October

2013 Group Exercise Schedule

Mark your calendars!

Fall Festival
Monday, Oct. 14- Sunday, Oct. 20
We would like to say "Thank You" for being such great members. Look for more information throughout the club.

Flu Vaccine Clinic
Wednesday, October 16 7-9 a.m.
Wednesday, October 30 5-6:30 p.m.
Sign up at the front desk to receive your flu vaccine at ProActive. $23 for members, $25 for non-members.

Fall into Dance Benefit and Costume Sale
Sunday, October 27 2 p.m.
Bring canned food items or monetary donation for admission. All proceeds go to Matt Talbot Kitchen and Lincoln Food Bank.

Need a costume for Halloween? Dance costumes will be on sale in the Education Room before and after Fall into Dance. All proceeds go to ProActive's JUST DANCERS Troupe.

PROACTIVE
Medically Based Health and Fitness

Fitness Levels

FS- First Steps (shaded classes)

These classes are a series of gentle, introductory "first steps." Each class is designed to be educational as well as fun. These classes are 30 minutes long and are for those who are new to group exercise.

Beginner

Geared toward beginning students. Low impact, low to middle elevation of heart rate, and strengthening utilizing light free weights.

Intermediate

Class with low impact, mid-level cardiovascular elevation of heart rate and/or mid-level usage of strength equipment.

Advanced

Class with mid to high impact level plus longer duration and higher intensity of the cardiovascular component. Mid-range to heavier weight equipment will be utilized.

PLEASE NOTE: Classes with a range indicate the instructor adjusts for all levels of fitness. Check in with the instructor a few minutes prior to class if you are a new class member.

CLASSROOM LOCATIONS

West Gym
Main floor/west half of basketball court

Meditation Room
Located just north of the Front Desk

Studio 1
Upstairs to the south of stairway

Studio 2
Upstairs mid-track next to elevator

Studio 3
Upstairs-east of Studio 2

- The classes listed are included with your ProActive membership.
- Each class requires a minimum number of participants in order to be part of the ongoing schedule.
- Classes that become crowded will require a pass which can be picked up at the front desk one hour prior to class.

monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	**Cycling**	Studio 3	**Int-Adv.**	Penny
5:30-6:15 am	**Power Track**	Aqua Track	**Adv.**	Julie Gr
6:00-7:00 am	**Cardio Pump II**	Studio 1	**Adv.**	Matt
6:15-7:00 am	**Water Aerobics**	Indoor Pool	**Int.**	Julie Gr
8:30-9:15 am	**Water Aerobics**	indoor Pool	**Int.**	Julie Gip
9:15-9:45 am	**Aqua Deep Core**	Indoor Pool	**Int.**	Julie Gip
9:15-10:00 am	**Body Sculpt I**	Studio 1	**Int.**	Judy
9:30-10:00 am	**Gentle Yoga**	Meditation Rm.	**FS**	Melanie
9:45-10:30 am	**Aqua Lite & Low**	Indoor Pool	**Beg-Int.**	Julie Gip
10:00-11:00 am	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Melanie
10:00-10:15 am	**Circuit Orientation**	Circuit Area	**FS**	Callan
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Callan
10:15-11:00 am	**Young at Heart**	Studio 2	**Beg.**	Judy
10:15-11:00 am	**Zumba Blast**	Studio 1	**Beg-Int.**	Aimee
11:00-11:30 am	**Stretch for Life**	Studio 2	**FS**	Bob/Erica
12:15-1:00 pm	**Core Strength & Tone**	Studio 1	**Int.**	Julie Gr
12:15-1:00 pm	**EZ Moves**	Aqua Track	**Beg.**	Mitzi
1:15-2:00 pm	**Aqua Lite & Low**	Indoor Pool	**Beg.**	Mitzi
2:00-2:30 pm	**Meditation/Relaxation**	Meditation Rm	**Beg.**	Sharon
5:00-5:30 pm	**Gentle Yoga I-II**	Meditation Rm	**Open**	Melanie
5:15-6:00 pm	**Power Track**	Aqua Track	**Adv.**	Barbie
5:30-6:30 pm	**Cardio Pump I**	East Gym	**Beg-Int.**	Jalaina
5:30-6:30 pm	**Yoga Flow**	Meditation Rm.	**Int.**	Melanie
6:00-6:30 pm	**First Step Cardio**	Track/ Studio 2	**FS**	Bob
6:00-6:45 pm	**Aqua Lite & Low**	indoor Pool	**Beg.**	Phyllis
6:00-6:45 pm	**Cardio Fit Cycling**	Studio 3	**Adv.**	Penny
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff
6:30-7:00 pm	**FS Walking w/Weights**	Track/ Studio 2	**FS**	Bob
6:30-7:30 pm	**Vinyasa Flow Yoga**	Meditation Rm	**Int-Adv.**	Melanie
6:30-7:15 pm	**Zumba Blast**	Studio 1	**Beg-Int.**	Rachel
6:45-7:15 pm	**Aqua Walk**	Aqua Track	**FS**	Phyllis

tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	**Cycling**	Studio 3	**Int.**	Julie Gr
5:45-6:30 am	**Body Sculpt I**	Studio 1	**Beg.**	Wendy
8:45-9:30 am	**Gentle Flow Yoga**	Meditation Rm.	**FS**	Julie B
9:00-9:45 am	**EZ Moves**	Aqua Track	**Beg.**	Julie Gip
9:00-9:45 am	**Functional Stretching**	Studio 2	**FS-Beg.**	Joe
9:15-10:15 am	**Cardio Pump II**	Studio 1	**Int.**	Judy
9:30-10:00 am	**Chair Flow Yoga**	Meditation Rm.	**FS**	Julie B
9:30-10:15 am	**Cycling**	Studio 3	**Beg-Int.**	Gary
10:00-10:45 am	**Aqua Lite & Low**	Indoor Pool	**Beg-Int.**	Julie Gip
10:00-11:00 am	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Julie B
10:15-11:00 am	**Core Sport/ Kettlebell**	Studio 1	**Int.**	Judy
10:15-11:00 am	**Interval Endurance**	Studio 2	**Int-Adv.**	Erica
11:30-12:15 pm	**Fast Beg. Tap Blast**	Studio 3	**Beg.**	Stephanie
10:45-11:00 am	**Strength & Stretch**	Indoor Pool	**FS**	Julie Gip
11:00-11:30 am	**Aqua Balance/Move.**	Indoor Pool	**FS**	Julie Gip
12:00-1:00 pm	***Adaptive Training**	Fitness Floor	**--**	Jason
12:15-1:00 pm	**Back Hab**	Aqua Track	**Beg.**	Julie Gip
12:30-1:00 pm	**Fall Prevention**	Studio 2	**FS**	Bob
1:00-1:30 pm	**First Step Cardio**	Studio 2	**FS**	Bob
1:30-2:00 pm	**First Step Tone**	Studio 2	**FS**	Bob
4:00-5:00 pm	***Adaptive Training**	Fitness Floor	**--**	Anthony
5:00-5:30 pm	**Gentle Yoga**	Meditation Rm	**FS**	Staff
5:15-6:00 pm	**Power Track**	Aqua Track	**Int.**	Dona
5:30-6:00 pm	**Intro to Kettlebells**	East Gym	**FS-Int.**	Matt
5:45-6:45 pm	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Staff
5:45-6:30 pm	**Core Strength & Tone**	Studio 2	**Beg-Int.**	Chad
6:00-6:45 pm	**Water Aerobics**	Indoor Pool	**Int.**	Melissa
6:00-6:45 pm	**Int. Tap Blast**	Studio 3	**Int.**	Stephanie
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff
6:30-7:30 pm	**Body Sculpt II**	West Gym	**Int-Adv.**	Suzanne
7:30-8:15 pm	**Zumba Blast**	Studio 2	**Open**	Bethany

wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	**Power H2O**	Indoor Pool	**Int/Adv.**	Abby
6:00-7:00 am	**Boot Camp+Kettlebell**	Studio 1	**Adv.**	Matt
6:15-7:00 am	**Water Aerobics**	Indoor Pool	**Int.**	Mitzi
8:30-9:15 am	**Water Aerobics**	Indoor Pool	**Int.**	Julie Gip
9:15-9:45 am	**Aqua Deep Core**	Indoor Pool	**Int.**	Julie Gip
9:15-10:15 am	**Tap Blast**	Studio 3	**Open**	Stephanie
9:15-10:00 am	**Body Sculpt I**	Studio 1	**Int.**	Erica
9:15-10:00 am	**Gentle Yoga**	Meditation Rm.	**FS**	Keri
9:45-10:30 am	**Aqua Lite & Low**	Indoor Pool	**Beg-Int.**	Julie Gip
10:00-10:15 am	**Circuit Orientation**	Circuit Area	**FS**	Callan
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Callan
10:15-11:00 am	**Young at Heart**	Studio 2	**Beg.**	Erica
10:15-11:00 am	**Latin Dance Workout**	Studio 1	**Beg-Int.**	Judy
10:15-11:15 am	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Keri
11:00-11:30 am	**Stretch for Life**	Studio 2	**FS**	Erica
12:15-1:00 pm	**Core Strength & Tone**	Studio 1	**Int.**	Julie Gr
12:15-1:00 pm	**EZ Moves**	Aqua Track	**Beg.**	Mitzi
1:15-2:00 pm	**Aqua Lite & Low**	Indoor Pool	**Beg.**	Mitzi
5:00-5:30 pm	**Gentle Yoga**	Meditation Rm	**FS**	Maria
5:15-6:00 pm	**Power Track**	Aqua Track	**Adv.**	Barbie
5:30-6:30 pm	**Cardio Pump I**	East Gym	**Beg-Int.**	Jalaina
5:35-6:30 pm	**Basic Yoga**	Meditation Rm.	**Beg.**	Maria
6:00-6:30 pm	**First Step Cardio**	Track/ Studio 2	**FS**	Bob
6:00-6:45 pm	**Aqua Lite & Low**	Indoor Pool	**Beg.**	Dona
6:00-6:45 pm	**Cardio Fit Cycling**	Studio 3	**Adv.**	Penny
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff
6:30-7:00 pm	**FS Walking w/Weights**	Track/ Studio 2	**FS**	Bob
6:30-7:15 pm	**Zumba Blast**	Studio 1	**Beg-Int.**	Aimee
6:35-7:30 pm	**All Levels Yoga**	Meditation Rm.	**Open**	Maria
6:45-7:15 pm	**Aqua Walk**	Aqua Track	**FS**	Dona
7:30-8:15 pm	**Ballet Blast**	Studio 3	**Beg-Int.**	Rachel/ Stephanie

thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	**Cycling**	Studio 3	**Int.**	Michelle
5:45-6:30 am	**Body Sculpt I**	Studio 1	**Beg.**	Wendy
8:45-9:30 am	**Gentle Flow Yoga**	Meditation Rm.	**FS**	Julie B
9:00-9:45 am	**EZ Moves**	Aqua Track	**Beg.**	Julie Gip
9:00-9:45 am	**Functional Stretching**	Studio 2	**FS-Beg.**	Joe
9:15-10:00 am	**Interval Endurance**	Studio 1	**Int-Adv.**	Erica
9:30-10:00 am	**Chair Flow Yoga**	Meditation Rm.	**FS**	Julie B
9:30-10:15 am	**Cycling**	Studio 3	**Beg-Int.**	Gary
10:00-10:45 am	**Aqua Lite & Low**	Indoor Pool	**Beg-Int.**	Julie Gip
10:00-11:00 am	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Julie B
10:15-11:00 am	**Core/ Sport**	Studio 1	**Int.**	Karrie
10:30-11:15 am	**Mat Pilates Lite 2**	Studio 2	**FS-Beg.**	Sarah
10:45-11:00 am	**Strength & Stretch**	Indoor Pool	**FS**	Julie Gip
11:00-11:30 am	**Aqua Balance/Move.**	Indoor Pool	**FS**	Julie Gip
11:30-12:15 pm	**Mat Pilates Lite 1**	Studio 2	**FS**	Sarah
12:00-1:00 pm	***Adaptive Training**	Fitness Floor	**--**	Jason
12:15-1:00 pm	**Back Hab**	Aqua Track	**Beg.**	Julie Gip
12:30-1:00 pm	**Fall Prevention**	Studio 2	**FS**	Bob
1:00-1:30 pm	**First Step Cardio**	Studio 2	**FS**	Bob
1:30-2:00 pm	**First Step Tone**	Studio 2	**FS**	Bob
4:00-4:30 pm	**Meditation/Relaxation**	Meditation Rm	**Beg.**	Sharon
4:00-5:00 pm	***Adaptive Training**	Fitness Floor	**--**	Anthony
5:00-5:30 pm	**Gentle Yoga I-II**	Meditation Rm	**Open**	Amy
5:15-6:00 pm	**Power Track**	Aqua Track	**Adv.**	Abby
5:30-6:00 pm	**Intro to Kettlebells**	East Gym	**FS-Int.**	Matt
5:45-6:45 pm	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Amy
5:45-6:15 pm	**Beg. Tap Blast**	Studio 3	**Beg.**	Stephanie
6:00-6:45 pm	**Aqua Zumba Blast**	Indoor Pool	**Beg-Int.**	Aimee
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff
6:15-7:00 pm	**Int. Tap Blast**	Studio 3	**Int.**	Stephanie
6:30-7:30 pm	**Body Sculpt II**	West Gym	**Int-Adv.**	Suzanne
7:30-8:15 p.m.	**Zumba Blast**	Studio 2	**Open**	Rachel

friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	**Cycling**	Studio 3	**Int-Adv.**	Penny
5:30-6:15 am	**Power Track**	Aqua Track	**Adv.**	Julie Gr
6:00-7:00 am	**Cardio Pump II**	Studio 1	**Adv.**	Callan
6:15-7:00 am	**Water Aerobics**	Indoor Pool	**Int.**	Julie Gr
8:30-9:15 am	**Water Aerobics**	Indoor Pool	**Int.**	Julie Gr/Mitzi
9:15-9:45 am	**Aqua Deep Core**	Indoor Pool	**Int.**	Julie Gr/Mitzi
9:15-10:00 am	**Body Sculpt I**	Studio 1	**Int.**	Michelle
9:15-10:15 am	**Restorative Yoga**	Meditation Rm.	**Beg-Int.**	Julie B
9:45-10:15 am	**Aqua Walk**	Aqua Track	**FS**	Julie Gr/Mitzi
10:15-11:00 am	**Young At Heart**	Studio 2	**Beg.**	Callan
10:15-11:00 am	**Zumba Blast**	Studio 1	**Beg-Int.**	Aimee
11:00-11:30 am	**Stretch for Life**	Studio 2	**FS**	Tyler
12:15-1:00 pm	**Cross Train+Cycling**	Studio 3	**Beg-Int.**	Julie Gr
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff

Group Fitness Etiquette

- Consult your physician before beginning any exercise program.
- If you are a new member to ProActive, please take advantage of the comprehensive wellness assessment with our certified personal trainers & member coach.
- Classes are evaluated regularly for attendance records to determine class offerings. Your regular attendance will contribute to the class's continuation for the next session.
- Please let the instructor know if you are new to class or have any medical considerations or physical limitations including injuries, pregnancy, or special medications requiring modified exercises.
- We encourage you to follow the instructor's routine. Be considerate to the instructor, aware of the class level you attend and take the appropriate level for your fitness needs. You are welcome to slightly modify the exercises when needed.
- Please inform the instructor at the beginning of class if you plan to leave early. Your participation in the cool down and stretch at the end of class is encouraged.

saturday-sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
SATURDAY				
7:15-8:00 am	**Dynamic Cross Train**	East Gym	**Int-Adv.**	Callen
8:00-8:45 am	**Cycling**	Studio 3	**Int.**	Staff
8:15-8:45 am	**Intro to Kettlebells**	West Gym	**Beg-Int.**	Matt
8:30-9:15 am	**Zumba Blast**	Studio 1	**Beg-Int.**	Rachel
9:00-9:45 am	**Power Track**	Aqua Track	**Adv.**	Staff
9:00-10:00 am	**Body Sculpt II**	West Gym	**Int-Adv.**	Tyler
9:30-10:00 am	**Gentle Yoga**	Meditation Rm.	**FS**	Staff
10:00-10:45 am	**Water Aerobics**	Indoor Pool	**Int.**	Staff
10:00-10:15 am	**Circuit Orientation**	Circuit Area	**FS**	Staff
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Staff
10:15-11:15 am	**Basic Yoga**	Meditation Rm.	**Beg.**	Staff
11:00-11:30 am	**Aqua Walk**	Aqua Track	**FS**	Staff
11:00-11:30 am	**First Step Tone**	Studio 2	**FS**	Tim
11:30-12:00 pm	**First Step Cardio**	Track/ Studio 2	**FS**	Tim
11:30-12:15 pm	**Core Strength & Tone**	Studio 2	**Int.**	Monica/Kerrie
12:00-12:45 pm	**Zumba Blast**	Studio 3	**Beg-Int.**	Melissa
SUNDAY				
9:00-10:00 am	**Cardio Fit Cycling**	Studio 3	**Int.**	Penny
3:00-3:45 pm	**Aqua-Lates**	Aqua Track	**FS**	Dona
3:00-3:50 pm	**Core Flow**	Studio 1	**Beg-Int.**	Chad
3:30-4:30 pm	**Beg. Ballroom Blast**	Studio 2	**Beg.**	Bethany
4:00-5:00 pm	**Yoga I-II**	Meditation Rm.	**Beg-Int.**	Chad
4:30-5:15 pm	**Hip Hop Blast**	Studio 3	**Open**	Rikki/Vijay
4:30-5:30 pm	**Int. Ballroom Blast**	Studio 2	**Int.**	Bethany
5:15-6:00 pm	**Tai Chi**	Studio 3	**Beg-Int.**	Michael
5:30-6:30 pm	**Zumba Blast**	Studio 1	**Beg-Int.**	Melissa/ Bethany

Extra Encouragement

Personal trainers can help their clients achieve results in a safe and effective manner. Contact Charlie Bills, Fitness Manager, at 402.413.4012 or cbills@madonnaproactive.org to find the trainer right for you and your exercise goals.

