## March-April

2013 Group Exercise Schedule

**Transformation Challenge** 

Our popular 8-week fitness challenge returns on Monday, April 1!

Grab a support buddy and get ready to transform your fitness! See the front desk for more information and to register.



## **Medical Fitness Week**

- April 15-21, 2013
- Celebrate the medical fitness services available with your ProActive membership.
- Bring a friend for free guest week so they can join in the fun too!
- Learn from our experts with presentations and on-the-go booths.

ProActive will be CLOSED on Sunday, March 31 for Easter.



## **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.

TIME	CLASS	LOCATION	LEVEL	INSTRUCTO	OR
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	
8:30-9:15 am	Water Aerobics	Indoor Pool	Int.	Julie Gip	
9:15-9:45 am	Aqua Deep Core	Indoor Pool	Beg-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	Russ	
10:15-10:45 am	First Step Circuit	Circuit Area	FS	Russ	3
10:15-11:00 am	Young at Heart	Studio 2	Beg.	Judy	ond
10:15-11:00 am	Zumba Blast	Studio 1	Beg-Int.		
11:00-11:30 am	Stretch for Life	Studio 2	FS	Kayla	و
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	
5:00-5:45 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.	-	
6:45-7:15 pm	Aqua Walk	Aqua Track	FS	Phyllis	

	TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR	TIME	CLASS	LOCATION	LEVEL	INSTRUCTO
	5:15-6:00 am	Cycling	Studio 3	Int.	Julie Gr	5:30-6:15 am	Power H2O	Indoor Pool	Int/Adv.	Mitzi/Julie Gr
	5:45-6:30 am	Body Sculpt I	Studio 1	Beg.	Wendy	6:00-7:00 am	Boot Camp+Kettlebell	Studio 1	Adv.	Matt
	8:45-9:30 am	Gentle Flow Yoga	Meditation Rm.	FS	Julie B	8:30-9:15 am	Water Aerobics	Indoor Pool	Int.	Julie Gip
	9:00-9:45 am	<b>EZ Moves</b>	Aqua Track	Beg.	Julie Gip	9:15-9:45 am	Aqua Deep Core	Indoor Pool	Beg-Int.	Julie Gip
	9:00-9:45 am	<b>Functional Stretching</b>	Studio 2	FS-Beg.	Joe	9:15-10:00 am	Int. Tap Blast	Studio 3	Int.	Stephanie
	9:15-10:15 am	Cardio Pump II	Studio 1	Int.	Judy	9:15-10:00 am	Body Sculpt I	Studio 1	Int.	Erica
	9:30-10:00 am	Chair Flow Yoga	Meditation Rm.	FS	Julie B	9:15-10:00 am	Gentle Yoga	Meditation Rm.	FS	Keri
	9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Gary	9:45-10:30 am	Aqua Lite & Low	Indoor Pool	Beg-Int.	Julie Gip
	10:00-10:45 am	Aqua Lite & Low	Indoor Pool	Beg-Int.	Julie Gip	10:00-10:15 am	<b>Circuit Orientation</b>	Circuit Area	FS	Russ
	10:00-11:00 am	Yoga I-II	Meditation Rm.	Beg-Int.	Julie B	10:15-10:45 am	First Step Circuit	Circuit Area	FS	Russ
e ×	10:15-11:00 am	Core Sport/ Kettlebell	Studio 1	Int.	Judy	10:15-11:00 am	Young at Heart	Studio 2	Beg.	Erica Kayla
ğ	10:15-11:00 am	Interval Endurance	Studio 2	Int-Adv.	Erica	10:15-11:00 am	Zumba Blast	Studio 1	Beg-Int.	Kayla
es	10:45-11:00 am	Strength & Stretch	Indoor Pool	FS	Julie Gip	10:15-11:15 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
#	11:00-11:30 am	Aqua Balance/Move.	Indoor Pool	FS	Julie Gip	11:00-11:30 am	Stretch for Life	Studio 2	FS	Erica
	11:30-12:15 pm	Fast Beg/Int. Tap Blast	Studio 3	Beg-Int.	Stephanie	12:15-1:00 pm	Core Strength & Tone	Studio 1	Int.	Julie Gr
	12:00-1:00 pm	*Adaptive Training	Fitness Floor		Jason	12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
	12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie Gip	1:15-2:00 pm	Aqua Lite & Low	Indoor Pool	Beg.	Mitzi
	12:30-1:00 pm	Fall Prevention	Studio 2	FS	Bob	5:00-5:30 pm	Gentle Yoga	Meditation Rm	FS	Maria
	1:00-1:30 pm	First Step Cardio	Studio 2	FS	Bob	5:00-5:45 pm	Power Track	Aqua Track	Adv.	Barbie
	1:30-2:00 pm	First Step Tone	Studio 2	FS	Bob	5:30-6:30 pm	Cardio Pump I	East Gym	Beg-Int.	Jalaina
	4:00-5:00 pm	*Adaptive Training	Fitness Floor		Anthony	5:30-6:30 pm	Basic Yoga	Meditation Rm.	Beg.	Maria
	5:00-5:30 pm	Gentle Yoga	Meditation Rm	FS	Amy	6:00-6:30 pm	First Step Cardio	Track/ Studio 2	FS	Bob
	5:15-6:00 pm	Power Track	Aqua Track	Int.	Dona	6:00-6:45 pm	Aqua Lite & Low	Indoor Pool	Beg.	Dona
	•	Intro to Kettlebells	East Gym	FS-Int.	Matt	6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Adv.	Penny
	5:45-6:45 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Amy	6:00-6:15 pm	Circuit Orientation	Circuit Area	FS	Staff
	5:45-6:30 pm	Core Strength & Tone	Studio 2	Beg-Int.	Chad	6:15-6:45 pm	First Step Circuit	Circuit Area	FS	Staff
	5:45-6:30 pm	Tap Blast	Studio 3	Open	Stephanie	6:30-7:00 pm	FS Walking w/Weights	Track/ Studio 2	FS	Bob
	6:00-6:45 pm	Water Aerobics	Indoor Pool	Int.	Melissa	6:30-7:15 pm	Zumba Blast	Studio 1	Beg-Int.	Aimee
	6:00-6:15 pm	Circuit Orientation	Circuit Area	FS	Staff	6:30-7:30 pm	All Levels Yoga	Meditation Rm.	Open	Maria
	6:15-6:45 pm	First Step Circuit	Circuit Area	FS	Staff	6:45-7:15 pm	Aqua Walk	Aqua Track	FS	Dona
	6:30-7:30 pm	Body Sculpt II	West Gym	Int-Adv.	Suzanne	7:30-8:30 pm	Ballet Blast	Studio 3	Beg-Int.	Stephanie
	7:15-8:00 pm	Tai Chi	Meditation Rm.	Open	Michael					
	7:30-8:15 pm	Zumba Party Blast	Studio 2	Open	Bethany					

