



PRAIRIE LAKES Wellness Center

Monthly Update: April 2018

Executive Director: John Small (jsmall@watertownsd.us)

Front Desk Coordinator: Sharie Bekaert (sbekaert@watertownsd.us)

Notes:

- ❖ We are closed Easter Sunday so our staff may enjoy the day with their families. We are open normal hours on Monday.
- ❖ All basketball courts in both gymnasiums will be closed Saturday April 7th and Sunday April 8th for a volleyball tournament.
- ❖ We are taking applications for part time front desk help, if you enjoy working in a fast paced, friendly, and people oriented work environment then stop and pick up an application.
- ❖ Are you looking for that lost pair of shoes, shirt, and coat? We have many lost and found articles that we would love to return to you.
- ❖ If your child is 4th grade and above we want them to check in at the front desk using their own code, the staff will help them if they can't remember what their code is.
- ❖ Please be courteous to others when on the track, walkers in the walking lanes and runners in the running lanes.

Fitness Department Updates:

Dave Greenman (dgreenman@watertownsd.us)

- ❖ Parents: Children under 8th grade are only allowed on the 2nd floor if they are walking the track within arm's reach of you. Children are not permitted in the free weights area, acceleration room, group fitness rooms, or the Cybex area under any circumstances.
 - Please review our Youth Guidelines or ask a staff member if you have questions.
 - Our primary concern is safety.
 - Our Child Watch room is open 8am-2pm Monday-Friday, 4-8pm Monday-Thursday, and 8-11am Saturdays for your convenience. (\$3/hour per child)
- ❖ Just another reminder that there will be NO Rumble on the Ranch in 2018. We hope to be back and better than ever in 2019.
- ❖ Road Race Season is upon us!!! The May Day Run (5K/10K) is first on the list, so mark your calendars for Saturday, May 5th. Check the attachments for a May Day Run registration form.

- ❖ Swim Team Dry Land Training – Acceleration Room will be CLOSED.
 - Starting April 16th and running through May 24th, Dave will be training the swim team in the Acceleration Room Monday – Thursday from 4:00 pm to 5:00 pm.
 - The Edge Class will continue from 6-7pm on Tuesdays and Thursdays, Sorry for the inconvenience.
- ❖ Attached are the final results for the Biggest Loser Incentive Program. Congrats to all of those who became healthier and thanks for participating!
- ❖ For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250 or dgreenman@watertownsd.us.

Aquatics Department Updates:

- ❖ Jodi Hemiller (jhemiller@watertownsd.us)
- ❖ We've added an Aqua Barre Class the first Saturday of each month from 9:15-10:15am
 - ***Aqua Barre Saturday April 7th at 9:15am with Kristi.***
- ❖ When the Watertown School District has a scheduled early dismissal or a NO school day, the Prairie Lakes Wellness Center will have an additional open swim session from 1-3pm.
 - Children 3rd grade and younger must be supervised by an adult, children in 4th grade and older may swim independently.
 - Upcoming dates:
 - April 2nd
 - April 20th
- ❖ Swim at your Own Risk: This time is for lap swimmers 18 years and older to swim in the 3-lane leisure pool only. You must sign a one-time waiver at the front desk prior to swimming.
- ❖ Special Olympics will be using competitive pool from 10 am-12 pm on Saturday mornings starting Sat., Mar. 17 – May 12. Leisure lanes will be open to members during this time on Sat. mornings.
- ❖ Special Olympics Swim Meet: Friday, April 27th from 12-4pm. Competitive Pool closes at 12pm to members, Leisure Pool remains open throughout the day.
- ❖ **Middle School Swim Unit will start March 19 – April 17.** During this time, noon lap swim will be 11:45am-12:30pm. The 3 leisure lanes will remain open for our members 5:00 am – 4:00 pm. Days the middle school unit will not be here: **Apr. 2, noon lap will be regular time on this day.**

- ❖ Interested in becoming a Lifeguard or Water Safety Instructor? Great opportunity for summer employment working for the City of Watertown. Please see attachments for specific course details.
- ❖ Spring/Summer Swim Lessons
 - View schedule on line starting Monday April 2nd at <http://www.plwc.life>
 - On-line registration opens Saturday April 21st at 8am at www.activityreg.com, your information in activity reg needs to match your information exactly at the Wellness Center to ensure a smooth registration. Check with the front desk staff if you have any questions about your account information.
 - Walk-in registration opens Monday, April 23rd at 8am.

