

A few extra *perks and choices* to keep you healthy and active!



### CLUB HOURS

Monday-Friday 5:00 A.M. - Midnight  
Saturday-Sunday 6:00 A.M. - 11:00 P.M.

### HOLIDAY HOURS

New Year's Eve 5:00 A.M. - 6:00 P.M.  
New Year's Day 5:00 A.M. - 11:00 P.M.  
Easter 6:00 A.M. - 11:00 P.M.  
Memorial Day 5:00 A.M. - 11:00 P.M.  
July 4th 5:00 A.M. - 4:00 P.M.  
Labor Day 5:00 A.M. - 11:00 P.M.  
Thanksgiving 5:00 A.M. - 4:00 P.M.  
Christmas Eve 5:00 A.M. - 4:00 P.M.  
Christmas CLOSED

### YOUTH ACTIVITY CENTER

Monday-Thursday 8:00 A.M. - 8:00 P.M.  
Friday 8:00 A.M. - 7:00 P.M.  
Saturday 8:00 A.M. - 5:00 P.M.  
Sunday 9:00 A.M. - 5:00 P.M.

*Check for posted holiday hours*

### MEMBERSHIP SERVICES

Should you need help registering for any of the PLF classes or activities, have a question about your statement or have a friend that would like information about Prairie Life Fitness, contact anyone in Membership Services. They have information on all aspects of the club and can point out additional services that you may be interested in trying.

### PERSONAL LOCKER RENTAL

Prairie Life Fitness members can take advantage of a private locker with the space and security you need for all your workout items—with the added advantage of clean, fresh clothes for all your workout sessions! Reserve your locker for \$18/mo. (locker only \$12.50)

### PERSONAL TRAINING

A certified personal trainer is available at Prairie Life Fitness by contacting Brandon Musick at [bmusick@prairielife.com](mailto:bmusick@prairielife.com) or 764-5444. He will help schedule an appointment with a trainer to help you reach your fitness goals. Guaranteed Results have assisted many members like;

\*Jeanette - lost **136 lbs.**

\*Alicia Wolfe - lost over **46 lbs in 12 weeks.**

\*Ryan Larue - lost **63 lbs in 12 weeks.**

Please visit the success stories along our indoor track. Success Today And Results Together!

### RACQUETBALL

Racquetball is available during all club hours. Courts may be scheduled through courtesy services. Need a partner or competitor? Perhaps you would enjoy playing in a league or want some personal instruction. Steve White is available to offer his services and skill to help better your game. Contact Steve with any questions at

### Master's Swim Program

Monday & Friday 11:45 am - 12:45 pm  
Tuesday & Thursday  
6:00 - 7:00 a.m. & 7:00 - 8:00 p.m.  
Saturday 7:00 - 8:00 a.m.

#### On Going

This is for the adult swimmer that wants to join a fun group approach to exercise through swimming. Swim coaches lead all participants through a designed workout. Beginners are welcome to participate at their own pace; lap swimmers are always welcome during master's swim time.

### Private Swim Instruction

Whether a beginner or advanced, PLF offers customized one-on-one, tandem or group private lessons for all ages all year round.

### Group Swim Lessons

We offer year round lessons for kids from parent/child, (6 mos.–3 yrs) up to Level 6 fitness swimmer. Our Red Cross certified instructors are ready to teach safety and swim skills. Call Nina Thomas @ 913-764-5444 or [nthomas@prairielife.com](mailto:nthomas@prairielife.com) for all your aquatic needs.

### Try-Class

Sat. 8:00-10:00am

If you always wanted to set a goal, have fun and train hard - this is the class for you. This class consists of training and instruction for swimming, cycling and running. Meet in the pool, then to cycling and finish with running!

### PLF MEN'S BASKETBALL

Monday & Friday 12 Noon - 2 p.m.

Saturday 9 am – 11:30 a.m.

This is pick up play for members and approved guests, 19 years of age and older. Come enjoy some quality basketball and good competition. Basketball is sure to burn some calories.

### CO-ED VOLLEYBALL

Tuesdays from 8:00 p.m. - 10:00 p.m.

This is a self-officiated league for members and non-member guests. All ages and ability levels are welcome to play from 8:00 - 10:00 p.m.

### ACTIVITIES FOR CHILDREN

Whether it be Tumble and Splash, Little Learners or Cardio Fit-Kids, children of all ages can enjoy use of our youth activity center, pool and gymnasium. Daily and weekly activities are available for children ages 3-13. For ages 8-13, check out our OPEN GYM in the gymnasium held 5pm-8pm on Mondays, Wednesdays and Thursdays. For member babies and tots, make sure to take advantage of our two hour free-of-charge and rest assured they are being well taken care of. Kids want more...try our MOM'S TIME OUT every Thursday and Friday 8:30am-12:30pm !!

### PILATES REFORMER

Private or Group Pilate Reformer Sessions available at a time that fits YOUR schedule. For information, contact Anne Dewitz at: [adewitz@prairielife.com](mailto:adewitz@prairielife.com) or 764-5444.

### MASSAGE

Massage is one of the oldest healing arts and is a natural proven method that promotes health and well being. Call 764-5444 to schedule your massage today. 60 min. \$75, 90 min. \$105.

### PRAIRIE LIFE CAFÉ

Your very own Prairie Life Café offers a wide selection of nutritious, ready when you are meals, snacks and SHAKES!! Stop by and ask about daily specials or just fill out a special order form and have your meal, snack or SHAKE ready to walk out the door when you are!