The Source

- ProActive News -

December 2013

HAVE YOU HEARD?

▶ **HOLIDAY HOURS**

Dec 24: 5 a.m.–3 p.m.

Dec 25: Closed for Christmas Day

Dec. 31: 5 a.m.–5 p.m.

Jan 1: 7 a.m. – 5 p.m.

There will be no group exercise classes & the play center is closed on Dec. 24, 25, 31 & Jan. 1.

▶ $20 Cholesterol and FREE Blood Pressure checks:

Wed., Nov. 13 from 7-9 a.m.
Register for cholesterol checks at the front desk.

▶ Stop by the entryway to read comments from members about their favorite ProActive staff.

▶ Children and Adult Swim Lessons start on Jan. 6
Registration is December 16-22

▶ Wheelchair Basketball Invitational Tournament
Sat., Dec 14, 8:30 a.m.-5:30 p.m.
Sun., Dec 15, 8:30 a.m.-2:30 p.m.
The full gym will be in use during these hours.

ADAPTIVE DANCE HOLIDAY PERFORMANCE - DECEMBER 8

Join us at 3 p.m. on Sunday, December 8 to watch Madonna ProActive's adaptive dance class present a special holiday performance. Dancers from other ProActive dance classes will also perform. Event is FREE and open to the public.

ProActive Dance Holiday Break: Dec. 23 - Jan. 3

Dance classes will resume on Sat., Jan. 4. New students are welcome through Jan. 2014.

NEW EQUIPMENT AT PROACTIVE

- 10 Life Fitness Integrity Series treadmills feature a 17 inch attached television console. Members may access regular cable television programming or 6 exclusive Lifescape interactive workouts in spectacular destinations all over the world.
- 4 Precor AMT 885 ellipticals feature an open stride adaptive motion trainer. Members may access regular cable television programming on a 15 inch LCD touch screen.

Dancers from ProActive Dance performed on Nov. 18 during the People's City Mission's Starry Nights Festival at the Pinnacle Bank Arena.

Visit the "Madonna ProActive Chase Dance" Facebook page for more photos from this holiday event.

Treat yourself this holiday season with specials at Soteria!

Body Wrap & Hot Stone...$140.00 *2 hours*
Body Scrub & Hot Stone...$180.00 *2.5 hours*
Deep Tissue & Hot Stone...$140.00 *2 hours*
Swedish & Foot Massage...$70.00 *1.25 hours*
1 hour Bowen & 1 hour Therapeutic...$110.00

Call 402.420.0003 for an appointment.

Member Referrals = Rewards!

Invite someone you care about to share the gift of health!

Refer a new member to ProActive through December 31 to be entered in a drawing to win a FREE month of dues, PLUS all referrals earn you two FREE guest passes & $10 in ProActive club bucks!

Mini-Fitness Challenge

Stay motivated through the holiday season and partcipate in ProActive's mini-fitness challenge.

Sign up for $5, visit the club 12 times in Dec. and you will recieve a FREE t-shirt!

Sign up at the front desk.

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

PROACTIVE
Medically Based Health and Fitness

WEIGH TO GO is back!

Maintain, don't gain this hoiiday season.

Tuesdays, 12-12:30 p.m. or 5-5:30 p.m.
FREE to ProActive members!

Every Tuesday, through Jan. 7 (no check-in on Dec. 24), stop by the windows by the aqua track for a quick weigh-in.

Keep your 2014 resolutions with these programs:

A Healthier Weigh

Tuesday evenings, January 14 to March 18, 6-7 p.m.

A 10-week comprehensive weight loss program teaches you how to lose weight and keep it off through safe nutrition, stress management and exercise.

Contact Sharon Duffy at 402.413.3556 or sduffy@madonna.org for payment options, program details and to register.

Core Restore

Orientation is January 14 at 7 p.m., programming ends on March 4

An 8-week intensive and independent individualized program with Pilates, personal training and nutrition to help restore your core.

Contact Katie Bolte at 402.413.3559 or kbolte@madonna.org for program details and to register.

Mat Pilates Lite I & II

Designed for the non-athlete or older individual who is new to Pilates or may need some modifications for an orthopedic or medical condition. Please register at front desk.

When: 9-week session: Thursdays, Jan. 9-Mar. 6
8-week session: Thursdays, Mar. 20-May 15
Level 1: 11:30-12:15 p.m.
Level 2: 10:30-11:15 a.m.

Where: Studio 2

Cost: Members: 5 class punch card $20
Non Members: 5 class punch card $25

Don't miss your chance for a Holiday 3-Pack of personal training sessions for just $135! The sale will run through Dec. 31. Ask a trainer or front desk staff to add to your account to purchase. *One per member per year.*

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

Katie Bolte, MS, RD, LMNT, ACSM-HFS

NUTRITION 101

Carbohydrate Counting
Monday, Dec. 2, 5-5:30 p.m.
Thursday, Dec. 5, 12-12:30 p.m.

FOOD FOR THOUGHT

No Bulge Holiday Baking

Cookies, cakes, and pies are a big part of how most people celebrate the holidays. If you are one who looks forward to the goodies each year, but wants to find ways to make them healthier, this class is for YOU! We will experiment with baking alternatives and substitutions that still provide delicious flavors with a fraction of the calories. Leave with lots of great ideas and recipes!

Monday, Dec. 9, 5:30-6:30 p.m.
Thursday, Dec. 12, 12-1 p.m.

Members: $5 by Nov. 28, $10 Nov. 29-Dec. 5
Non-members: $10 by Nov. 28, $15 Nov. 29-Dec. 5

ON-THE-GO

Aisle by Aisle – Baking

Monday, Dec. 16, 4:30-5:30 p.m.
Tuesday, Dec. 17, 12-1 p.m.
Wednesday, Dec. 18, 9:30-10:30 a.m.

Sign up at the front desk!