

WINTER 2024-2025



prairie
athletic club

FITNESS & RECREATION FOR EVERY GENERATION

Message from Peg

Thank you for spending another season with us! Your commitment to yourself and Prairie Athletic Club is deeply appreciated. We are so grateful for everything you bring to us, our local community, and even communities beyond Wisconsin.

Thanks to your generosity, we not only supported Hurricane Relief efforts down south this year but also gave back to many local groups, fundraisers and schools. Check out our PAC Gives Back section on page 4 to see more!

We remain committed to providing you with a safe, clean, and welcoming environment to enjoy with your family and friends. We've recently reinvested into upgrades around the club, including improvements to our vendor loading zone to enhance parking lot safety for everyone, and updates to our adult whirlpool. Now is the perfect time to check out the whirlpool if you haven't already. It's the ideal spot to warm up and unwind!

As winter approaches, we've got some exciting events and specials lined up for you. There's never been a better time to embrace health and spread holiday cheer with our Holiday Specials. You have until December 25th to grab some for yourself or give the thoughtful gift of health & wellness to your loved ones.

Keep toasty by playing a heated game of racquetball with your family, joining a Training Zone class, dropping into a hot yoga session, or savoring a bowl of made-from-scratch chili from The Lost Court.

We can't wait to share this next season with you. If there's anything I can do to make your time at PAC even better, please don't hesitate to email me at p.michaels@prairieathletic.com or stop by my office near the front desk.

Happy Holidays to you and your loved ones! Here's to an amazing 2025!
Warm wishes,



Peg Michaels
PEG MICHAELS
GENERAL MANAGER



Recent Club Upgrades

- **Studio 3** - stunning custom mural completed by the talented Kinga Art.
- **Adult Whirlpool** - walls painted, parts upgraded, deep cleaned.
- **Studio 2** - drywall replaced and paint upgrade on all walls.
- **Indoor Pools** - lots of professional deep cleaning in & around pools, as well as parts replaced.
- **Vendor Loading Zone** - changes & upgrades to enhance parking lot & pedestrian safety.



Studio 3 - Kinga Art mural

Lost & Found Reminder

With the cold weather here, our Lost & Found is quickly filling up with coats, hats and gloves. Remember, we clean it out on the 1st of each month. Unclaimed items are typically donated to The Sunshine Place, so be sure to check for any missing belongings before the end of the month!





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	4:30 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	4:30 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.



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!



@prairieathletic



Prairie Athletic Club

& don't miss a thing happening at the club!



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 Buck & Honey's Gift Card
January	2 PAC Adult Guest Passes
February	\$25 Target Gift Card
March	\$25 Lost Court Gift Card

*some exclusions apply



PAC Gives Back!

At Prairie Athletic Club, we are deeply committed to supporting our community. Through donations, partnerships, and initiatives, we strive to make a positive impact and give back to the people and causes that matter most. Together, we're building a stronger, more connected community.

PAC DONATIONS

- Sun Prairie Education Foundation
- Shelter From The Storm
- SPASD Employee Wellness
- Sun Prairie United Hockey Boosters
- The Columbus Club House
- Sun Prairie East Boys & Girls Basketball
- Sun Prairie East Baseball
- Windsor Deforest Baseball
- Sun Prairie East & West Soccer
- Sunshine Place
- Sun Prairie East & West Cross Country
- Sacred Hearts
- Deforest High School Senior Lock In
- Sun Prairie Youth Football
- Sun Prairie Youth Basketball
- Sun Prairie School District Employee Wellness
- Sun Prairie West Boys & Girls Basketball
- Sun Prairie East Girls Softball
- Prairie Kids Club Cheer
- Sacred Hearts Bids for Kids
- Marshall Lions Club
- Sun Prairie West Swim Team
- Fun Runs at Elementary Schools
- Sun Prairie Youth Basketball
- Colonial Club
- Putting Against Pancreatic Cancer
- & More!



Together we are stronger



Recognizing Our Prairie Athletic Club Team

We appreciate you!

At Prairie Athletic Club, we're proud to recognize the dedication and hard work of our long-time employees. Their commitment and passion make our community stronger and ensure our members have the best experience possible. Thank you for all you do!

Over 25 Years

- Cindy Thorne, Group Fitness
- Jenny Simon, President
- Peggy Simmons, Management
- 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
- 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

Over 20 Years

- 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

- Kat Hawkins, Aqua Fitness Manager
- Pat Schellin, Aquatics
- Amy Wilcox, Group Fitness
- Kevyn Feiner, Operations Manager
- Lisa Schneider, Youth Program Director
- Heather Rimrodt, Aquatics
- Angela Knoll, Personal Training
- Joe Benusa, Group Fitness
- Ryan Pieters, Volleyball
- Linda Swanson, Member Services
- Val Faust, Manager
- Jeremy Updike, Maintenance

Over 10 Years

- Peg Michaels, General Manager
- Pam Sawyer, Group Fitness
- Tina Muller, Youth Volleyball
- Nicole Deno, Group Fitness
- Deborah Moe, Ballroom Dance
- Nancy Hill, Personal Training
- Josh Deppe, CrossFit
- Dan Thompson, Co-Owner
- Bob Doeden, IT Manager
- Andrea Burton, Group Fitness
- Craig Mieczkowski, Lost Court Manager
- Blair Dehnke, Group Fitness
- Hannah Popanz, CrossFit
- Beth Welzien, Group Fitness
- Nate Henriksen, Group Fitness
- Liz Finkler, Group Fitness
- Lisa Brown, Food & Beverage
- Allison Ives, Manager



NEW JOB POSTINGS COMING SOON FOR SUMMER 2025!

