July-August

2013 Group Exercise Schedule

Outdoor Pool Rules Summer 2013

See the front desk or pool area for a full listing of pool regulations.

Children

- Children under the age of 13 must be supervised by an adult or guardian over the age of 18 and adults must be in the pool area. For their health, children under 13 are not allowed in the hot tubs, aqua track, steam room or saunas.
- Children 5 and younger must be supervised by an adult at least 18 years old and the supervising adult must be within arm's length of the child.
- Infants are required to wear swim diapers.
- US Coast Guard or Red Cross life jackets are recommended. Flotation devices including water rings or wings are not allowed.

Recreation

- Recreational swimming is not allowed in the outdoor or indoor pool during safety breaks. Recreational swimming in the indoor pool is strongly discouraged when lifeguards are supervising the outdoor pool.
- Hard balls, such as tennis, golf, football, baseball, softball or racquetballs are not allowed.
- Use of personal nerf and splash balls, noodles, and kickboards is permitted. **ProActive noodles and kickboards are for class and therapy purposes only.**
- When lifeguards are on duty they have the right to prohibit any behavior they deem unsafe.

Food and Beverages

- Outside food, drinks (other than bottled water) or coolers are not allowed. Snacks may be purchased from ProActive's Commons, near the front desk.
- **No chewing gum is allowed in pool areas.**

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** Begins August 1	Outdoor Pool	**Int.**	Julie Gr
8:30-9:15 am	**Water Aerobics**	Outdoor Pool	**Int.**	Julie Gip
9:15-9:45 am	**Aqua Deep Core**	Outdoor 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**	Outdoor 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**	Kahle
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Kahle
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**	Kayla
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.**	Staff
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**	Outdoor 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.**	Kayla
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**	Outdoor 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
10:30-11:15 am	**Fast Beg. Tap Blast**	Studio 3	**Beg.**	Stephanie
10:45-11:00 am	**Strength & Stretch**	Outdoor Pool	**FS**	Julie Gip
11:00-11:30 am	**Aqua Balance/Move.**	Outdoor 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**	Amy
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.**	Amy
5:45-6:30 pm	**Core Strength & Tone**	Studio 1	**Beg-Int.**	Chad
6:00-6:45 pm	**Water Aerobics**	Outdoor Pool	**Int.**	Melissa
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
5:30-6:15 am	**Power H2O**	Outdoor Pool	**Int/Adv.**	Abby
6:00-7:00 am	**Boot Camp+Kettlebell**	Studio 1	**Adv.**	Matt
6:15-7:00 am	**Water Aerobics** Begins August 1	Outdoor Pool	**Int.**	Mitzi
8:30-9:15 am	**Water Aerobics**	Outdoor Pool	**Int.**	Julie Gip
9:15-9:45 am	**Aqua Deep Core**	Outdoor 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**	Outdoor Pool	**Beg-Int.**	Julie Gip
10:00-10:15 am	**Circuit Orientation**	Circuit Area	**FS**	Kahle
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Kahle
10:15-11:00 am	**Young at Heart**	Studio 2	**Beg.**	Erica
10:15-11:00 am	**Zumba Blast**	Studio 1	**Beg-Int.**	Kayla
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.**	Staff
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**	Outdoor 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	**Water Ballet Blast** Must have prior Ballet experience.	Outdoor Pool	**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**	Outdoor 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
10:45-11:00 am	**Strength & Stretch**	Outdoor Pool	**FS**	Julie Gip
11:00-11:30 am	**Aqua Balance/Move.**	Outdoor 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
4:00-4:30 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
5:45-6:30 pm	**Beg. Tap Blast**	Studio 3	**Beg.**	Stephanie
6:00-6:45 pm	**Aqua Zumba Blast**	Outdoor Pool	**Beg-Int.**	Kayla
6:00-6:15 pm	**Circuit Orientation**	Circuit Area	**FS**	Staff
6:15-6:45 pm	**First Step Circuit**	Circuit Area	**FS**	Staff
6:30-7:15 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.**	Matt
6:15-7:00 am	**Water Aerobics** Begins August 1	Outdoor Pool	**Int.**	Julie Gr
8:30-9:15 am	**Water Aerobics**	Outdoor Pool	**Int.**	Julie Gr
9:15-9:45 am	**Aqua Deep Core**	Outdoor Pool	**Int.**	Julie Gr
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
10:00-10:15 am	**Circuit Orientation**	Circuit Area	**FS**	Kahle
10:15-10:45 am	**First Step Circuit**	Circuit Area	**FS**	Kahle
10:15-11:00 am	**Young At Heart**	Studio 2	**Beg.**	Matt
10:15-11:00 am	**Zumba Blast**	Studio 1	**Beg-Int.**	Aimee
11:00-11:30 am	**Stretch for Life**	Studio 2	**FS**	Kayla
12:15-1:00 pm	**Core Strength & Tone**	Studio 1	**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				
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.**	Suzanne
9:30-10:00 am	**Gentle Yoga**	Meditation Rm.	**FS**	Staff
10:00-10:45 am	**Water Aerobics**	Outdoor 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
11:30-12:15 pm	**Zumba Blast**	Studio 1	**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
5:30-6:30 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.

