

Medical Fitness Week - April 15-21, 2013

Monday

- 9-10 a.m. **Stretch with a Trainer & On-the-Go Biometric Testing**
- 9:30-10 a.m. **Gentle Yoga** - Introductory class focusing on stretching and toning muscles that are often neglected but important to keeping you healthy and mobile.
- 10-11 a.m. **Chair Massages** - 15 minute massages available (\$13.50 for members, \$15 for non-members)
- 11:30 a.m. **Learning for Life: "The Lymphatic System" Boosting Immunity: Not Just a Winter Sport**
The Lymphatic system is the most underrated part of our circulatory system and the body's primary means of immune defense and waste elimination. Learn new strategies and technologies to support a healthy immune system year round! *Presenter: Nancy Nathenson, RRT*
- 1-2 p.m. **On-the-Go Sports Performance** - Lifting for Active Lifestyles: muscle groups for summer activities.
- 4-6 p.m. **On-the-Go Physical Therapy** - Proper exercise techniques and physical therapy Q & A.
- 5-5:30 p.m. **Nutrition 101: Heart Health** - Clear up the fog with helpful tips on how to eat more heart healthy and how to improve your lipid levels to avoid, reduce or eliminate medication.
- 5-6 p.m. **Stretch with a Trainer & On-the-Go Biometric Testing**
- 5:30-6:30 p.m. **On-the-Go Nutrition** - Bar Hopping: Snack Bars

Tuesday

- 7-9 a.m. **Cholesterol and Blood Pressure checks.** Pre-register at the front desk for cholesterol screening.
- 9-9:45 a.m. **EZ Moves** - This class focuses on range of motion, stride, balance and easing joint pain. Good for anyone looking for a zero impact workout. Suitable for people with arthritis, fibromyalgia, bursitis and joint replacement.
- 10-11 a.m. **Chair Massages** - 15 minute massages available (\$13.50 for members, \$15 for non-members)
- 10-11 a.m. **On-the-Go Health** - Assessing your Stress
- 12-1 p.m. **On-the-Go Nutrition** - Bar Hopping: Snack Bars
- 5-6 p.m. **Stretch with a Trainer & On-the-Go Biometric Testing**
- 5:30 p.m. **Learning for Life: "Non Pharmacologic Approach to Pain"** *Presenter: Paul Nathenson, RN, ND*
Learn about the physiology of the pain response and discuss how acute pain can become a chronic condition. The gate and wind up theories will be reviewed along with the role of anti-inflammatories.
- 5:45-6:30 p.m. **Tap Blast** - Renew your love of tap dancing with ProActive Dance Director Stephanie Chase. Improve balance & coordination in this fun cardio class for all levels. No tap shoes needed.
- 7:15-8 p.m. **Tai Chi** - Increase balance and coordination with gentle, fluid movements at a slow tempo.

Wednesday

- 10-11 a.m. **Stretch with a Trainer & On-the-Go Biometric Testing**
- 10:15-10:45 a.m. **First Step Circuit** - Learn the basics of toning on our Keiser air-pressurized strength equipment. New to the class? Come 15 minutes early for an orientation to the circuit equipment.
- 12 p.m. **Learning for Life: "Non Pharmacologic Approach to Pain"** *Presenter: Paul Nathenson, RN, ND*
Learn about the physiology of the pain response and discuss how acute pain can become a chronic condition. The gate and wind up theories will be reviewed along with the role of anti-inflammatories.
- 1-2 p.m. **On-the-Go Sports Performance** - Lifting for Active Lifestyles: muscle groups for summer activities.
- 4:30-6:45 p.m. **Chair Massages** - 15 minute massages available (\$13.50 for members, \$15 for non-members)
- 6-6:45 p.m. **Aqua Lite & Low** - This low impact water class is designed for all fitness levels and includes cardiovascular exercise, stretching and balance work for a total body workout.

Continued on back

FREE Guest Week April 15-21, 2013

Invite friends, neighbors and coworkers to experience the medical fitness facility difference at ProActive.