Youth/Childcare

Summer Camp Teacher

Youth Recreation Instructor

Aquatics

Certified Lifeguards

Certified Swim Instructors

Food & Beverage

Bartenders

Kitchen Team

Concessions Cashier

Housekeeping

Club Keepers

SEE ALL CURRENT JOB OPENINGS



REACH YOUR GOALS WITH PRAIRIE ATHLETIC CLUB PERSONAL TRAINING

Let our fitness professionals focus on you individually to help you achieve your goals and 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 and motivate each other along the way.

45 DAY HARD CHALLENGE- PAC NEW YEAR CHALLENGE

2025

Join PAC's Personal Training & Nutrition departments for a Health & Fitness Challenge to kick off the New Year! 2025 (20+25 = 45 days of the challenge)

Kick-off 2025 by building your healthy habits! Our 45-Day HARD New Year Challenge will guide you in setting realistic daily habits and goals, motivate you to stick with them, and give you a chance to WIN prizes for working towards being your healthiest self!

January 13th-February 26th

Complete your 5 daily habits and stack up your points!

New Year - New Healthy Habits!

Only \$59!

[REGISTER HERE](#)



CLIMBĒ

Join the revolution, unlock your potential. Full-body, low-impact cardio and strength training.

Check out our latest piece of demo equipment! Give it a try and let us know what you think! We love getting member input on new equipment coming to PAC.

Time to get climbing!



MEET OUR TRAINERS

LAUREN LEE - PERSONAL TRAINING DIRECTOR

No two people are the same, and therefore no two clients are going to have the same training regimen. Regardless of where you're at now, with the right coaching, nutrition, & training program, you can achieve ANY goal you set your mind to!



BRIAN BALS

I focus on helping individuals optimize their movement patterns to enhance performance, prevent injury, and achieve personal goals.



ALEX DYNES

Exercise should be enjoyable and help us achieve our goals. Exercise can help anyone whether its their first or 100th workout.



CHRIS FRANZ

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

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. Just get out there and move!



MARIA KELLY

Embrace the power of small steps, for they pave the path to monumental transformations. Start where you are, and let me guide you in building a lasting love affair with your health.



ANGELA KNOLL

You only get one body, take care of it with proper nutrition and mindful smart exercise.



KRAIG KUCHENBECKER

"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. 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!



BEN RASHID

I'm passionate about helping individuals optimize their movement patterns to unlock peak performance, prevent injuries, and achieve their personal fitness goals. My goal is to empower you to move better, feel stronger, and reach your fullest potential.



SAM RODENBERG

'Working out' doesn't have to be dreadful and fitness isn't just for athletes. We are all made to move! Together, we can tackle your goals, one step at a time!



ROB RUFFLO

I believe in creating a program that is realistic, easy to understand & above all a lifestyle change that lasts forever.



EMILY RUTH

Every body is made to move, & health is possible in this very moment. I offer training that is weight & size-neutral, I am aligned with Health at Every Size and Intuitive Eating.



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 never stop learning.



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!



» LET'S CONNECT! «



@PERSONALTRAININGPAC



PRAIRIE ATHLETIC CLUB PERSONAL TRAINING



CLICK HERE TO GET STARTED!

Questions? Contact Lauren Lee - Personal Training Director - L.lee@prairieathletic.com



THE TRAINING ZONE

SMALL GROUP PERSONAL TRAINING

ACCOUNTABILITY

GUIDANCE

SUPPORT

STRENGTH

WEIGHT LOSS



CLASSES INCLUDED – SMALL GROUP PERSONAL TRAINING

TZ Strength: Work with a Certified Personal Trainer through our world class training program in a small group setting. Using up to date evidence-based practices, this class is designed to build muscle and strength at all levels. We offer Push, Pull, and Leg days, as well as options for full body training.

TZ Bootcamp: A Certified Personal Trainer led full body circuit consisting of compound movements and intervals of cardio/core. Every workout is unique and custom made by each trainer, scaled to accommodate participants of any fitness level. Classes are held in Cardio A & the Soccer Field.

We offer early morning, mid-morning, evening, and weekend classes!
See our updated schedule in MindBody or scan the QR code below!

TRY YOUR FIRST 2 WEEKS FREE!



**CLICK HERE TO
GET STARTED**



Unlimited
Classes
included with
Platinum
Membership!

RECOVERY ZONE

MUSCLE RECOVERY SERVICES



SEE OUR
HOLIDAY
SPECIALS!

Discover a dedicated place to unwind & decompress after your workout

- One-on-one assisted stretching with certified personal trainers
- 25 minute or 50 minute sessions
- NEW Group personal training classes! Foam rolling and functional mobility
- Muscle recovery and mobility equipment (including Percussive therapy & Pneumatic boots)


★★★★★ "The results were astounding - I walked out pain-free and rejuvenated!"

FIRST SESSION FREE
Schedule Today!


WELCOME TO OUR PERSONAL TRAINING TEAM



BRIAN I focus on helping individuals optimize their movement patterns to enhance performance, prevent injury, and achieve personal goals. I believe in a holistic approach that combines the latest research with practical experience, ensuring that everybody receives personalized and effective training.



