11

Ages 4-7

Thursday 5:30-6 p.m.

Ages 8-12

Thursday 6:05-6:35 p.m.

ENROLL TODAY

If you have any questions about youth group fitness please contact Tanya at t.ward@prairieathletic.com.

PAC CARE



PAC Care is currently accepting children ages 3 months and older. No reservations required. Two hour time limit per day.

PAC Care facilities are available for free to children who are members.

We will continue to monitor availability and add additional time as needed. If you have any suggestions please email webadmin@prairieathletic.com.

PAC Care Hours:

Monday: 8 a.m.-8 p.m.

Tuesday 8 a.m.- 8 p.m.

Wednesday: 8 a.m.-8 p.m.

Thursday: 8 a.m.-8 p.m.

Friday: 8 a.m.- 2 p.m., 4-8 p.m.

Saturday & Sunday: 8 a.m.-2 p.m.



POPS (Ages 10-11)

Parent on Premises is a program designed to allow children ages 10 & 11 to use specified areas of the club independently between the hours of 8 a.m.-9 p.m. while their parent or guardian is on the premises. Maximum of 2 hours. Please stop by the front or back desk for a waiver and a POPS tour. Contact p.simmons@prairieathletic.com with any questions.

FREE for members



Teen Tag (Ages 12-13)

This is a virtual class for youth ages 12 and 13 to learn the rules of safe exercise at PAC. Any 12 or 13 year old who completes this class will be allowed to use specified areas of the club included in their membership and allowed to be in the club without a parent for up to two hours between 8 a.m.-8 p.m.

\$15 Members

PRAIRIEATHLETIC.COM



Tang Soo Do (Ages 4+)

Tang Soo Do is a Korean martial art that teaches empty hand and foot fighting, fighting forms, self defense and weapons. Tang Soo do teaches people to live a healthy and harmonious life. Led by instructor Saul Easley.

Interested in trying Tang Soo do? Try a six week introductory course!

PRAIRIEATHLETIC.COM



THE LEARNING ACADEMY
at Prairie Athletic Club



GIVE THE GIFT OF LEARNING & FRIENDSHIPS 3 & 4 YEAR OLD PRESCHOOL HALF OFF YOUR FIRST MONTH FOR 2023-2024 ENROLLMENT

"We will forever be grateful to The Learning Academy and the staff. Ms. Mandi is truly one of the best people I have ever met in my life. I promise your child will have the best experience too!"

PROGRAM FEATURES:

- ✓ Developmentally appropriate curriculum
- ✓ Play-based learning
- ✓ Child focused approach
- ✓ Foster a lifelong love of learning

2024-2025 REGISTRATION AVAILABLE FEBRUARY 1



*Come learn
with us!*

If you have any questions
please contact Ms. Mandi at
m.kragh@prairieathletic.com.

Party at PAC



PAC voted
Best Thing for
Kids To Do!



**BOOK YOUR
PARTY TODAY!**

Birthday parties at Prairie Athletic Club are a great way for children to celebrate their special day. Parents especially love our parties because we take care of the setup, the cleanup, and the tableware! We have party packages that are affordable and flexible. We offer fun-filled packages for every age, with a variety of amenities!

- Private play in Junior Gym or 1/2 court on full size gyms
- Includes 2 Pizza / Pitcher combos
- 2.5 hour party
- Private party space
- Use of indoor swimming pools

Please contact Row at r.tagura@prairieathletic.com if you have questions.

prairieathletic.com



FAMILY PLAY TIME AT PAC

Looking for a place for your young children to play? We have the perfect place for you and your children ages 8 and under. Check out our family time in the junior gym, soccer field and basketball court 6. Drop in during these times with your children and let them burn off some energy. Fun for the whole family!

Soccer Field West

TUESDAY

5:30-6:30 PM

FRIDAY

5:30-6:30 PM



Junior Gym

MONDAY-WEDNESDAY

11:15 AM-2:15 PM

6:30-8 PM

THURSDAY

11:15 AM-1:15 PM

6:30-8 PM

FRIDAY

11:15 AM-2:15 PM

6:30-8 PM

SATURDAY & SUNDAY

11 AM-8 PM

Basketball Court 6

TUESDAY

5:30-6:30 PM

FRIDAY

5:30-6:30 PM



FOR AGES 8
& UNDER

*Basketball Court 6 hoops lowered to kids height during these hours. May not be available during parties or Sun Prairie days off school. Schedule subject to change. No food allowed. Water bottles only.

PAC N ' PLAY

FREE FOR MEMBERS!

Come join the fun with PAC n Play. Our indoor soccer field will be equipped with lots of exploratory games and objects for your little one to burn off some of that energy and make new friends in a safe environment. The soccer field is conveniently located near Bob and Vel's coffee shop so grab a snack and a coffee when you arrive.