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.

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.

YOGA (continued)

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!
Aqua Zumba takes this fun class into the water for a low impact workout.

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

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	Trick Class
Tuesday:	5:30-6:00 p.m.	East Gym	Intro to Kettlebells
	6:30-7:30 p.m.	West Gym	Body Sculpt II
Wednesday:	5:30-6:30 p.m.	East Gym	Cardio P./ Body Sc.
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	8:15-8:45 a.m.	West Gym	Intro to Kettlebells
	9:00-10:00 a.m.	West Gym	Body Sculpt II

Soteria Massage and Bodywork

Deep Tissue massage is aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

Stop by or call the front desk to schedule your next massage at Soteria. 402.420.0000

Sports Performance

Referral Program:
Refer a friend to Sports Performance and receive a free training session!

Summer Hours:
Extended hours for the summer include: 8- 11 a.m. and 3:30-6:30pm. Contact Steve Tangen to schedule your next session today at stangen@madonnaproactive.org or 402.413.4021.

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.

August 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- 1 pm
2 pm- 9:30 pm

Tuesday
Open all day 5 am- 9:30 pm

Wednesday
5 am- 1 pm
2 pm- 9:30 pm

Thursday
Open all day 5 am- 9:30 pm

Friday
Open all day 5 am- 7:30 pm

Saturday
Open all day 7 am- 6:30 pm

Sunday
Open all day 7 am- 6:30 pm

Please Note:
- Swim Lessons continue through August 1. For July Indoor Pool Open Swim Times, refer to the posting in the pool area or the July listing.
- Classes in the Outdoor Pool may be moved indoors in bad weather.

Outdoor Pool

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

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

Wednesday
5 am- 5:30 am
7 am- 8:30 am
10:30 am- 6 pm
6:45 pm- 7:30 pm
8:15 pm- 9:30 pm

Thursday
5 am- 10 am
11:30 am- 6 pm
6:45 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
Curent swim lessons continue through August 1.

- Fall swim registration: Aug 19-25 Kid lessons meet once a week for 8 weeks, Sept 9-Oct 24.
- Adult lessons: Sept 9-Oct 10 Lessons are 45 minutes and meet once a week for 6 weeks.

Pool Party
The ProActive Annual Pool Party is Friday, July 19 from 4:30-6:30 p.m.

Fall Dance Open House & Registration
ProActive Chase Dance is holding registration on Sunday, August 12 & 19 from 1-4 p.m. and Wednesday, August 28 from 4:30-6:30 p.m. Dance class schedules will be available online and at the front desk.