SAM 'Working out' doesn't have to be dreadful and fitness isn't just for athletes. We are all made to move! Each person's relationship with movement is different, so each person's movement journey is different. My goal as a Personal Trainer is that you feel equipped to move confidently & safely through activities you enjoy while also tackling your goals.



BEN Whether you're an athlete looking to elevate your game or someone striving for a more active, functional lifestyle, my goal is to empower you to move better, feel stronger, and reach your fullest potential. Together, we'll create a path to a healthier, more resilient you—no matter where you're starting from.

**SPECIAL
OFFER**

New Trainer Special! ~3 Personal Training Sessions for Only \$99!

YOUTH PROGRAMS



WINTER SESSION I January 11-February 21

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 March 1-April 18

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 14-February 20

Winter Session II March 3-April 17

BASKETBALL INSTRUCTION (AGES 4-11)

Ages 4 & 5

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

JOIN US

Ages 7-9
Monday 5-5:45 p.m.

Ages 10-12
Monday 5:45-6:30 p.m.



Sign up today



REGISTER TODAY!

VOLLEYBALL

WINTER SESSION I

January 15-February 19

WINTER SESSION II

March 5-April 16

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

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 13-February 17

Winter Session II

March 3-April 14

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 17-February 21

Winter Session II

March 7-April 18

REGISTER TODAY!



GYMNASTICS

Gymnastics

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



Winter Session I

January 15-February 19

Winter Session II

March 5-April 16



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.

YOUTH PROGRAMS

SWIMMING



Saturday

8:30-9 a.m. Pre-Tiny Tots
Penguins

9-9:30 a.m. Sea Horses
Sea Turtles

9:30-10 a.m. Sea Horses
Penguins

10-10:30 a.m. Level 2
Level 3

10:30-11 a.m. Level 1
Level 4

11-11:30 a.m. Level 1
Level 2

11:30 a.m.-noon Parent Infant Tot
Adult

Monday Morning

9-9:30 a.m. Sea Horses

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

4:15-5 p.m. Competitive

5-5:30 p.m. Level 4

5:30-6 p.m. Level 3

6-6:30 p.m. Level 2

6:30-7 p.m. Level 1

7-7:30 p.m. Adult

Tuesday

4-4:30 p.m. Parent Infant Tot

4:30-5 p.m. Sea Horses
Penguins
Level 3

5-5:30 p.m. Sea Turtles
Pre-Tiny Tots
Level 2

5:30-6 p.m. Sea Horses
Penguins
Level 1

Wednesday

3:30-4 p.m. Sea Horses

4-4:30 p.m. Sea Turtles

4:30-5 p.m. Penguins

5-5:30 p.m. Level 1

5:30-6 p.m. Level 2

6-6:30 p.m. Level 3

6:30-7 p.m. Level 4

Thursday

4-4:30 p.m. Parent Infant Tot

4:30-5 p.m. Sea Turtles
Pre-Tiny Tots

5-5:30 p.m. Sea Horses
Penguins

5:30-6 p.m. Sea Turtles
Level 1

WINTER SESSION I

January 4-February 13

WINTER SESSION II

February 22-April 10
(No classes March 24-29)

Child Private and Semi-private Lessons

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. Mondays

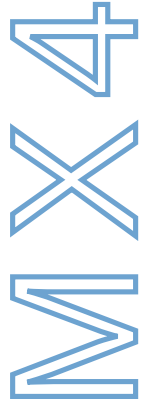


REGISTER AT PRAIRIETHLETIC.COM

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

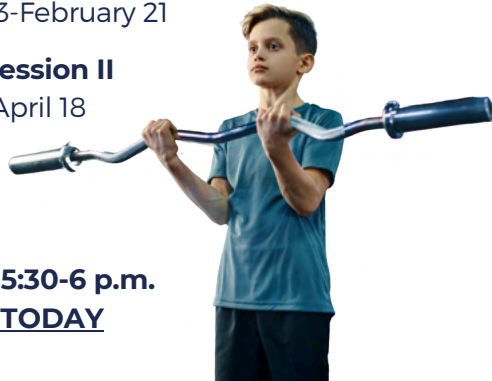
January 13-February 21

Winter Session II

March 3-April 18

Tuesday 5:30-6 p.m.

ENROLL TODAY



Youth Yoga & Mindfulness

YOGA

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 16-February 20

Winter Session II

March 6-April 17

Ages 8-12

Thursday 6:00-6:45 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.- 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 Kayla at k.martin@prairieathletic.com. with any questions.

FREE for members

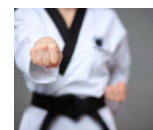


Teen Tag (Ages 12-13)

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

PRAIRIE ATHLETIC CLUB'S

Celebrate 2025
with the family
at PAC!



NEW YEAR'S EVE

Party

DECEMBER 31 | 4-8PM

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

Featuring:

- 🎬 INSIDE OUT 2 MOVIE 4:30pm - Banquet Room
- ✂️ FACE PAINTING, ARTS & CRAFTS 4-7 pm - Banquet Room
- 🎬 FROZEN MOVIE 6pm - Indoor Pool
- 🏠 BOUNCE HOUSE & OBSTACLE COURSE 4-8 pm - Court 3
- 🏐 BEACH BALL DROP 8pm - Family Pool



NYE Hours:

Club Hours 6am-9pm

Lost Court 11am-9pm

Family Swim 9:30 am-8:45pm

REGISTER GUESTS & RESERVE TABLES HERE!