Please stop by the facility to sign in your guest(s). All children 13-18 years of age must have a guardian sign a liability waiver. Children under 13 must be supervised by an adult and may only use the basketball courts and lap swimming pool.

Free Replacement Scan Card April 15-21, 2013

Did you lose your check-in card?
Is your card worn or not working well?

Save \$5 and stop by the front desk or membership to request a new card.

New replacement cards are normally \$5.

Join in the Celebration at Madonna ProActive

Thursday

7-9 a.m.

7:30-9:30 a.m.

9:15-10 a.m.

9:30-10:30 a.m.

10-11 a.m.

12:30-1 p.m.

4:30-6:45 p.m.

6 p.m.

6-6:45 p.m.

Cholesterol and Blood Pressure checks. Pre-register at the front desk for cholesterol screening.

On-the-Go Physical Therapy - Proper exercise techniques and physical therapy Q & A.

Interval Endurance - Total Body workout involving cardio and strength training using a variety of drills, intervals & high intensity movements.

On-the-Go Nutrition - Bar Hopping: Snack Bars

On-the-Go Health - Assessing your Stress

Nutrition 101: Heart Health - Clear up the fog with helpful tips on how to eat more heart healthy and how to improve your lipid levels to avoid, reduce, or eliminate medication.

Chair Massages - 15 minute massages available (\$13.50 for members, \$15 for non-members)

Learning for Life: "The Lymphatic System" Boosting Immunity: Not Just a Winter Sport

The Lymphatic system is the most underrated part of our circulatory system and the body's primary means of immune defense and waste elimination. Learn new strategies and technologies to support a healthy immune system year round! *Presenter: Nancy Nathenson, RRT*

Aqua Zumba Blast - A fusion of energizing Latin rhythms and aerobic exercise in the water.

Friday

10:15-11 a.m.

12 p.m.

1-2 p.m.

Zumba Blast - A fusion of energizing Latin rhythms and aerobic exercise. Beginners welcome.

Learning for Life: "Brain Fitness: Maintaining optimal brain function after age 50"

Learn the effects of aging on the human brain and how altering this pathway is under our conscious control. Develop a framework for understanding the four pillars of brain fitness and implementation into your life. *Presenter: Dr. Ryan Ernst, PsyD*

On-the-Go Sports Performance - Lifting for Active Lifestyles: muscle groups for summer activities.

Saturday

9-10 a.m.

10-10:45 a.m.

Stretch with a Trainer & On-the-Go Biometric Testing

Water Aerobics - A fast paced workout set to music that will get your heart pumping while increasing flexibility and cardiovascular fitness and minimizing impact on joints.

Sunday

3-3:50 p.m.

3:30-4:30 p.m.

4:30-5:15 p.m.

Core Flow - This class is geared toward the non-dancer and develops core strength using resistance movement with the support of a barre, increasing balance, flexibility, and joint mobility.

Beginning Ballroom Blast - No partner needed for this total body workout class. Learn dances such as the Cha-Cha, Foxtrot and Rumba.

Hip Hop Blast - Combine quick moves, isolation of arms, torso and legs, mixing jazz, rock and pop for unique and personal dance interpretations. No dance experience needed. All fitness levels welcome.

Win a Free Month of Dues!

Update your contact information and be entered to win a free month of membership.

Name: _____

Home #: _____

Cell #: _____

Work #: _____

Email Address: _____

Address: _____

Thank you for updating your contact information.
Additional drawing entries are available at each event.

- **Cholesterol & Blood Pressure Checks** will be available during the week. Blood pressure checks are FREE. Cholesterol screens are \$20. For the most accurate reading, we recommend fasting for 8-10 hours prior to your cholesterol test.
You will receive information on: Total Cholesterol (TC), High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL), TC/HDL Ratio, Triglycerides (TRG) and Glucose (GLU).
- **Biometric Testing** includes body fat analysis, flexibility testing, push-up testing and sit-up testing.



PROACTIVE

Medically Based Health and Fitness