



**PRAIRIE LAKES**  
Wellness Center

Monthly Update:

December 2019

Wellness Center Superintendent: John Small ([jsmall@watertownsd.us](mailto:jsmall@watertownsd.us))

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

Secretary/Receptionist: Jenny Elbert ([jelbert@watertownsd.us](mailto:jelbert@watertownsd.us))

Notes:

- ❖ **The Pool will be CLOSED for the Candy Cane Swim Meet Friday Dec 6, 4p-10p, Saturday, December 7 and Sunday December 8. Sorry for the inconvenience!**
  
- ❖ **Our Christmas hours will be as follows:**
  - Monday, December 23<sup>rd</sup> – Regular hours and classes as scheduled
  - Open swim 1-3pm
  - Tuesday, December 24<sup>th</sup> – Open **5am-1pm**
    - No classes except Deep Water at 5:45am.
  - **Wednesday, December 25<sup>th</sup> – Closed all day. Merry Christmas!**
  - **Thursday, December 26<sup>th</sup> – Open at 7am. Open swim 1-3pm.**
  
- ❖ **Our New Year's hours will be as follows:**
  - Monday , December 30<sup>th</sup> – Regular hours and classes as scheduled
    - Open swim 1-3pm
  - **Monday, December 31<sup>st</sup> – Open 5am-6pm**
    - **Open swim 1-3pm, pool closes at 5:30pm**
  - Wednesday, January 1<sup>st</sup> – Open **10a-5p**
    - Open swim 1-3pm
  - Thursday , January 2<sup>nd</sup> – Regular hours and classes as scheduled

- ❖ **We ask that you clean your machine after use, be courteous to other members. Nobody wants to get on a sweaty and dirty machine. It also helps control the germs that float around this time of the year. If the weather is wet or muddy, please bring your shoes along and change so we keep the machines clean. We greatly appreciate your help keeping us clean! 😊**
- ❖ **We ask that you wear shoes while in areas other than locker rooms, pool and yoga room.**
- ❖ **With winter weather approaching, we want to remind you that if we are closing early or opening late we will post it on our Facebook page, our [plwc.life](http://plwc.life) website and on the local radio stations!**
- ❖ **Join us on Wednesday Dec 18 for our Member Appreciation Day! We will be having coffee, cider and cookies for you to enjoy. The entire staff want to thank you for being a part of our PLWC family and wish you the happiest of Holidays!**
- ❖ **We are having a food drive for the Beacon Center; please see the attached list of needs. We will have a box near the front entrance for your donation.**

# Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator ([dgreenman@watertownsd.us](mailto:dgreenman@watertownsd.us))

- Make 2020 the year that you are in the best shape of your life.....and let us help you get started! Get signed up for the **Trav's Outfitter Indoor Ironman Grand Slam**:
  - Who-anyone that wants to improve their fitness by swimming, biking and running.
  - What-4 Ironman Triathlons completed in 8 weeks (2.4 mile swim, 112 mile bike, 26.2 mile run).
  - When-January 6<sup>th</sup> through March 1<sup>st</sup>
  - Where- All exercises must be done at the Prairie Lakes Wellness Center.
  - Why-Make the 2020 New Year's Resolutions last. Don't drop the weight by starving yourself, only to put it all back on by the beginning of summer. Lose weight, become stronger, become a better swimmer/biker/runner and do it all the right way (by working hard and earning it!). Oh yea, might as well win some cool prizes while you are at it!
- Please see the attached registration for more information
- Sign up will be available December 2nd

## ❖ Pickleball Players:

- Designated times to play Pickleball on the weekends are Saturdays from 1-2:30pm and Sundays from 12-1:30pm
  - Pickleball takes priority on the two courts in the Auxiliary Gym during these times, even if there's something going on in the Active Heating Sports Zone
- When there is NOT an event going on in the Active Heating Sports Zone, Pickleball can be played anytime – just inquire at the front desk
- The best times for open Pickleball play are during the week before 3pm and on the weekends
- It is always best to call before coming in to play pickleball to ensure that there is a court open.
  - The front desk staff and facility supervisors have the right to terminate pickleball play, based on other events, programs, time management, or overcrowding.