GIVE THE GIFT OF LEARNING & FRIENDSHIPS 3 & 4 YEAR OLD PRESCHOOL

"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

2025-2026 REGISTRATION AVAILABLE FEBRUARY 1

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



HOT CHOCOLATE & COOKIES

OPEN HOUSE

JANUARY 25 | 10:30 AM-NOON

- MEET THE TEACHER
- TOUR THE CLASSROOM
- ENROLL FOR FALL

PRAIRIEATHLETIC.COM





AFTER SCHOOL

Need help with after school care for your SP school-ager?

Ages 5-12 years

PAC Kids is our state licensed after school program held right here at the club. Children have the opportunity to participate in gym activities, swimming, games, arts & crafts, and more! Snack is provided. As well as transportation from select local Sun Prairie schools. [MORE INFO HERE!](#)

AFTER SCHOOL PROGRAM'S DAILY SCHEDULE:

Monday, Tuesday, Wednesday, Friday

- 2:40-3:15pm** Check-in at PAC
- 3:10-3:40pm** Snack
- 3:40-5:30pm** Activity time

Thursday

- 1:30-2:05pm** Check-in at PAC
- 2:00-3:00pm** Snack
- 3:00-5:30pm** Activity time

ALL STUDENTS MUST BE PICKED-UP BY 6PM

Questions? Contact Director of Licensed Programs, Lisa, at l.schneider@prairieathletic.com

No school? No problem! SCHOOL DAYS OFF CAMP AT PAC



- follows SPASD schedule
- camp hours 7:15am-5:30pm
- ages 5-12 years
- arts & crafts
- indoor swimming
- group games & activities
- free play on indoor soccer field & gym courts

AND MORE!

UPCOMING DAYS OFF CAMP DATES:

December 23, 26, 27, 30, 31

January 2, 3, 20, 27

February 28

March 24-28

\$80 Members,

\$95 non-members

RESERVE YOUR SPOT TODAY!

SUMMER CAMP 2025

Our state licensed summer camp provides your child with safe, exciting, summertime entertainment that foster growth & fun for ages 5-12 years. Each week is a new theme & adventure!

SET YOUR REMINDERS NOW! - FULL TIME REGISTRATION OPENS FEBRUARY 1 - SPOTS GO FAST!



STORY TIME

at Bob & Vel's

Join Miss Tracey **9:00am Thursday mornings**

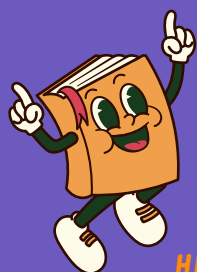
at Bob & Vel's coffee shop for read-a-loud story time, a craft activity, and FUN!

FREE for members.

HELP US PLAN AHEAD & PRE-REGISTER!

UPCOMING DATES & BOOKS:

- | | |
|-------------|------------------------------------|
| December 12 | Wintercake |
| December 19 | Winter is for Snow |
| January 9 | The Color Monster |
| January 16 | Harry The Dirty Dog |
| January 23 | Penguins Love Colors |
| January 30 | Pete the Cat-I Love My White Shoes |



FAMILY PLAY TIME AT PAC

Looking for some fun for the whole family this Winter? Check out our open-gym family time in the junior gym, on the soccer field and on basketball court 6. Drop-in during these times with your children and let them burn off some of that cabin-fever energy!

SOCCER FIELD WEST

TUESDAY | 5:30 - 6:30PM
FRIDAY | 5:30 - 6:30 PM

BASKETBALL COURT 6

TUESDAY | 5:30 - 6:30PM
FRIDAY | 5:30 - 6:30PM



Basketball Court 6 hoops lowered during these hours.
Schedule subject to change.
No food allowed. Water bottles only.

JUNIOR GYM

MONDAY-WEDNESDAY
11:15AM - 2:15PM | 6:30 - 8:00PM

THURSDAY
11:15AM - 1:15PM | 6:30 - 8:00PM

FRIDAY
11:15 AM-2:15 PM | 6:30 - 8:00PM

SATURDAY & SUNDAY
11:00AM-8:00PM



FOR AGES 8
& UNDER

Join us for free-play family fun!

PAC N' PLAY

9-10:30AM | AGES 5 & UNDER

[CHECK OUT UPCOMING DATES HERE!](#)

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. **Including an inflated bounce house!** The soccer field is conveniently located near Bob and Vel's coffee shop so grab a snack and a coffee when you arrive.





FAMILY FUN SATURDAYS



Dates, times, admission fees, & locations vary - be sure to check the full schedule.

UPCOMING THEMES INCLUDE:

- ★ **Organized games**
- ★ **Bounce houses**
- ★ **Arts & crafts**
- ★ **Pizza making**
- ★ **Cookie decorating**
- ★ **Dancing**
- ★ **AND MORE!**

A SERIES OF FAMILY FUN EVENTS ARE BACK AT PAC!

Get ready to make memories with our weekend activities starting this January. Bring the whole family to PAC every Saturday for exciting and funtastic events you won't want to miss!



[CLICK HERE TO SEE FULL SCHEDULE!](#)



Party at PAC!