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.

Holistic Health Calendar

PROACTIVE
Medically Based Health and Fitness

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

August
2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 **Zumba Blast** **5:30-6:30 pm**	5 **Meditation Class** **2-2:30 pm** **On-the-Go Nutrition** **4:30-5:30 pm**	6 **On-the-Go Nutrition** **12-1 pm**	7 **Water Ballet Blast** **7:30-8:15 pm**	8 **On-the-Go Nutrition** **9:30-10:30 am** **Meditation Class** **4-4:30 pm**	9	10
11 **Chase Dance** **Open House** **1-4 pm** **Zumba Blast** **5:30-6:30 pm**	12 **Meditation Class** **2-2:30 pm**	13	14 **Water Ballet Blast** **7:30-8:15 pm**	15 **Meditation Class** **4-4:30 pm**	16	17
18 **Chase Dance** **Open House** **1-4 pm** **Zumba Blast** **5:30-6:30 pm**	19 **Meditation Class** **2-2:30 pm** **Nutrition 101** **5-5:30 pm** Swim Lesson registration, August 19-25	20	21 Blood Pressure & Cholesterol, 7-9 am **Water Ballet Blast** **7:30-8:15 pm**	22 **Nutrition 101** **12-12:30 pm** **Meditation Class** **4-4:30 pm**	23	24
25 **Zumba Blast** **5:30-6:30 pm**	26 **Meditation Class** **2-2:30 pm** Food for Thought 5-6 pm	27	28 **Chase Dance** **Open House** **4:30-6:30 pm** **Water Ballet Blast** **7:30-8:15 pm**	29 Food for Thought 12-1 pm **Meditation Class** **4-4:30 pm**	30	31

August Event Descriptions

Nutrition:

Food for Thought: Garden-Fresh Meals

Discover the delicious and nutritious meals you can make with the food you harvested from your garden and edible pots or have picked up from the farmer's market or grocery store. As a follow-up to the special event held in May, "Inspiring and Beautiful Herb Containers," this class will use the herbs and vegetables planted in the large pots out front of ProActive. $5 for registration before August 12, $10 for registration August 12-19. Non-member pricing available.

Nutrition 101: Label Reading

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: Fruits and Vegetables

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.

Ask Our Nurse

Sharon Duffy, RN, MS, CRRN offers Nurse Consultation Clinics at ProActive. During clinic hours you are invited to stop by Sharon's office (located in the Cardiac Rehabilitation Office) and visit with her about any health concerns you might be experiencing. There is no charge for this brief 10 minute consultation. Sharon also offers extended assessment and consultation sessions. The fee is $15 for a 30 minute session. These appointments my be scheduled directly with Sharon at 402.413.3556 or sduffy@madonna.org.

Please register for classes at the front desk.
Bolded classes and events are free to members.

Fitness:

Chase Dance Open House

Registration for the fall Chase Dance session begins August 11. Stop by one of the three open house times or pick up forms at the front desk.

Water Ballet Blast

An actual Ballet Barre done in the pool, focusing on resistance to the water. Must have at least one year of Ballet experience.

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!

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.

The cholesterol screening will provide you with the following information: Total Cholesterol (TC): the total amount of both "good" and "bad" cholesterol in your blood at a given time. High Density Lipoprotein (HDL): the "good" cholesterol which removes excess cholesterol from your arteries. Low Density Lipoprotein (LDL): the "bad" cholesterol which contributes to the buildup of fat deposits in your arteries (atherosclerosis). TC/HDL Ratio: a number that may be used to assess risk for developing heart disease. Triglycerides (TRG): which are composed of fatty acids and glycerol and like cholesterol, they circulate in your blood. Glucose (GLU): which is a measure of the sugar level in your blood.

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. **This class will not be held August 1.**

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	1 pm - 8 pm
Friday	1 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

PROACTIVE
Medically Based Health and Fitness