Group Fitness Department Updates:

- ❖ Anne Rylance (rylanceanne@yahoo.com)
- ❖ New Month, New Goals, New you! Let our team of instructors get you motivated and ready for your spring and summer activities.
- ❖ Our LesMills team is excited to share their newest releases this month! CXWORX 30, BodyFlow 80 and BodyPump 105 are here! New music, choreography and results! This is the perfect time to check out these classes. If you haven't already become addicted to our LesMills programs we promise you will!!
- ❖ We are celebrating 1 year in our new facility! We wanted to take a moment to highlight a couple of our Mind/Body classes that began 1 year ago this week. It's 1 year later and they are still going strong!
- ❖ HOT 60 ~ Original hot yoga! A static sequence of 26 core postures and two breathing exercises, designed to systematically stretch, tone and realign every aspect of your being; bringing body, mind and soul into alignment. Be prepared to sweat and be challenged! This 60 minute class is led in a room heated to 106-108 degrees to warm up your whole body and allow you to work deeply in your organs, muscles, tendons, and ligaments to change your body from the inside out. Hot yoga is a process that can reduce the symptoms of many chronic diseases, and it is an excellent preventative for potential illness or injury. This class is designed for the first time students as well as experienced yogis. In time you will learn to focus your mind and control your breath, leading you to work more deeply and calmly. This class can be performed by anyone regardless of their age, ability, or flexibility. Our Hot60 instructors are Michelle Reichling, Patti Ziegler, Megan Wight, Anne Rylance and Dave Greenman.

- ❖ Barre/Warm Barre ~ Our Barre Sculpt classes are designed to effectively strengthen, tone and balance the entire body. The precision-oriented technique focuses mainly on small, isolated movements within deeply held and challenging postures. We integrate the use of the ballet barre, light weights and various props. Students will focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific muscle actions. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. Each strength section of this workout is followed by a stretching section to create long, lean muscle without bulk. These are challenging, low impact classes that require focus and precision for maximum results. Our classes are led by trained Barre instructors. We welcome all levels of fitness, age and gender. Class space is limited~sign up is required. Our Barre Instructors are Angie Czech, Patti Ziegler, Kristi McIntosh, and Alison Gerish.
- ❖ These are just a couple of over 50 classes running weekly. We have classes for all fitness levels and ages. Visit us at www.plwc.life for a complete listing.

❖ **Class adjustments for April...**

- ❖ Hot BodyFlow Tuesday evenings with Christina at 6:45pm is back Tuesday, April 3rd. We want to thank Kristi for helping out and leading Warm Barre through the winter.
- ❖ Wednesday PiYo is taking April and May off but will be back in June!
- ❖ As of Monday, April 2nd we will no longer be holding Hot60 at 5:30am. This class will be put back on our schedule later in the fall. We still offer Hot60 Monday evenings at 6:15pm and Fridays at 5:30am along with a couple weekends a month.
- ❖ Our Senior classes are growing so large that we need to add additional classes. Joan will be offering Silver Sneaker Circuit Thursdays at 8:30am and 10:00am beginning April 5th. Join her for this total body workout, strength, cardio, and flexibility training all in one hour.
- ❖ **No Zumba Monday, April 9th.**

Weekend Classes in April:

Saturday Group Fit A and B – 8:30am Classes

- ❖ Apr 7th Cycle 30 & Body Pump 45 with Jen *1 class 1 sign up*
- ❖ Apr 14th Cycle 45 with Jamie *sign up required*
- ❖ Apr 21st Cycle Circuit X Trainer with Jen *sign up required*
- ❖ Apr 28th Power Hour with Kristi

Saturday Mind/Body – 8:30am Classes

- ❖ Apr 7th Barre with Angie *sign up required*
- ❖ Apr 14th YogaFit with Barb
- ❖ Apr 21st HotFlow with Christina
- ❖ Apr 28th Barre with Patti *sign up required*

Sundays CX Mix Up – 1:30pm Classes *sign up required each Sunday*

- ❖ Apr 8th Cycle and CX with Tina
- ❖ Apr 15th Body Pump, Cardio & CX with Carrie
- ❖ Apr 22nd Body Pump, Cardio & CX with Jami
- ❖ Apr 29th Body Pump, Cardio & CX with Carrie

Sundays Mind/Body– 2:00pm Classes

- ❖ Apr 8th HotFlow with Christina
- ❖ Apr 15th Hot60 with Patti
- ❖ Apr 22nd Hot60 with Michelle
- ❖ Apr 29th Warm Barre with Kristi *sign up required*