	TIME	CLASS	LOCATION	LEVEL	INSTRUCTO
	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
ı	9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie Gip
	9:00-9:45 am	<b>Functional Stretching</b>	Studio 2	FS-Beg.	Joe
Ī	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
5	10:30-11:15 am	Mat Pilates Lite 2	Studio 2	FS-Beg.	Sarah
ו	10:45-11:00 am	Strength & Stretch	Indoor Pool	FS	Julie Gip
3	11:00-11:30 am	Aqua Balance/Move.	Indoor Pool	FS	Julie Gip
3	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	Melanie
	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.	Melanie
	5:45-6:15 pm	Beg. Tap Blast	Studio 3	Beg.	Stephanie
	6:00-6:45 pm	Aqua Zumba Blast	Indoor 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
	6:15-7:00 pm	Fast 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 Party Blast	Studio 2	Open	Rachel

	TIME	CLASS	LOCATION	LEVEL	INSTRUCTO	DR
	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	
	8:30-9:15 am	Water Aerobics	Indoor Pool	Int.	Julie Gr	
	9:15-9:45 am	Aqua Deep Core	Indoor Pool	Beg-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	<b>Circuit Orientation</b>	Circuit Area	FS	Russ	
	10:15-10:45 am	First Step Circuit	Circuit Area	FS	Russ	
	10:15-11:00 am	Young At Heart	Studio 2	Beg.	Matt	_
	10:15-11:00 am	Zumba Blast	Studio 1	Beg-Int.	Aimee	trida
	11:00-11:30 am	Stretch for Life	Studio 2	FS	Kayla	00
	12:15-1:00 pm	Core Strength & Tone	Studio 1	Beg-Int.	Julie Gr	<
	5:30-6:30 pm	All Levels Yoga	Meditation Rm.	Open	Maria	
	6:00-6:15 pm	<b>Circuit Orientation</b>	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.