Book your next event here!

Whether it's a birthday, corporate event, or a gathering spot for the family, private parties at Prairie Athletic Club are a great way to celebrate! Party with ease with setup, take-down & cleanup assistance from PAC party staff. As well as a variety of fun-filled & flexible party packages with a variety of amenities!

- Private party space
- 2.5 hour rental time
- Use of indoor pools
- Table & chairs included
- Set-up/take-down assistance
- Reserved private play in Junior Gym or on 1/2 full-sized gym court
- 2 Pizza & Pitcher combos included

Questions? Contact Private Events Manager, Row
r.tagura@prairieathletic.com



GROUP FITNESS

New Year - New Les Mills Programming!

Let's start the New Year off with a party! Join us for our Les Mills Release Parties in January where we unveil new music and choreography for all of our Les Mills programs (BodyPump, Sprint, RPM, Core, etc.). Release parties are always free to members and guests....so bring a friend who wants to start the New Year with a great workout! Sign up for our raffles for a chance to win PAC swag or gift cards! Watch for dates and times coming soon.



Do you know the Physical Fitness Recommendations for Adults?

The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity for adults each week (or combination of both). In addition, it is also recommended to get at least 2 resistance/weight training sessions per week. Engaging in these group fitness classes can help you reach these activity levels every week!

Aerobic Activity

- BODYCOMBAT - 45 min
- BODYSTEP - Offered in a 45 or 60 min format
- GRIT CARDIO - 30 min
- RPM - Offered in a 30 min or 45 min format
- SPRINT - 30 min
- ZUMBA - 45 min

Resistance/Weight Training

- BODYPUMP - Offered in 45 or 60 min format
- STRENGTH DEVELOPMENT - 45 min
- STRENGTH & STABILITY - 45 min
- LES MILLS CORE -30 min
- TRX - 45 min



Find our class schedule with descriptions on Mindbody.

Contact our Group Fitness Director with questions on any of these classes or for help choosing the programs that work for you! Tanya Ward: t.ward@prairieathletic.com

Why Pilates Reformer?

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.

New to Pilates Reformer? Try out our 2-week unlimited trial for just \$25!

Start out with our "Beginner-Friendly" classes until you are comfortable transitioning to Intermediate & Advanced classes (must attend a minimum of 6 Beginner-friendly classes before attending intermediate/advanced).



GROUP FITNESS

More Pilates!

Prefer a one-on-one setting in the Pilates Reformer Studio? Purchase a Private Pilates Session and pair up with your favorite instructor for individualized attention. [More info here!](#)

Don't forget about Pilates Mat!

Pilates Mat is included in the PAC Gold Membership and currently offered on the following days:

Mondays & Wednesdays - 9:30am

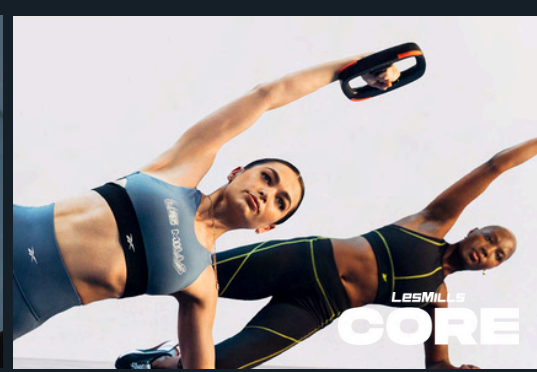
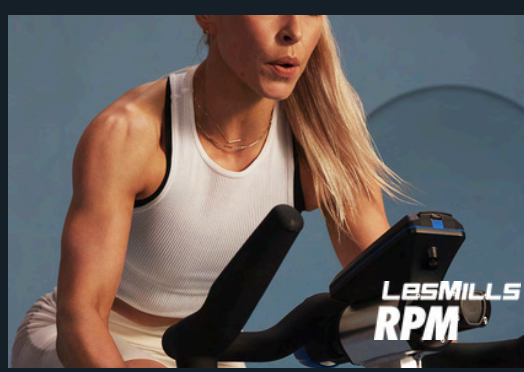
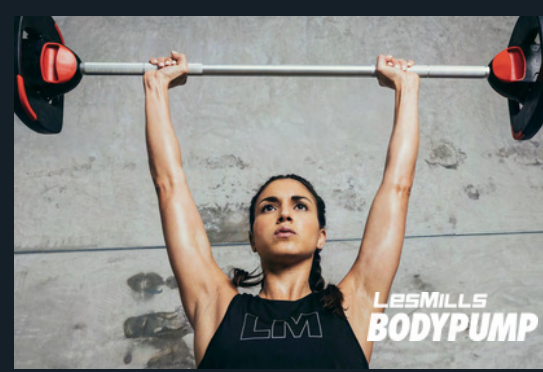
Thursdays - 5:30pm



Big Screen Classes - Group Fitness Ready When You Are!

Take advantage of the convenience of 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 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.

[VIEW THE FULL BIG SCREEN SCHEDULE HERE!](#)



Tae Kwon Do



Tae Kwon Do is a traditional Korean martial art which emphasizes kicking and hand techniques from an upright 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. Join in when you can & earn your belt at your pace.

All levels welcome - ages 6 to adult!

Classes located in Studio 3.

