

The Source

- ProActive News -

August 2014

HAVE YOU HEARD?

► HOLIDAY HOURS

Club hours on Labor Day
September 1, 5 a.m.–5 p.m.
No Group Fitness Classes
Play Center Closed

► GROUP FITNESS

Class Changes

New Class - Zumba Chair
Friday, 11:30 a.m.-12:15 p.m.
East Gym

Cancelled Class - Cycling
Tuesday, 5:15-6 a.m.

Special Fitness Classes

Mat Pilates Lite with Sarah Dimon
Designed for the non-athlete or individual who is new to Pilates or may need some modifications for an orthopedic or medical condition.
Starts Thursday, August 14
10:30-11:15 a.m., Studio 2.
Five Class Punch Card
\$20 member, \$25 non-member

Chase Fit-Barre with Bob Chase
An advanced level, triple-threat class involving the disciplines of dance, yoga and Pilates. The focus is on toning without adding mass.
Monday-Friday 11:15 a.m.-12:15 p.m.
Studio 1
\$15/class, member
\$18/class, non member
Class schedule adjusts for summer.
Please contact Bob Chase at
bchase@madonnaproactive.org
or 402.413.4017 for days.

CORPORATE CONNECTIONS

Share the wellness! As a FREE service, ProActive offers corporate memberships which provide the opportunity for employees to take advantage of specials only offered to our corporate partners. Corporate partners receive a FREE Guest Week for employees and ProActive staff will participate in a company's health fair to provide wellness education. If you think your employer or business is interested in exploring a corporate connection with ProActive, please contact Angie Hilsabeck at 402.413.4019 or ahilsabeck@madonnaproactive.org.

Body Wrap - Start with an exfoliating and hydrating full body, dry brush exfoliation followed by the application of oil and a soothing Swedish massage. Client is then wrapped securely to allow the oil to soak in for an intensely hydrating effect.
\$63 Member, \$70 Non Member

Body Scrub - Keep your skin silky smooth with an exfoliating full body brown sugar scrub, followed by the application of lightly scented massage oil, and a Swedish massage using a moisturizing Shea butter. Increase circulation, smoothe, tone, and brighten skin's appearance, and remove dead or dry skin, giving the body a healthy glow. \$99 Member, \$110 Non Member



To schedule an appointment
call 402.420.0003.

soteria

massage & bodywork at Madonna ProActive

Beat the heat! Come inside for some new, efficient workouts.

by Fitness Trainer Karen O'Shea, BA, CPT-ACE

As July fades into August, the "dog days" of summer are in full swing. Many of us find our favorite activities of walking, running and biking outside are simply too uncomfortable and risky to maintain when the thermometer tops 100 degrees. What better time is there to seek refuge in the air conditioned comfort of ProActive? This would be the perfect opportunity to rethink your workout perspective. Do you currently spend several hours per week doing long, drawn out, low intensity cardio workouts hoping to shed some unwanted body fat? If so, consider stepping up your intensity with burst or interval training. Choose an activity you like. After a brief warm up, go as hard as you can for one minute. Take the next two minutes to back off and recover. Repeat this pattern for a total of 20 minutes. You will torch the calories and be done in half the time. What's not to like about that? Is your current resistance training program too long and too complicated? Why not shift gears and try circuit training? Have a trainer map out 6-8 exercises that include all the major muscle groups. In order, perform one set of each exercise, taking little or no rest. Work up to going through the circuit two or three times. The more muscles you involve in an exercise, the more energy you expend and the fewer total number of exercises you need in your circuit. It's a win/win situation. Why not book a session with a ProActive trainer today and get a new lease on your workout routine? Your rewards will be many and you'll be happy you made the investment in yourself. Help send those dog days packing!

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



PROACTIVE

Medically Based Health and Fitness

AQUATICS

The Indoor Lap Pool and Aqua Track will be closed August 28-30 for cleaning. The Outdoor Pool will be available for water fitness classes and recreational use during this time.

Member Success

A longtime runner, Steve recently took up triathlons at 62. "After running outdoors all those years by myself it's great to change to indoor training at this stage of my life. While I started at ProActive solo, I am now surrounded by a group of supporters; members and staff that are interested in my progress. That is important and I feel accountable to this social group now." He alternates time on a stationary bike with running on the indoor track, along with logging time in the pool.

In the winter, Steve spends up to three hours a day on a treadmill wearing a 35 lb. ruck sack on his back as he trains for the Bataan Memorial Death March, a full marathon in the New Mexico high desert. The race is a memorial to deceased U.S. soldiers that had been part of the Bataan Death March during World War II. Steve races in honor of his uncle who had been a participant in the March. He races in the military heavy division, which involves wearing a full combat uniform while carrying the sack on his back.

"ProActive has offered me the opportunity to train for distance, heat and hills, and the staff has been very accommodating."



\$20 Cholesterol & FREE Blood Pressure Checks

Wednesday, Aug 20, 7-9 a.m.

Born to Run Half Marathon Training Class



presented by BRIN Running Series

September 1 - November 8

Weekly classes to be held at ProActive

Check the ProActive website for more info!

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

ON-THE-GO

Celebrate the Sandwich!

Mon., Aug 4, 5-6 p.m.

Tues., Aug 5, 9-10 a.m.

Wed., Aug 6, 12-1 p.m.

NUTRITION 101

Carb Counting

Mon., Aug 11, 5-5:30 p.m.

Wed., Aug 13, 12-12:30 p.m.

Sign up at the
front desk!

SWIM LESSONS

- Child Lessons are once a week for 8 weeks: September 8-October 30
- Adult Lessons are once a week for 6 weeks: September 10-October 15
- Registration: August 18-24
- \$40 Member, \$64 Non Member

PROACTIVE DANCE

**2014-15 Dance Season Registration
Begins Tuesday, September 2**

Aug. 10 & 17, 1-4 p.m.

August 11 through 14, 5-7 p.m.

Classes begin Tuesday, Sept. 2

Just Dancers Teen & Junior Troupe Auditions

August 25, 5-6:15 p.m., ages 9-15

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