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	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
<u> </u>	10:00-10:45 am	Water Aerobics	Indoor Pool	Int.	Staff
		<b>Circuit Orientation</b>	Circuit Area	FS	Staff
-SUDO	10:15-10:45 am	First Step Circuit	Circuit Area	FS	Staff
Ņ	10:15-11:15 am	Basic Yoga	Meditation Rm.	Beg.	Staff
	11:00-11:30 am	Aqua Walk	Aqua Track	FS	Staff
9	11:00-11:30 am	First Step Tone	Studio 2	FS	Tim
7	11:30-12:00 pm	First Step Cardio	Track/ Studio 2	FS	Tim
Sal	11:30-12:15 pm	Core Strength & Tone	Studio 2	Int. M	onica/Kerrie
<b>U</b> 1	12:45-1:30 pm	Zumba Blast	East Gym	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.	Staff
	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

## **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. The focus is on abdominal work to stabilize the body and provide balance and core strength.

#### ■ 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 STRENGTH & TONE, 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, fibromyalqia, bursitis and joint replacement.

#### **■ 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 CIRCUIT

Circuit training works the entire body as individuals move through a "circuit" of various pieces of equipment. This class welcomes all fitness levels and improves cardiovascular fitness, muscle strength, tone, balance, coordination & flexibility.

#### 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.

#### 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.

#### 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.

#### ■ 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.

## **ProActive Chase Dance**

Check out our complete dance program offered through ProActive Chase Dance Studio. We have technique classes including ballet, pointe, tap, jazz, hip hop and dance team prep. Classes are available for all ages. ProActive members receive discounts on any children taking classes. ProActive Dance has only highly qualified instructors in all dance fields under the direction of former professional Stephanie Chase, Radio City Music Hall Rockette.

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.

## Advanced-level programs

**Chase Fit-Barre** is a triple-threat class involving the disciplines of dance, yoga and pilates. The focus is on toning without adding mass.

When: Tuesday/Thursday at 11:15 a.m.

Cost: Members- \$156/12 classes or \$15/class.

Non-members- \$192/12 classes or \$18/class

**Accelerated Interval Training with Weights** combines high intensity cardiovascular, weight training and toning techniques.

When: Monday/Wednesday/Friday at 11 a.m. Cost: Members- \$156/12 classes or \$15/class.

Non-members-\$192/12 classes or \$18/class

## Soteria Massage and Bodywork

Resolve to focus on yourself with a massage at Soteria and enjoy many benefits including:

- Ease muscle aches and tension
- Improve flexibility
- Create relaxation
- Feel rejuvenated

ProActive members receive a 10% discount on all massage and bodywork services. See the front desk for more information or contact Soteria Manager Cheree Buesing at 402.413.4031 or cbuesing@madonna.org.

## **Basketball Court Reservations**

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

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Monday:	6:30-8:00 a.m.	Full Court	Pick-up Basketball
	5:30-6:30 p.m.	East Gym	Cardio Pump I
	6:45-7:15 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
	7:30-10:00 p.m.	Full Court	Wheelchair Basketball
Wednesday:	5:30-6:30 p.m.	East Gym	Cardio P./ Body Sc.
(Beg. March 20)	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
	4:30-5:15 p.m.	East Gym	Boys Hip Hop I
Saturday	8:15-8:45 a.m.	West Gym	Intro to Kettlebells
	9:00-10:00 a.m.	West Gym	Body Sculpt II
	12:45-1:30 p.m.	East Gym	Zumba Blast
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# **Open Swim Times**

## **Aqua Track**

## Monday

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

## **Tuesday**

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

## Wednesday

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

## **Thursday**

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

## **Friday**

Class 5:30 am- 6:15 am

Open 6:15 am- 9:45 am

Class 9:45 am- 10:15 am

Open 10:15 am- 7:30 pm

## **Saturday**

Open 7 am- 9 am Class 9 am- 9:45 am Open 9:45 am- 11 am Class 11 am- 11:30 am Open 11:30 am- 6:30 pm

## Sunday

**Open 7 am- 3 pm**Class 3 pm-3:45 pm **Open 3:45 pm- 6:30 pm** 

## **Spring Swim Lessons**

Children's Swim Lesson Registration: March 4-10. Children's Lessons: March 18-May 9. Adult Lessons: March 26-May 2.

