The Source

- ProActive News -

August 2013

CLUB BUZZ

▶ **Labor Day Facility Hours: Monday, Sept. 2, 5 a.m.-5 p.m. No group exercise classes are held. The Play Center is closed.**

▶ **NEW! 6:15 a.m. Water Aerobics on Monday/Wednesday/Friday.**

▶ **$20 Cholesterol and FREE Blood Pressure checks:**

Wed., August 21 from 7-9 a.m. Register for cholesterol checks at the front desk.

▶ **Join us for the ProActive Dance Open House and Fall Registration:**

Sundays August 11 & 18, 1-4 p.m. and Wednesday August 28, 4:30-6:30 p.m.

Just Dancers Troupe Auditions are Monday, August 26 from 5:00-6:30 p.m. (ages 9-15)

New 2013-'14 Dance Season begins Tuesday Sept 3 (Tuesday after Labor Day)

Body Wraps & Body Scrubs Defined

Wondering what exactly is the process is for a body wrap or scrub?

Visit www.madonnaproactive.org/soteria to get the details on how these new Soteria services are performed and their benefits.

Schedule your next massage at Soteria. Call 402.420.0000.

soteria

massage & bodywork at Madonna ProActive

MedGem® Metabolic Testing is Now Available

MedGem is a patient-centered, evidence based weight loss solution that is tailored to your body, lifestyle, and weight loss goals. This testing is now offered at Madonna ProActive.

To learn what information this test will reveal, what metabolism means and what can impact it, visit www.madonnaproactive.org.

For more information or to schedule, contact Katie Bolte, RD, LMNT, at 402.413.3559.

ProActive Chase Dance hosted its first ever Dance & Swim Camp in June.

The kids had a blast and performed at the close of camp when the group photo at left was taken.

YOUTime Returns This Fall

YOUTime. @ProActive

Join us for an hour each Monday at 6:30 p.m., Oct 7-Dec 20, for a 12-week program to keep you on track to make habits out of hopes for your fitness, nutrition, and overall good health.

YOU come first! This FUN group will keep you motivated for FITNESS. Connect with new FRIENDS that help to keep you accountable, as you make lasting CHANGE as you LEARN and GROW.

Pick up the program schedule at the front desk or on our web site.

For more information on YOUTime contact:
Cheree Buesing, Soteria Manager, 402.413.4031

7111 Stephanie Lane ■ 55th & Pine Lake Road
402.420.0000 ■ www.madonnaproactive.org

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Swim Lessons

Fall swim class registration: Aug 19-25. Kid lessons are held once a week for 8 weeks, Sept 9-Oct 24.

Adult lessons will be held once a week for 6 weeks, Sept 9-Oct 10. Lessons are 45 minutes.

For more information on any of the nutrition classes offered at Madonna ProActive, contact our dietitian at: kkbolte@madonna.org, or 402.413.3559.

Katie Bolte, RD, LMNT

NUTRITION 101

August

Label Reading

Learn tips and strategies on how to decipher the information on the nutrition facts labels, and what that information means for your health and nutrition.

Monday, August 19, 5-5:30 p.m.
Thursday, August 22, 12-12:30 p.m.

Food for Thought

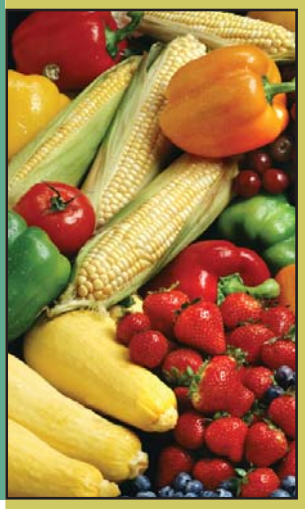
Aisle by Aisle: Garden-Fresh Meals

Come discover the delicious and nutritious meals you can make with the food you have harvested from your garden and edible pots, picked up from the farmer's market, or grocery store!

As a follow-up class to the special event held in May, "Inspiring and Beautiful Herb Containers," this class will use the various herbs and vegetables planted in the large pots out front of ProActive. It is also the first class in a new nutrition series called "Aisle by Aisle: an appetizing tour through the grocery store." Be prepared to taste the freshness!

Monday, August 26, 5-6 p.m.
Thursday, August 29, 12-1 p.m.

$5 if sign-up on or before Monday, August 12
$10 if sign-up between August 12-19
Last day to sign-up: Monday, August 19



ON-THE-GO

August

Aisle by Aisle: Fruits & Vegetables

August 5, 4:30-5:30 p.m.
August 6, 12-1 p.m.
August 8, 9:30-10:30 a.m.

Please sign up at the front desk for Nutrition 101.

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