Wednesdays:

6:30pm (all levels)

Saturdays:

9:30am (all levels)

10:30am (advanced)

Tae Kwon do is included with your Gold Membership!



Aqua Fitness

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

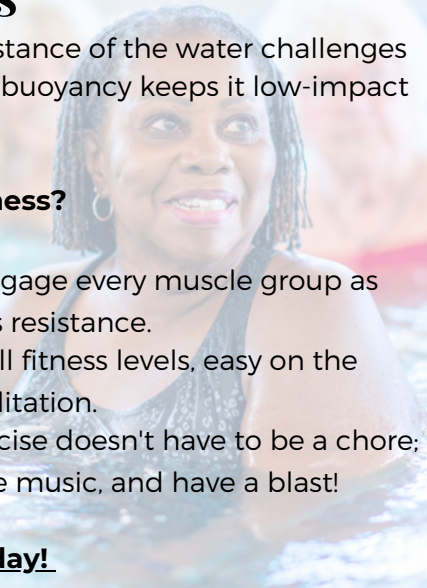
Why choose Aqua Fitness?

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!](#)



SENIOR GROUP FITNESS

SENIOR STRENGTH & STABILITY

Mondays | 10:30am | Studio 3

Fridays | 10:45am | Studio 3

Focus on strengthening muscles and increasing range of movement to keep you going strong in your daily life activities. Participants can use hand-held weights, elastic tubing with handles, pilates balls and more. A chair is often used for seated exercises or standing support.

SENIOR STRENGTH & STABILITY (MAT)

Mondays | 11:30am | Studio 5

Fridays | 9:45am | Studio 5

Focus on strengthening muscles and increasing range of movement to keep you going strong in your daily life activities. Participants can use hand-held weights, elastic tubing with handles, pilates balls and more. Mat work on the floor includes exercises such as bridges, pushups & planks. This class format does not use the support of a chair.

SENIOR YOGA

Tuesdays & Thursdays | 10:30am | Studio 3

Wednesdays | 11:30am | Studio 3

Move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

SENIOR CARDIO FIT

Wednesdays | 10:45am | Studio 2

Move to the beat of the music in this fun 30-minute cardio class. Expect low impact cardio exercises in an easy to follow format. Build cardiovascular function and improve everyday stamina! This class format does not use the support of a chair.

[VIEW SCHEDULE HERE!](#)

Registration required in advance on Mindbody



**OPEN THURSDAYS, FRIDAYS,
& SATURDAYS 6:00-10:00AM**



SOL HOT YOGA



HOT YOGA
PRAIRIE ATHLETIC

Fuel your soul in the heart of PAC. SOL Hot Yoga studio is the perfect place to find your balance and get grounded in your health & wellness goals.

We practiced big-time gratitude as we celebrated SOL's 10th Anniversary in November. **Thank you** to those who joined us in celebration!

10th



POP-UP CLASSES

Watch for more Pop-Up classes this season! 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, \$14 drop-in for PAC members or \$20 for guests. Pop-up classes coming up include Aroma Restorative Yoga, Healthy Hips & Back with MyoFascial Release, Rave Barre & more!

WORKSHOPS

Follow SOL Yoga on social media for updates on new class offerings & upcoming workshops!

Fluff & Flow - Puppy Love Yoga!

Our last Puppy Yoga class was so PAW-some we're doing it again! **Save the Date for a special Valentine's PUPPY LOVE YOGA on Friday, February 7th at 6pm.** We'll once again be collaborating with Wisconsin Bound Dog Rescue (WBDR) to create an environment that fosters joy, relaxation, and lots of puppy kisses & cuddles! All puppies will be available for adoption. Class will be held in Studio 2 (room temperature), all yoga levels are welcome! Portion of proceeds will go to WBDR - stay after for specials on "Mutt Mixers" at the Lost Court Bar & Grill!

Space is limited, **REGISTER TODAY!**

New Year Savings!

Hottest deals of the season on SOL Hot Yoga memberships! Current PAC members can join SOL for just \$29/month for unlimited classes (singles) or \$49/month for an unlimited classes (couples).

Stay connected with the SOL community!



@SOL_YOGA_PAC



SOL Yoga at Prairie Athletic Club

Join Sol Hot Yoga Today!

YOGA SCHEDULE HERE

ADULT SPORTS



Winter Volleyball Begins January 21

Registration is open 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-\$320

6s-\$440



Not sure what league to join? Check out the league descriptions



BB League (Intermediate high): Players are well-skilled in basic volleyball. This type of game is faster than the “B” level but not as advanced as power players. Officials use strict calls.

B League (Intermediate low): This league is for players and teams that want to play competitive volleyball but may not have the skill or players to play at the higher level. Officials allow some leniency with calls.

C League (Recreation): This league is designed for those players who want to have fun. Officials use the most leniency with calls.

..... RACQUETBALL

Smash it on the Courts at PAC

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.



RACQUETBALL TOURNAMENTS

Club Singles

February 7-8

Wisconsin State Singles

March 7-8

New Year's Eve

January 1



THANK YOU RACQUETBALL SPONSORS

Thanks to American Family Insurance (Larry “Smokey” Anderson Agency), Daly's Bar & Grill, and Cannery Wine & Spirits for sponsoring our tournaments. Also to Culver's, WineStyles, Carbliss, Shed East, Cannery again and Mugshotz for being Team Racquetball sponsors. Please consider using these establishments when you do business and thank them for their support of PAC racquetball.