ProActive Class Descriptions

■ = Land Classes ● = Water Classes

■ *ADAPTIVE TRAINING

This program is designed to assist people with physical limitations such as spinal cord injuries, stroke, etc. while focusing on the goal of exercising independently. The class involves strength and cardiovascular training and stretching. *Contact Anthony Sobotka or Jason Cooper at 402.413.4024 to attend.

● AQUA BALANCE AND MOVEMENT

This is a “First Step” class that focuses on range of motion and stability in the water. It is an excellent class for those with multiple sclerosis.

● AQUA DEEP CORE

This class will show you different ways to engage and maintain correct postural stabilization with a focus on the core (abdominals).

● 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.

● AQUA WALK

Enjoy the benefits of our indoor aqua track. This class incorporates basic walking exercises going against & with the current as well as forwards, backwards and laterally. Beneficial for those with hip & knee problems.

● BACK HAB

This class is excellent for those individuals with back pain or discomfort. The exercises are low impact and designed to strengthen the muscles in the back.

■ BALLET BLAST

Incorporate movements at the ballet barre to enhance fitness. Focus on abdominal work to stabilize the body and provide balance and core strength. During the year, this class may be held in the pool to focus on water resistance.

■ BALLROOM BLAST

Learn the Cha-Cha, Foxtrot, Rumba and new steps each week in this total body workout class. No partner required.

■ BODY SCULPT I and II

A total body weight training class that concentrates on exercises to improve muscular strength and endurance giving you “head-to-toe” training.

■ BOOT CAMP

Total body workout of cardio and strength training and flexibility drills that vary each class depending on who is in attendance. Students must have maintained an intermediate level of fitness including cardio conditioning and strength training.

■ CARDIO PUMP I and II

Get a complete cardiovascular workout using the step & walking track. We incorporate weight training with light dumbbells, body bar & resistance bands.

■ CORE/ SPORT
Use the core pilates, exercise and medicine balls to develop and tone a strong midsection to promote strong backs and centers.

■ CORE FLOW
Designed to develop core strength using resistance movement with the support of a barre, this class is specifically geared toward the non-dancer. Through focused stretching you will experience increased balance, fl exibility, and joint mobility.

● CORE STRENGTH & TONE, MAT PILATES, & AQUA-LATES (WATER)
A continuous, non-impact form of exercise that focuses on strengthening and stretching your whole body. Beginning and experienced pilates students will be invigorated during and after this workout.

■ CYCLING
Put a “spin” on your workout! Cycling is a cardiovascular workout on stationary bikes for the mind, body & spirit. All fitness levels can enjoy this fast-paced ride. **Cardio Fit Cycling** mixes technique-based riding, sport specific drills and motivating music which combine to make for an exciting and unpredictable ride.

■ DYNAMIC CROSS TRAIN
A collaborative combination of cardio, strength training, and stretching. Utilizing techniques from team sports, station drills, kettlebell training, bodyweight training, and low and high intensity workout routines.

● 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.

■ FALL PREVENTION
Gain muscle strength, balance and coordination in this First Step level class.

■ FUNCTIONAL STRETCHING
Beginning level class of daily stretching for the entire body to facilitate and improve flexibility and balance for everyday activities. Instructor is massage therapist and Bowen trained Joe Fairbanks. All levels welcome.

■ FIRST STEP CARDIO & FIRST STEP TONE
These introductory classes are a great starting point in your fitness routine. They are low-impact classes that together create a well-rounded program for beginners.

■ FIRST STEP CIRCUIT
Circuit training works the entire body as individuals move through a “circuit” of equipment. This class welcomes all fitness levels and improves cardiovascular fitness, muscle strength, tone, balance, coordination and flexibility. Arrive 15 minutes early for a **Circuit Orientation** to learn more about the equipment.

■ FIRST STEP WALKING WITH WEIGHTS
This class is for those who are new to exercise. It is a great calorie burner as well as a cardiovascular strengthening class.

■ HIP HOP BLAST
Quick moves, isolation of arms, torso and legs, mixing jazz, rock and pop for unique and personal dance interpretations.

