

FITNESS FOCUS

THE LATEST & GREATEST FROM THE FITNESS CENTER

REC PLEX FITNESS CENTER HOURS

M-F: 4:30a-10:00p

Sa: 6:00a-8:00p

Su: 7:00a-6:00p

CLOSED ON EASTER MARCH 31

Be on the look out for our next Fitness Focus edition in May!

"The harder you work and the more prepared you are for something, you're going to be able to persevere through anything."

-Carli Lloyd

MEET THE STAFF



Josh Jundt
Certified Personal Trainer

How many years have you been working with RecPlex? 6 months

Why RecPlex? (Favorite part about working here?) I know everyone here pretty well and I love the gym!

Certifications?
Certified Personal Trainer - ISSA

Favorite Exercise?
Incline chest press

Favorite workout music?
Almost anything

Favorite Superhero?
Spiderman

If you had one meal every day for the rest of your life what would it be?
Noodles

UPCOMING EVENTS



St. Patty's Themed Classes
March 11 - March 17
All group fitness classes

Come dressed in your St. Patty's green and celebrate at our St. Patty's themed group fitness classes!



Indoor Outdoor Triathlon
Sunday, April 14
\$45 fee (includes medal & t-shirt)

Our indoor outdoor triathlon consists of a 400 yard swim, 4 mile bike and a 2.3 mil run! Participants will receive t-shirts, medals and placers certificates.

Click or visit link below for registration!
[runrg.com/recplex/indooroutdoortriathlon](https://www.runrg.com/recplex/indooroutdoortriathlon)



Cinco De Mayo 5K
Saturday, May 4
\$30 Fee (includes medal & t-shirt)

Our Cinco de Mayo 5K starts and finishes at the Beach Pavilion on the west side of Lake Andrea. Packet Pickup and Day-of registration is available from 10:00a-10:00a in the Vreck Pavilion building. Race starts promptly at 11:00a. This is a timed event. Participants will receive t-shirts & medals.

Click or visit link below for registration!
[runrg.com/cinco-de-mayo-5k](https://www.runrg.com/cinco-de-mayo-5k)

VIP MEMBERSHIP AT THE REC PLEX

Best value of Personal Training & includes ALL trainer led & mind-body classes. Any member 14+ can take advantage of this opportunity - upgrade at anytime! Members choose to train 1x, 2x, or more a week in order to achieve their fitness goals. All personal training includes a Styku Body Assessment Scan!

For more information on VIP memberships and personal training, contact Kyle: kwhitman@pleasantprairiewi.gov

PERSONAL TRAINING	PRICE PER SESSION
1 Session	\$75
4 Sessions	\$63
8 Sessions	\$59
16 Sessions	\$56
1 Hr. Nutrition Consult	\$75



CHOCOLATE PROTEIN WAFFLES THAT'LL CHANGE YOUR LIFE!!!

Studies show that people who eat a high-protein breakfast are better able to control their eating habits throughout the day. So start your morning with these protein-packed waffles. Or heck, have a couple for dinner! Who's stopping you?

Ingredients:

- 2 whole eggs
- 1 large banana
- 2 scoops of chocolate
- 1/2 cup of old-fashioned oats
- 1/2 cup of unsweetened almond milk (or any milk)

Directions:

1. In a bowl, mash one banana.
2. Add all the other ingredients and stir.
3. Let the batter sit for 3 minutes to soften to oats.
4. Add batter to pre-heated waffle iron and let it rip!

MACROS: 33g protein, 33g carbs, 5g fat

CHALLENGE OF THE MONTH

ROW THE BOAT CHALLENGE

Step 1. Hop on to any of our 4 rowing machines located in the fitness center.

Step 2. Row for 2000 Meters as fast as you can.

Step 3. Once you've reached that mark take a picture of your results from the rower display.

Step 4. Scan the QR code (right) and upload photo.



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@PleasantPrairieRecPlex



In order to qualify, pictures must be submitted by April 30th. 1 submission per member!
Best time finisher will receive RecPlex Fitness Swap Pack!