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.

[CLICK HERE LEARN MORE ABOUT PAC RACQUETBALL](#)



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



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](#)

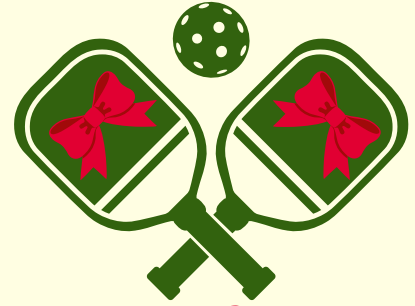
Pickleball Lessons & Clinics

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](#)

Please email Paul at p.krueger@prairieathletic.com if you have any questions or to be added to the Pickleball email distribution list to stay updated on all pickleball happenings at PAC!

PICKLEBALL Social



Dink, Donate & Be Merry!

DECEMBER 17
10AM

FREE FOR PAC
MEMBERS

MONETARY FOOD DRIVE & GROCERY BAG COLLECTION
FOR SUN PRAIRIE FOOD BANK

ADDITIONAL OPTIONAL \$10 GIFT EXCHANGE
AT LOST COURT SOCIAL AFTER GAME

Challenge Basketball

Challenge basketball is a time for players to come to the club and play in "pick-up" games of lightly competitive 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 Deb Moe & Jim Schmidt of Dance Forever for these fun lessons! Watch for next lessons starting in February!

Waltz

Rumba

Nightclub Two Step

Cha-Cha

Hustle

\$100/couple Members

\$120/couple Non-members

Learn more [HERE](#).



Master Swim

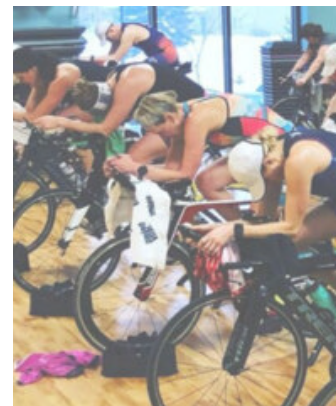
Master Swim is designed for all level swimmers providing a structured workout from an accomplished coach. If you are looking to build your fitness or area triathlete looking to improve your swim skills, this is the class for you!

Next sessions starts January 6
Register Today!

Ready to Ride? Join Cycle Ops!

Boost your fitness with fun, focused rides that include drills, technique, and all levels of intensity. Every 6 weeks we'll test your FTP and LTHR to fine-tune your training zones and track your progress. Come for the workout, stay for the camaraderie —let's pedal together!

Learn More!



CROSSFIT VULTUS



CROSSFIT VULTUS

Forging Elite Fitness

CrossFit programming is coached, high-intensity, community-driven, functional fitness that can be adapted to your personal needs & goals. **ALL FITNESS LEVELS WELCOME!** Workouts consist of constantly varied, high-intensity, functional movements, and are most fun & effective among friends!

JOIN TODAY!

Connect with the CrossFit Vultus Community!



Follow CrossFit Vultus for all the community-focused content and up to date happenings at our gym!



@crossfitvultus



CrossFit Vultus



Questions? Contact CF Vultus Manager, Luigi at l.aparicio@prairieathletic.com

Member Pricing

Unlimited CrossFit Classes and Open Gym are included with Prairie Athletic Club's Platinum Membership.

CLICK TO LEARN MORE



CROSSFIT KIDS

Ages 7-12 CrossFit Kids pairs fitness with fun! See Youth Programs page for more details, or **REGISTER HERE!**

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

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"

NEW!

Qualify for all 4 quarters in 1 year
and receive a

BONUS
\$25 Gift Card



ESP

ELITE SPORTS PERFORMANCE

Get your athletes to the next level with ESP!

What is ESP?

Elite Sports Performance provides young athletes ages 8-18 years with a sports performance program designed around 2-5 hours of training per week.

Classes are available Monday-Saturday. In addition to classes focused on total body workouts, conditioning, speed control, coordination, strength & power development, ESP also offers sports specific & custom classes!

Questions? Contact ESP Director, Bryce:
b.hanson@prairieathletic.com.



[VIEW ESP SCHEDULE](#)

MEET BRYCE



Bryce Hanson, ESP Director

As a former ESP athlete himself, Bryce knows what it takes to get your athletic performance to the next level. He has years experience in multiple sports as an athlete as well as a coach. ESP ditches "cookie-cutter" workout programs and focuses on individual programming for each group of athletes he coaches.

With more athletes specializing in a particular sport at an earlier age, it is crucial that athletes receive a broad selection of training modalities to mitigate overuse injuries. Bryce has a passion for getting the best out of all athletes and ensuring that each class is as fun as it is effective.

Consider ESP if your young athlete is looking to:

- Improve athletic performance
- Enhance confidence
- Exercise teamwork & social skills
- Train mental toughness
- Instill healthy lifestyle habits



ESP Baseball



KNOCK YOUR SKILLS OUT OF THE PARK!

8-10 year old player/parent baseball classes:

ESP PLAYER/PARENT FIELDING: Learn alongside your player as you are taken through the proper mechanics of fielding during this hour-long session. Learn different drills to apply to your fielder 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 having to field 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.

