

# The Source

- ProActive News -

## June 2014

### HAVE YOU HEARD?

#### ► HOLIDAY HOURS

Club hours on Independence Day, July 4, 5 a.m.–5 p.m.  
No Group Fitness Classes  
Play Center Closed

#### ► SUMMER SWIM LESSONS

**Child Lessons July 7-31**, are 30 minutes and meet TWICE a week for 4 weeks. Registration: June 16-22

**Adult Lessons July 9-Aug 13**, are 45 minutes and meet ONCE a week for 6 weeks. Register anytime.

Questions? Contact Aquatics Supv. Julie Gipson at 402.413.4016 or [jgipson@madonnaproactive.org](mailto:jgipson@madonnaproactive.org).

#### ► BLOOD PRESSURE SURVEY

Stop by the on-the-go booths throughout the month of June to test your blood pressure and complete a short survey to help us develop future ProActive programs.

### Thai Massage

Thai massage is a relaxing and revitalizing form of bodywork. It blends assisted yoga stretches and traditional massage techniques. Results typically include a deep release of mental and physical stress as well as improved joint mobility and increased flexibility. Therapists will use their feet, knees, forearms and hands to weave together a sequence of profoundly healing stretches, compressions and gentle rocking movements. Technique is performed while client is dressed in comfortable, loose fitting clothing.

30 minutes	\$45 member	\$50 non-member
60 minutes	\$63 member	\$70 non-member

Receive a 10% discount when you purchase a 3-massage package

30 minutes	\$121.50 member	\$135 non-member
60 minutes	\$175.50 member	\$195 non-member

### MEMBER REFERRAL SPECIAL - Take me out to the ball game!

Refer a new Primary or Senior member in May or June and be entered in a drawing for a FREE DAY TRIP FOR 2 TO A KANSAS CITY ROYALS GAME IN JULY.

Encourage friends and family to join ProActive. Not only will we say THANK YOU with 2 free guest passes and \$10 in club bucks, you will also have a chance to see the Kansas City Royals play the Detroit Tigers on Sunday, July 13.

### Transformation Challenge Winners

Each category winner received a \$100 VISA Gift Card

Top Overall Male: Jeff Pietzyk (27.92%)

Top Overall Female: Heather Canaday (24.88%)

#### Age Division Winners:

39 & Under: Jeff Pietzyk (27.92%)

40-59: Sarah Stevicks (19.82%)

60 & Over: Cheryl Schulte (20.17%)

#### Winners of a FREE Month of Dues- Activity Minutes Drawing:

Lisa Yardley & Joni Guenther

### POOL PARTY DAY CAMP

**Camp Got Talent**, a coed dance and swim day camp for youth ages 7-12. Participants receive a tank top, lunch and snack!

June 23-27, 9 a.m.- 3 p.m.

\$140 member, \$150 non-member Register by June 16, after June 16 add \$10

### PROACTIVE DANCE

**Summer Dance Session:** 3 weeks, June 9-27

**Boys Only 3 Day Workshop:** Taught by Bob, Rikki, & Vijay.

Featuring hip hop, tap, and break dancing tricks.

June 5-7, 12-2 p.m. for ages 10-14

July 10-12, 12-2 p.m. for ages 5-9

\$75 Member, \$85 Non Member

For more information, contact Cheree Buesing at 402.413.4031 or [cbuesing@madonna.org](mailto:cbuesing@madonna.org).

# soteria

massage & bodywork at Madonna ProActive

7111 Stephanie Lane ■ 55th & Pine Lake Road  
402.420.0000 ■ [www.madonnaproactive.org](http://www.madonnaproactive.org)



## PROACTIVE

Medically Based Health and Fitness

# NEW Group Fitness Classes

## RetroRobics

Tues. & Thurs., 7:15-8:15 a.m., Studio 1

A retro-aerobic dance workout with basic to intermediate choreography. All fitness levels can enjoy this high energy blast-to-the-past cardio and dance movement workout. The goal is to have fun with this 80's dance party!

## Results45

Tues. & Thurs., 5:30-6:15 p.m., East Gym  
Sat., 8-8:45 a.m., East Gym

Results45 is designed to help beginning to intermediate participants in all aspects of their fitness goals whether it be weight loss, building lean muscle strength, or improving their cardiovascular system. The class will use the latest principles of weight training using kettlebells in conjunction with interval and bodyweight conditioning skills. Every class will be different so as to reap the benefits of muscle confusion.

## Barre Blast

Tues. & Thurs., 6:30-7:15 p.m., Studio 1

Barre Blast involves the disciplines of Pilates, dance and yoga. The focus of this beginning to intermediate class is on toning, building lean muscle, and getting a cardio workout using the stationary ballet barre and a variety of hand weights.

## H2O Boot Camp

Wed., 6-6:45 p.m., Outdoor Pool

## Aqua Zumba

Thurs., 6-6:45 p.m., Outdoor Pool

## H2O Barre Blast

Wed., June 4-25, 7:45-8:30 p.m., Indoor Pool

# Group Fitness Class Changes

### Cancelled Classes:

Cardio Fit Cycling	Sun., 9-10 a.m.
Fast Beg. Tap Blast	Tues., 11:30 a.m.-12:15 p.m.
Int. Tap Blast	Tues., 6-6:45 p.m.
Meditation/Relaxation	Mon., 2-2:30 p.m., June 2, 5 & 26 Thurs., 4-4:30 p.m., June 2, 5 & 26
Zumba Blast	Thurs., 7:30-8:15 p.m.
Zumba Blast	Sat., 8:30-9:15 a.m.

### New Time:

Beg. Tap Blast	Thurs., 6-6:30 p.m.
Int. Tap Blast	Thurs., 6:30-7:15 p.m.



\$20 Cholesterol & FREE Blood Pressure Checks

Wednesday, June 18, 7-9 a.m.

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



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

## ON-THE-GO

### I Scream, You Scream, We All Scream... ICE CREAM!

Mon., June 23, 5-6 p.m.  
Tues., June 24, 9-10 a.m.  
Wed., June 25, 12-1 p.m.

## NUTRITION 101

### Carb Counting

Mon., June 16, 5-5:30 p.m.  
Wed., June 18, 12-12:30 p.m.

Sign up at the front desk!

## Start Where You Are, As You Are

By Jason Cooper, B.A., NSCA-CSCS, CPT

You cannot start exercising in any other physical condition than your current state. We always start where we are. We cannot be where we are not; we cannot be who we are not.

What is the point in making such obvious statements? It is like saying the sky is blue. However, if we accepted the fact we must address our health and fitness from where we are, just as we are, maybe we will be less concerned with comparing ourselves to others. And not worried about where we could be or should be. I think people sometimes postpone or abandon efforts at exercise because we wish we could start from somewhere other than where we are.

Some of us pass on healthy eating today because we know we cannot un-eat what we did in previous years. If you have ever thought, "I would be so much more healthy and fit if I would have been doing this all along. It's a lost cause. Why start now?" please remember you are not making the most of what you have if you remain fixated on the past instead of moving forward and changing habits. Comparison, regret and frankly, shame do not need to keep us from being our healthiest selves. Please accept my perpetual invitation to participate in your life of fitness. Start where you are and as you are, because that's the only place you can.

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