■ INTERVAL ENDURANCE
This total body workout involving cardio & strength training uses a variety of drills, intervals & high intensity movements. Classes will start in the studio but will move to the track, gym, outdoor spaces and treadmill area depending on instructor’s choice for the day.

■ KETTLEBELL
Kettlebells are a strengthening tool to work the entire body from head to toe and allow the body to be functional in all planes of motion without the risk of injury.

■ LATIN DANCE WORKOUT
Energizing latin rhythms in an aerobic workout. Features interval training sessions where faster & slower rhythms are used to tone & sculpt your body.

■ MEDITATION/RELAXATION
Experience a variety of guided imagery, visualization & relaxation techniques & concepts. Persons with all experience levels in meditation are welcome to attend.

● POWER H2O
This class will sculpt your midsection as you improve your body’s overall strength, balance, coordination and cardio training. A medium to high intensity cardio and toning water workout for the early riser.

● POWER TRACK
A fast paced water workout using our unique Aqua Track. This class will get you moving with a challenging total body workout.

■ STRENGTH & STRETCH
Strengthening exercises with pieces of water equipment. Class ends with appropriate stretches for the exercises performed during the 15 minute class.

■ STRETCH FOR LIFE
Gentle stretching using helpful breathing principles-upper body and lower body.

■ TAI CHI
Tai Chi incorporates gentle, fluid movements at a slow tempo. This class will help increase balance and coordination.

■ TAP BLAST
Learn the basics of tap dancing including shuffles, flaps, stomps and progress to combinations. You may wear tap shoes or sneakers. All ages are welcome and no experience is needed.

● WATER AEROBICS

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

■ YOGA

All Levels Yoga combines simple, basic poses with mindful breathing. You will learn the fundamentals of technique, flow, breath and relaxation in a safe and structured way. Students of all levels who are ready to deepen their practice are welcome to attend.
Basic Yoga is for beginners. Members will learn basic yoga postures and how to connect their mind and body in their practice.
Chair Flow Yoga is a very gentle class using a straight back chair for support for any clients who need to be seated during class.
Gentle Yoga is an introductory class focusing on stretching and toning muscles that are often neglected but important to keeping you healthy and mobile.
Resorative Yoga is a practice that enhances beneficial resting principles. While we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely.
Vinyasa Flow Yoga is a challenging and invigorating full body workout for those familiar with basic postures who want a more challenging workout.
Yoga I & II are designed for those with previous experience. Class will build upon basic principles to lengthen and strengthen the main muscles of the body.
Yoga Flow will use continuous poses that are linked by breath and movement to create flowing sequences, strengthening the body and clearing the mind. Each class focuses on how breath, anatomy and alignment work in concert for improved physical performance.

■ YOUNG AT HEART

Young at Heart is a low impact, low intensity cardio workout using a variety of exercises to work participants' strength, cardio and flexibility. Balance exercises and floor exercises on the mat will be incorporated.

■ ZUMBA BLAST

Zumba fuses energizing latin rhythms into an aerobic workout. The routine features interval training sessions where faster & slower rhythms are created while training to tone & sculpt your body. No dance experience necessary!

Questions or concerns about a class? Please ask the instructor following class or contact Group Fitness Manager Bob Chase at 402.413.4017.

Soteria Massage and Bodywork

Thai Massage
A profoundly therapeutic and dynamic massage that combines stretches, muscle compression and trigger points to more thoroughly release tension in deep muscle and connective tissue. This massage will help you relax and feel more grounded and energized.
Stop by or call the front desk to schedule your next massage at Soteria.
402.420.0000

Bringing a guest?

Member Guest Pass – The member must be present during purchase; guests under the age of 18 must have the guest waiver signed/authorized by an adult.

Required for anyone 13 years and older
- One Day - $10 plus tax
- Punch Card, Five to Nine Visits - $9 plus tax per visit (10% discount)
- Punch Card, Ten Visits - $85 plus tax (15% discount)
- One Week Pass - $35 plus tax (7 consecutive days)

Required for children 2-12 years old
- One Day - $5 plus tax
- Child Punch Card, Ten Visits - $42.50 plus tax (15% discount)

NOTE: Member's children and grandchildren, 12 and under, are free when they accompany a member and are not charged a guest fee. Children 12 and under are only allowed in the pool area and the basketball court; supervision by an adult is required.

If you have any questions on guest policies, please see a Membership staff member.