December 15 | January 12 | February 9 | March 8



**NEWLY ADDED
BOUNCE HOUSE!**

INDOOR POOL

FAMILY MOVIE NIGHTS

Sing

Saturday, December 16
5:30 pm

Zootopia

Tuesday, December 19
4:30 pm

Luca

Friday, December 22
5:30 pm

Finding Dory

Tuesday, December 26
4:30 pm

The Little Mermaid

Friday, December 29
5:30 pm

Super Mario Bros

Sunday, December 31
6:00 pm





ELITE SPORTS PERFORMANCE



**BRING A
FRIEND WEEK!**

December 26-29

This is the perfect time to try
ESP for FREE. [Check us out!](#)

What's Elite Sports Performance (ESP)?

ESP provides an athlete with a sports performance program designed around two-5 hours of training per week. Classes are available Sunday-Friday. Set yourself ahead of the pack this year with Elite Sports Performance!

ESP Class Descriptions

ESP Total (ages 11-14) - Consists of an all-around performance training strategy. Speed, balance, explosion, and strength will be covered during this class. Athletes will be directed to complete certain exercises based on their skill/age level.

ESP Custom (ages 15+) - Our traditional strength training program where athletes will complete their customized training programs under the direction of an ESP trainer.

ESP Speed Development (ages 11+) - Linear and Lateral speed will be trained during this 1 hour class. Linear - Athletes will work on straight forward speed, deceleration, and top end speed. Lateral - Athletes will work on side to side speed, deceleration, and change of direction.

ESP Conditioning (ages 11+) - Athletes will be hooked up to a heart rate monitoring system during class to ensure proper heart rate levels during aerobic and anaerobic training. Athletes will be put through several conditioning levels while trainers are monitoring exact heart rates levels. This is a great class to get started with before the start of a season to make sure that you are in shape.

ESP Foundations (ages 8-10) - This introductory training class will work on coordination, body awareness, speed, reaction, movement mechanics, and age supported strength.

ESP Coordination and Quickness (ages 11+) - Focus on coordination and quickness within running, jumping, and throwing movements. This class will lead you towards moving with more efficiency and fluidity in explosiveness.

ESP Sport Specific Class Description

ESP Baseball (ages 11+) These 1 hour classes will focus on developing a strong foundation of the specific sport your athlete chooses. A coach with thorough experience in that sport will guide athletes through specific drills and skills to improve their performance in that sport.

ESP Baseball Player/Parent (ages 8-10) Learn alongside your player as you are taken through the proper mechanics of fielding/hitting by a coach with thorough experience in the game of baseball. Learn different drills to apply both in the field as well as at the plate to develop skills necessary for baseball. Guardian **MUST** be present during this class and be an active participant with their player. Don't worry parents, you won't be called into action too much, rather learning different tactics and drills to take home and use with your player. NOTE: Parents will need to bring a glove and be able to catch and throw in some capacity.

ESP Basketball (ages 11+) We will work on all aspects of players shooting techniques in this 1-hour class that will increase shooting percentage. We will also focus on shooting at game speeds along with finishing around the rim and different techniques to improve scoring opportunities. This class will also develop a strong foundation of ball-handling skills and hand-eye coordination.

ESP Soccer (ages 11+) This 1-hour class that will focus on developing a strong foundation of all the skills required for the sport of Soccer.

ESP Competitive Swim (ages 11+) - This class is for competitive swimmers looking to work on improving their technique, working on pace work and quickening their stroke tempo. Each class is set up to work on a specific set of skills for the competitive swimmer. With the use of underwater technology, we are able to break down strokes, starts, turns and tempo.



VIEW ESP SCHEDULE HERE

Bryce Hanson, Director
b.hanson@prairieathletic.com



FIT REWARDS



Let us reward you for working out!

How it works:

- Rewards are earned quarterly by working out 8 times per month (only one visit per day) or a total of 24 times per quarter. Q1 January, February & March; Q2 April, May & June; Q3 July, August & September; Q4 October, November & December.
- Reward options will be posted on the "My Rewards" tab at prairieathletic.com.
- Members who achieved their quarter goal will be notified by email during the first week of the month after the reward period ends.
- After you have been notified, click on the My Rewards tab. You will have the choice of (1) PAC Reward.
- Certain memberships may not be eligible for this program (Emerald Plus, Emerald, temporary, summer/winter, employee, Badger Barter, Silver & Fit, Renew Active).

You will be able to select one of the following rewards per quarter:

- PAC Guest Pass
- Dolphins Cove Guest Pass
- Lost Court Take n' Bake Pizza
- Lost Court Lunch (redeemable Mon-Fri 11am-3pm, not valid in June & July)
- 1 Personal Training Session
- Spray Tan
- PAC T-Shirt
- Hot Yoga Session
- Pilates Reformer Session
- 1 InBody Analysis
- \$50 Gift Certificate to Allure Skin Health

NEW!
Qualify for all 4 quarters in 1 year
and receive a
BONUS
\$25 Gift Card

How to sign up for Fit Rewards:

1. Access our website www.prairieathletic.com
2. Click on "My Account" in the blue bar at the top of the screen
3. Click on "Register"
4. Complete all online enrollment fields
5. Once your My Membership account is created, go back to the homepage of prairieathletic.com and click on the "My Rewards" tab at the top of the screen
6. Click "Activate"



PRAIRIE PINES

We wanted to thank all of you for your support in our first season at Prairie Pines! The weather couldn't have been better & the outpouring of support was more that we could have ever imagined!



