





FUN. FITNESS. FRIENDS.
CHANGE, LEARN, GROW.

Join us this fall 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*.

Beginning October 7th, join us for an hour each Monday at 6:30 p.m.:

Oct 7......INTRODUCTION & INITIAL ASSESSMENT

Chart your starting point so you can track your progress with weight and inches reduction. Learn about optional tests you can schedule at ProActive, such as MedGem and Cholesterol testing*.

- Oct 14......Group Fitness Manager, Bob Chase, will explain the different classes offered at ProActive. He will review details of how certain classes may benefit women in either postpartum or menopausal stage.
- Oct 21......Registered Dietician, Katie Bolte, will conduct a cooking class with tips on fat/caloric content and how to cook nutritious meals for women who are postpartum, or have reached menopause.
- Oct 28.....Group Fitness Manager, Bob Chase, will provide information on a workout routine that can be performed at ProActive as well as at home.
- Nov 4......YOUTime program leader, Cheree Buesing, will present her findings on menopausal and age related weight gain to share with the group.
- **Nov 11.....HALFWAY ASSESSMENT**
- Nov 18.....Personal Trainer, Pam Wessel, will give you the formula for finding your person target heart rate during workout and where it should be optimally to burn calories.
- Nov 25.....Massage Therapist, Joe Fairbanks, has a huge following of members who love his class on functional stretching. He will give us a demo on how to increase flexibility and combat stiffness after workouts.
- Dec 2......Massage Therapist, Cheree Buesing, will demo and discuss massage and relaxation can positively affect your ability to lose weight, workout more efficiently, and bring well being back to your life.
- Dec 9......Registered Nurse, Sharon Duffy, explains how stress affects the way life works with six dimensions.
- Dec 6......Physical Therapist, Lori Lane, differentiates between pain and soreness and how they differ.
- Dec 20.....FINAL ASSESSMENT & CELEBRATION PARTY!

To get the most out of **YOU***Time*, schedule your time to attend the weekly meetings and join the **YOU***Time* Facebook group so others can help keep you accountable.

The participation fee for ProActive members is \$50. Nonmembers are welcome to sign up for **YOU***Time* and will have full access to ProActive for the entire 12 week session for \$275. Please either call or visit the front desk to sign up for **YOU***Time*.

*Additional fees apply.