Basketball Court Reservations

The court is unavailable for recreational use during the following times:

Monday:	6:30-8:00 a.m.	Full Court	Pick-up Basketball
	5:30-6:30 p.m.	East Gym	Cardio Pump I
	6:45-7:30 p.m.	East Gym	Adaptive Dance (Oct 21-Dec.9)
Tuesday:	5:30-6:00 p.m.	East Gym	Intro to Kettlebells
	6:30-7:30 p.m.	West Gym	Body Sculpt II
	7:30-10:00 p.m.	Full Court	Wheelchair Basketball
Wednesday:	5:30-6:30 p.m.	East Gym	Cardio P./ Body Sc.
	6:30-8:30 p.m.	Full Court	Power Soccer
Thursday:	11:00-12:00 p.m.	Full Court	Pick-up Basketball
	5:30-6:00 p.m.	East Gym	Intro to Kettlebells
	6:30-7:30 p.m.	West Gym	Body Sculpt II
	8:00-8:30 p.m.	East Gym	Sport Specific Training
Friday:	6:30-8:00 a.m.	Full Court	Pick-up Basketball
Saturday:	7:15-8:00 a.m.	East Gym	Dynamic Cross Train
	8:15-8:45 a.m.	West Gym	Intro to Kettlebells
	9:00-10:00 a.m.	West Gym	Body Sculpt II
Sunday:	5:30-7:00 p.m.	East Gym	Dance Rehearsal

October Open Swim Times

Aqua Track

Monday
5 am- 5:30 am
6:15 am- 12:15 pm
1 pm- 5:15 pm
6 pm- 6:45 pm
7:15 pm- 9:30 pm

Tuesday
5 am- 9 am
9:45 am- 12:15 pm
1 pm- 5:15 pm
6 pm- 9:30 pm

Wednesday
5 am- 12:15 pm
1 pm- 5:15 pm
6 pm- 6:45 pm
7:15 pm- 9:30 pm

Thursday
5 am- 9 am
9:45 am- 12:15 pm
1 pm- 5:15 pm
6 pm- 9:30 pm

Friday
6:15 am- 9:45 am
10:15 am- 7:30 pm

Saturday
7 am- 9 am
9:45 am- 11 am
11:30 am- 6:30 pm

Sunday
7 am- 3 pm
3:45 pm- 6:30 pm

Indoor Pool

Monday
5 am- 6:15 am
7 am- 8:30 am
10:30 am- 1 pm
2 pm- 4 pm
6:45 pm- 7:30 pm
8:15 pm- 9:30 pm

Tuesday
5 am- 10 am
11:30 am- 4 pm
6:45 pm- 9:30 pm

Wednesday
7 am- 8:30 am
10:30 am- 1 pm
2 pm- 4 pm
8:15 pm- 9:30 pm

Thursday
5 am- 10 am
11:30 am- 4:30 pm
7:15 pm- 9:30 pm

Friday
5 am- 6:15 am
7 am- 8:30 am
9:45 am- 7:30 pm

Saturday
7 am- 10 am
10:45 am- 6:30 pm

Sunday
Open all day 7 am- 6:30 pm

Questions? Contact Julie Gipson, Aquatics Supervisor, at jgipson@madonnaproactive.org.or 402.413.4016

Swim Lessons

- Kid lessons are 30 minutes and meet once a week for 8 weeks.
- The next session begins Jan. 6, Registration Dec. 16-22.
- Adult lessons: Jan. 6-Feb. 10 Lessons are 45 minutes and meet once a week for 6 weeks.

Chase Dance

Fall Break: October 12-15

Starting kids on a lifetime habit of dance and exercise is our goal- let's get dancing! Call Stephanie Chase with questions at 402.413.4018. Registration still open. Stop by the front desk,

Holistic Health Calendar

PROACTIVE
Medically Based Health and Fitness

More information regarding classes and events is available on the next page.