- ❖ **Reminder! Please be courteous and do not slam or drop your weights in the weight rooms.** Not only does it disturb other members, it is also very hard on our equipment. There is a difference between having to set weights down forcefully and dropping the weights for show. Also, keep in mind, if you are using headphones or ear buds, you may not notice how loud you are with the weights. Just be aware of and courteous to those around you. Thank you!
  
- ❖ **Acceleration Room Closings:**
  - Mondays: 4-5pm
  - Tuesdays: 4-5pm and 6-7pm
  - Wednesdays: 4-5pm
  - Thursdays: 4-5pm and 6-7pm
  - Please check for changes on the calendar posted outside the Acceleration Room
  
- ❖ **Parents: Children under 8<sup>th</sup> grade are only allowed on the 2<sup>nd</sup> floor if they are walking the track within arm's reach of you. Children are not permitted in the free weight 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)
  
- ❖ For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250 or [dgreenman@watertownsd.us](mailto:dgreenman@watertownsd.us).

## Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator ([jhemiller@watertownsd.us](mailto:jhemiller@watertownsd.us))

- ❖ **The Pool will be CLOSED for the Candy Cane Swim Meet Friday Dec 6, 4p-10p, Saturday, December 7 and Sunday December 8. Sorry for the inconvenience!**
- ❖ Thursday Aqua Barre for December is 12/5 and 12/19 and 1/2 for January.
- ❖ Water Aerobics & Lap Swimming Schedule on Christmas Holiday
  - Tuesday Dec 24<sup>th</sup>-5:45am deep-water class will be held.
  - Pool open 5:30am-12:45pm
  - Facility closes at 1pm.
  - Closed on Christmas Day!
  - Pool opens at 7am on Dec 26.
- Open Swim Times from 1-3 pm are Dec 23, 26,27,30,31 and Jan 1st.
- ❖ Swim at your own risk: This time is for lap swimmers 18years 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.

## Group Fitness Department Updates:

Anne Rylance: Group Fitness Coordinator ([rylanceanne@yahoo.com](mailto:rylanceanne@yahoo.com))

- ❖ LesMills Holiday Launch Week!! All NEW! GRIT, CXWORX, BodyPump and BodyFlow December 16th-December 20th in all scheduled classes. Our team will end launch week with a special LM team led Holiday workout Saturday, December 21st. Come for one or stay for all 3. Prize drawings and refreshments held that morning. More details will come mid-December.
- ❖ Friday Feel Good Yoga Flow is adding a little heat for the winter months.
- ❖ Warm Feel Good Yoga will be same class format with the added heat of 85-90 degrees. The heat will begin Friday, December 6.
- ❖ Watch for details mid-December about our Christmas and New Year modified Group Fit classes.

## ❖ **Class changes\*\***

❖ December 4th NO 12:10pm Hot60 with Jamie

❖ December 20th NO Zumba or Warm Feel Good Yoga with Angie

## **Cancellation Policy for Classes and Facility**

**It is the Prairie Lakes Wellness Center's responsibility to assure that our members are safe during inclement weather. The following cancellation and closure policy was adopted by the Watertown Park and Recreation Board.**

- When there is a late start of school, classes (land and water) will be cancelled in the AM and will resume at noon.
- When school lets out early, all classes (land and water) will be cancelled the remainder of that day and evening.
- If school is cancelled for the day. No land and water classes throughout the day and evening.
- The PLWC will follow the direction of City Hall closing decisions between 8:00 AM and 5:00 PM.
- Closing of the facility and the length of time of closing will be determined by the severity of the weather and the timing of snow removal from the parking lot.
- All announcements of cancellations and closings will be announced on the radio, Facebook, PLWC website and answering machine.