Prairie Pines purchased new carts, acquired the best superintendent a course could ask for, survived a drought, had the best 7 months of weather in WI we have ever seen, and so many successful events.

As we look forward to 2024 we are working diligently on plans for a new club house and event venue. As soon as a timeline is set and renderings confirmed we will share it! We also are continuing to make improvements to many of our holes and hope to see you all in 2024.

WELCOME OUR NEW PGA PROFESSIONAL, RANDY COCHRAN

As the Head Golf Professional my job is to help each person that comes to Prairie Pines Golf Club enjoy their round, enjoy their league play, our club events and every learning experience as a student. My goal is to create an environment that is so warm and inviting that you can't wait to come back. As a teacher, I must discover how each student learns. I want to help each golfer create a customized path to becoming the best player they can be. [Click here for Randy's full bio](#)



NEW CARTS

We held our first annual Prairie Pines Open in September. Congratulations to our champs!

Carter Simon, Mens Low Net
Chad Scott, Mens Low Gross
Jen Johnson, Womens Low Gross

CLUB CHAMPS



HOLE IN ONES

So many hole in ones are first year. Congrats to all!

Kerry Sanders Hole #3
Rob Stoker Hole #16
Dan Seltzner Hole #16
Tom Birrenkott Hole #8



EVENTS

Friday couple events with live music were so much fun. Our biggest event was in August with 106 golfers! If you didn't get a chance to come out this season, we'd love to see you in 2024.



TWO MAN BEST BALL WINNERS

COURSE UPDATES

Watch for changes coming to several holes at Prairie Pines. We are improving some greens, adding a new par 3, and adding some new tee boxes.

We are excited to bring you an improved course in 2024!



MEMBERSHIPS

Prairie Pines memberships are now available for the 2024 season! Sign up online or reach out to us at golf@prairieathletic.com. Check out our holiday specials available through December 24. A perfect gift for anyone on your list!



LOST COURT SPECIALS



WINGS



NASHVILLE CHICKEN



SOUP



OPEN EVERYDAY! 11 AM-8:30 PM

NOW ACCEPTING APPLICATIONS FOR SUMMER STAFF
COME WORK WITH US!



TRY YOUR LUCK AND WIN A BUCK!

EUCHRE NIGHTS

JANUARY 5 | FEBRUARY 2

ALL WELCOME!

Check in starts at 6:00 p.m.
Play will start at 6:30 p.m.

REGISTER TODAY

PRAIRIE ATHLETIC CLUB



Bring the family
and get excited
for 2024!





NEW YEAR'S EVE

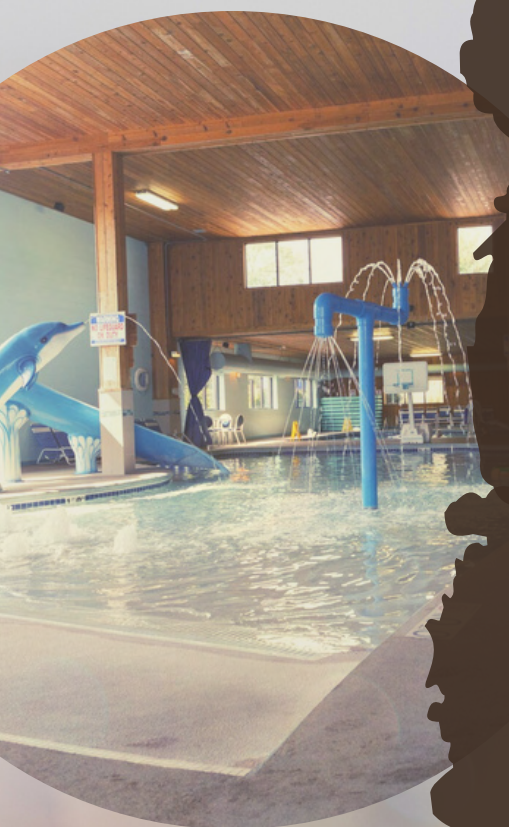
Party

SUNDAY
DECEMBER 31

SWIMMING, BASKETBALL, VOLLEYBALL, PICKLEBALL,
RACQUETBALL, DODGEBALL, PING PONG & MORE!

Featuring:

-  ELEMENTAL MOVIE-4:30 pm Banquet Room
-  FACE PAINTING, ARTS & CRAFTS-4-7 pm Banquet Room
-  SUPER MARIO BROS MOVIE-6 pm Indoor Pool
-  BEACH BALL DROP-8 pm Family Pool



Club	6 a.m.-9 p.m.
Lost Court	10:45 a.m.-9 p.m.
Family Swim	9:30 a.m.-8:45 p.m.

REGISTER GUESTS & RESERVE TABLES AT PRAIRIEATHLETIC.COM