October
2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 **Ballet Blast** **7:30-8:15 pm**	3 **Meditation Class** **4-4:30 pm**	4	5
6 **Zumba Blast** **5:30-6:30 pm**	7 **Meditation Class** **2-2:30 pm** YOU Time begins 6:30-7:30 pm	8 **Nutrition 101** **5-5:30 pm**	9 **Ballet Blast** **7:30-8:15 pm**	10 **Nutrition 101** **12-12:30 pm** **Meditation Class** **4-4:30 pm**	11	12
13 **Zumba Blast** **5:30-6:30 pm**	14 **Meditation Class** **2-2:30 pm** **On-the-Go Nutrition** **12-1 pm** **Fall Festival,**	15 **On-the-Go Nutrition** **4:30-5:30 pm** **October 14-20**	16 Flu Vaccines 7-9 am **Ballet Blast** **7:30-8:15 pm** **Fall Festival,**	17 **On-the-Go Nutrition** **9:30-10:30 am** **Meditation Class** **4-4:30 pm** **October 14-20**	18	19
20 **Zumba Blast** **5:30-6:30 pm**	21 **Meditation Class** **2-2:30 pm** Food for Thought 5-6 pm	22	23 **Ballet Blast** **7:30-8:15 pm**	24 **Meditation Class** **4-4:30 pm** Food for Thought 12-1 pm	25	26
27 Fall Into Dance Benefit with costume sale, 2 pm **Zumba Blast** **5:30-6:30 pm**	28 **Meditation Class** **2-2:30 pm**	29	30 Blood Pressure & Cholesterol, 7-9 am Make-up Flu Vaccines, 5-6:30 pm **Ballet Blast** **7:30-8:15 pm**	31 **Meditation Class** **4-4:30 pm**		

October Event Descriptions

Nutrition:

Food for Thought: Food for your Bones

Calcium is an essential mineral for bone strength and re-modeling. Unfortunately, many Americans are not consuming enough high-calcium foods to support proper bone health, which leads to osteopenia or osteoporosis. Learn which vitamin can help your body absorb calcium, and taste a variety of high-calcium foods that can improve your bone health! $5 for registration by Oct. 10, $10 for registration Oct. 11-17. Non-member pricing available.

Nutrition 101: Heart Health

Join Registered Dietitian and Licensed Medical Nutrition Therapist Katie Bolte for a free nutrition class. These monthly presentations are geared towards new members and provide basic tips and strategies on heart healthy eating, carbohydrate counting and reading nutrition labels. Pre-register at the front desk. Questions? Contact Katie at 402.413.3559 or kbolte@madonna.org.

On-the-Go Nutrition: Dig into Dairy Products

Stop and chat with Katie Bolte, RD, LMNT at her booth and follow the "Aisle by Aisle" series, an appetizing tour through the grocery store.

Fitness:

Ballet Blast

Incorporate movements at the ballet barre to enhance fitness. Focus on abdominal work to stabilize the body and provide balance and core strength.

Zumba Blast

Zumba fuses energizing latin rhythms into an aerobic workout. The routine features interval training sessions where faster and slower rhythms are created while training to tone and sculpt your body. No dance experience needed!

Sharon Duffy, RN, MS, CRRN offers nurse consultation clinics. Call 402.413.3556 or email sduffy@madonna.org to schedule an appointment.

Bolded classes and events are free to members.

Please register for classes at the front desk.

Health:

Blood Pressure and Cholesterol Checks

Free blood pressure checks are available. Reservations must be made at the front desk for the cholesterol test and we recommend fasting for 8-10 hours prior to the test. Cholesterol screening: $20.

Meditation/Relaxation

Experience a variety of guided imagery, visualization and relaxation techniques and concepts. Persons with all experience levels in meditation are welcome to attend. These classes are free as part of membership.

YOU Time

Join us for a 12-week program to keep you on track to make habits out of hopes for your fitness, nutrition and overall good health. For more information, contact Cheree Buesing, cbuesing@madonna.org or 402.413.4031.

Other:

Fall Festival

We want to say "Thank you" for being such great members. Watch for great information, specials and delicious treats.

Fall Into Dance Benefit

Bring canned food items or monetary donation for admission. All proceeds go to Matt Talbot Kitchen and Lincoln Food Bank.

Need a costume for Halloween? Dance costumes will be on sale in the Education Room before and after Fall into Dance. All proceeds go to ProActive's JUST DANCERS Troupe.

Flu Vaccines

Ward off winter illness with a flu vaccine. ProActive will be administering flu shots on October 16 & 30. $23 for members, $25 for non-members. Sign up at the front desk.

Club Hours

Monday-Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday-Sunday	7 am - 7 pm

Pool Hours

Monday-Thursday	5 am - 9:30 pm
Friday	5 am - 7:30 pm
Saturday-Sunday	7 am - 6:30 pm

Lifeguard Hours

Monday-Thursday	4 pm - 9:30 pm
Friday	4:30 pm- 7:30 pm
Saturday-Sunday	1 pm - 6:30 pm

Play Center Hours

Monday-Thursday	8:30 am - 1:30 pm
	4 pm - 8 pm
Friday	8:30 am - 1:30 pm
	4 pm - 7 pm
Saturday	9 am - 1:30 pm
Sunday	1 pm - 5 pm

Soteria Hours

Monday-Friday	9 am - 7 pm
Saturday	9 am - 5 pm

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

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