## **Holiday Classes:**

**Dec 24<sup>th</sup> - Erika GRIT-7:15am**

**Angie BFF-8am**

**Jen Holiday HIIT Cycle-9am**

**Dec 25<sup>th</sup> -closed**

**Dec 26<sup>th</sup> -Cycle/HotFlow-Anne 9am**

**Dec 31<sup>st</sup> -Erika GRIT-5:15am**

**Angie BBF-8:40am**

**No classes after 1pm**

**Monica Body Pump-12:10pm**

**January 1<sup>st</sup>-Mindy Cycle 45-10:15am**  
**Carrie Body Pump-11am**  
**Traci Yoga Sculpt-12:10pm**

**Thankful for each of you!!! Have a Happy Thanksgiving!**

Anne

❖ **Saturday classes in December-8:00am**

❖ **Group Fitness A /Cycle Room \* Sign up required for all Saturday classes\***

December 7th- Cycle Circuit X-Trainer with Jen

December 14<sup>th</sup>- Cycle 45 with Jami

December 21<sup>st</sup>- Les Mills Holiday Launch Party-LM Team

December 28<sup>th</sup> BodyPump with Jen

❖ **Saturday classes in December 9:00am**

December 7th- Feel Good Yoga Flow with Angie

December 14<sup>th</sup>- Hot Yoga Sculpt with Tracy

December 21<sup>st</sup>- New Hot Body Flow with Anne

December 28<sup>th</sup>-PiYo with Amy

❖ **Sunday Cardio Strength Fusion 1:00pm \*sign up required\***

December 1<sup>st</sup>- Jami

December 8<sup>th</sup>- Jami

December 15<sup>th</sup>- Anne

December 22<sup>nd</sup>-Carrie

December 29<sup>th</sup>-Mindy

❖ **Sundays in the Heat2:00pm-Mind/Body Room**

December 1<sup>st</sup>- Hot Yoga Sculpt with Tracy

December 8<sup>th</sup>- Warm Barre with Kristi

December 15<sup>th</sup>-Hot60 with Jamie

December 22<sup>nd</sup>-Warm Barre with Patti

December 29<sup>th</sup>-HotFlow with Christina

December 14<sup>th</sup>-9am Aqua Barre



## **Holiday Food Drive**

**All items will be donated to the  
Watertown Beacon Center**

**Some items they need:**

- **Boxed easy meals**
  - Cereals
  - Coffee
- **Diapers Size 4, 5 and 6**
  - Canned Fruit
  - Jelly
- **Macaroni and Cheese**
  - Boxed pasta
  - Canned pasta
  - Peanut Butter
  - Spaghetti Sauce
- **Tuna/Canned Meat**
  - Bleach
- **Laundry detergent**
- **Aluminum foil, wax paper, plastic wrap**
  - Paper products
- **Gallon Ziploc bags**
  - Toilet paper
- **Cleaning Supplies**





**TRAV'S  
OUTFITTER**



# Indoor Ironman GRAND SLAM! January 6<sup>th</sup> - March 1<sup>st</sup> (8 weeks)

2.4mileswim,  
112milebike,  
26.2mile run

1. Finish in 3 weeks (Jan 6 - Jan 26) and get an ironman T-shirt, plus a prize from Trav's Outfitter.
2. Finish in 2 weeks (Jan 27 - Feb 9) and get a little bit better prize from Trav's Outfitter!
3. Finish in 1 week (Feb 10 - Feb 16) and get an even better prize from Trav's Outfitter!!
4. Finish in a weekend (Feb 22 & 23 or Feb 29 & March 1) and get the grand prize donated by Trav's Outfitter!!!

**\*\*All exercises must be completed at the Prairie Lakes Wellness Center\*\***

Finish 4 Ironmans in 8 weeks and become Watertown's official IRONMAN!

Dates are set and cannot be extended due to vacations, sickness, work, etc...

**Cost: \$31.95**

tax included

**Starts January 6<sup>th</sup>**

Sign up at PLWC front desk or online at [www.plwc.life/signup](http://www.plwc.life/signup)



Our most intense exercise incentive program EVER!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size: S M L XL XXL