ESP PLAYER/PARENT HITTING: Learn alongside your player as you are taken through the proper mechanics of hitting during this hour-long session. Learn different drills to apply to your hitter to develop as a hitter. Guardian **MUST** be present during this class and be an active participant with their player. Don't worry parents, you won't be swinging the bat, rather learning different tactics and drills to take home and use with your player. **NOTE:** Helmets must be worn by players at all times in the cages.

ESP PLAYER/PARENT THROWING: *Coming this February;* learn alongside your player as you are taken through the proper mechanics of throwing during this hour long session. Learn different drills to apply to your player to develop proper throwing and pitching fundamentals. Guardian **MUST** be present during this class and be an active participant with their player. Parents will be learning different tactics and drills to take home and use with your player. **NOTE:** Parents will need to bring glove and be able to catch and throw.

11+ year old baseball classes:

ESP BASEBALL FIELDING: Drills will be incorporated into a one hour long fielding session with trainers coaching players, hitting groundballs, and offering fielding advice. Players will also be learning about situational fielding, turning the double play, cut offs, and the mental side of fielding.

ESP BASBALL HITTING: Drills will be incorporated into a one hour long hitting session with trainers watching swings and offering hitting philosophies. Players will also be learning about situational hitting, 2 strike approach, and the mental side of hitting.

ESP BASEBALL EXCEL: (AGES 14+) Class will focus on all aspects of the game from an offensive and defensive standpoint. Athletes will also be put through various speed and agility drills that are necessary to increase performance on the diamond. Arm care and shoulder maintenance will also be addressed throughout the course of classes.

ESP Intro to Fitness - 2nd Semester



Attention Home School Families

Ages: 5-13 years | Mondays/Wednesdays 1:15 PM - 2:15 PM

Session Dates: 2/3/2025 to 5/21/2025

Registration Deadline: 1/31/2025

REGISTER HERE!



NEW MENU OUT NOW!



OPEN DAILY

SKIP THE WAIT - ORDER ONLINE!

TRY YOUR LUCK & WIN A BUCK!

EUCHRE NIGHTS

JANUARY 10 | FEBRUARY 7

ALL WELCOME!

Check-in 6:00pm
Play begins 6:30pm

[REGISTER HERE](#)





PRAIRIE PINES



Swing into Savings This Holiday Season

Looking for the perfect gift for the golfer in your life—or a treat for yourself? This holiday season, we’re unwrapping incredible deals at Prairie Pines Golf Club. From discounted rounds of golf and range balls to memberships and lessons, there’s something for every skill level and schedule. Whether you’re fine-tuning your swing, enjoying a round with friends, or planning for a great year on the greens, our holiday specials are the ultimate way to celebrate the season.



[VIEW ALL GOLF SPECIALS HERE!](#)

Junior Golf

Prairie Pines offers golf lessons for kids ages 6-15! Our program offers fun, age-appropriate instruction tailored to young players. Through interactive activities and hands-on practice, kids learn essential skills like grip, stance, swing mechanics, putting, and chipping.

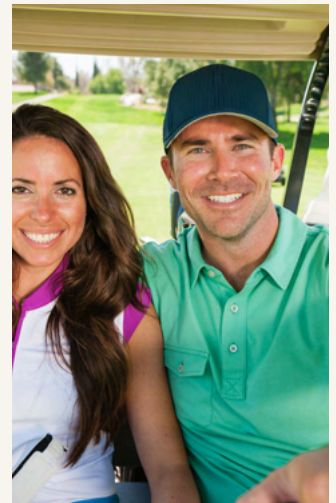


[REGISTER TODAY!](#)

Couple Events

Tee off with friends and experience the perfect blend of golf and fun with our Friday night couples events. Catered dinner, drink tickets, flag events and live music all included with registration.

2025 DATES
June 27 | August 1



[REGISTER TODAY!](#)

PRAIRIE PINES GOLF CLUB

3039 Happy Valley Rd. Sun Prairie, WI 53590 | prairiepinesgolfclub.com



Holiday Specials

PAC Memberships

One week membership | single \$69
One week membership | couple \$94
One week membership | family of 3 \$114
One week membership | family of 4-6 \$124
One month student membership \$89
One month membership | single \$114
One month membership | couple \$149
One month family membership | family of 3 \$184
One month family membership | family of 4-6 \$214

PAC Guest Passes

5 Adult Guest Passes \$87.50
5 Child Guest Passes \$55
5 Dolphins Cove Guest Passes \$70

Family Pizza & Pool Package

Family Guest Pass (up to 4 people),
one pizza & a pitcher of soda \$69

SOL Hot Yoga

5 sessions \$65
10 sessions \$110
20 sessions member \$200
3 Month unlimited \$149

Pilates Reformer

5 sessions \$100
10 sessions \$180
20 sessions member \$345

Training Zone

10 Small Group Personal Training Classes including TZ
Strength & TZ Bootcamp \$130

Personal Training

(2) one-on-one sessions \$99

Recovery Zone

(3) 25 minute pneumatic massages (recovery boots) \$49
(4) 25 minute assisted stretch sessions \$99

Spray Tanning

5 sessions \$59
10 sessions \$99

Cycle Ops Indoor Cycling

5 sessions \$60

Elite Sports Performance

Holiday Starter Pack | 5 class pack & FREE assessment \$99
(includes ESP Foundations, Total or Custom classes)



Click to shop
Holiday Specials!

Available through Dec. 25th
Non-member pricing available at
prairieathletic.com