## **Indoor Pool**

## Monday

Open 5 am- 8:30 am

Classes 8:30 am- 10:30 am Swim Lesson 10:30 am- 11 am Open 11 am- 1:15 pm Class 1:15 pm- 2 pm Open 2 pm- 4 pm Swim Lessons 4 pm- 6 pm Class 6 pm- 6:45 pm Swim Lesson 6:45 pm- 7:15 pm Open 7:15 pm- 9:30 pm

## Tuesday Open 5 am- 10 am

Classes 10 am- 11:30 am

Open 11:30 am- 4 pm

Swim Lessons 4 pm- 6 pm

Class 6 pm- 6:45 pm

Adult Lesson 6:45 pm- 7:30 pm

Open 7:30 pm- 9:30 pm

## Wednesday Class 5:30 am- 6:15 am

Open 6:15 am- 8:30 am
Classes 8:30 am- 10:30 am
Open 10:30 am- 1:15 pm
Class 1:15 pm- 2 pm
Adult Lessons 2 pm- 3:30 pm
Open 3:30 pm- 4 pm
Swim Lessons 4 pm- 6 pm
Class 6 pm- 6:45 pm
Swim Lessons 6:45 pm- 7:45 pm

Open 7:45 pm- 9:30 pm

## **Thursday**

Open 5 am- 10 am Classes 10 am- 11:30 am Open 11:30 am- 4 pm Swim Lessons 4 pm- 6 pm Class 6 pm- 6:45 pm Adult Lesson 6:45 pm- 7:30 pm Open 7:30 pm- 9:30 pm

## **Friday**

**Open 5 am- 8:30 am**Classes 8:30 am- 9:45 am **Open 9:45 am- 7:30 pm** 

## **Saturday**

**Open 7 am- 10 am**Class 10 am- 10:45 am **Open 10:45 am- 6:30 pm** 

## **Sunday**

Open all day 7 am- 6:30 pm

Please Note: Children's swim lessons begin March 18. No lessons will occur March 1-17.

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



March

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

2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Hip Hop Blast 4:30-5:15 pm					1	2
3 Hip Hop Blast 4:30-5:15 pm	4 Nutrition 101 5-5:30 pm YOU Time, 6:30 pm	5 Tai Chi, 7:15-8 pm Zumba Blast 7:30-8:15 pm	6	7 Nutrition 101 12:30-1 pm Yoga on the Green 6:45-7:45 pm	8	9
10 Hip Hop Blast 4:30-5:15 pm	11 YOU Time, 6:30 pm	12 Tai Chi, 7:15-8 pm Zumba Blast 7:30-8:15 pm	13 Better Breathers 11 am-12 pm	14 Yoga on the Green 6:45-7:45 pm	15	16
17 Hip Hop Blast 4:30-5:15 pm	18 Meditation Class 2-2:30 pm YOU Time, 6:30 pm	19 Creating a Healthy Lifestyle, 3-4 pm Tai Chi, 7:15-8 pm Zumba Blast 7:30-8:15 pm	20	21 Blood Pressure & Cholesterol, 7-9 am Meditation Class 4-4:30 pm Yoga on the Green 6:45-7:45 pm	22	23 Being Aware of Your Environment (Self Defense for Women), 12 p.m.
24 Hip Hop Blast 4:30-5:15 pm	25 Meditation Class 2-2:30 pm  FFT: Know your Grains, 5-6 pm YOU Time, 6:30 pm	26 Conquering Your Pain, 6-7 pm Tai Chi, 7:15-8 pm Zumba Blast 7:30-8:15 pm	27	28 FFT: Know your Grains, 12-1 pm  Meditation Class 4-4:30 pm  Yoga on the Green 6:45-7:45 pm	29	30

# **March Event Descriptions**

## **Nutrition:**

## Food for Thought: Know your Grains

The USDA Dietary Guidelines for Americans encourages us to "make half of our daily grains whole grains". What exactly does whole grain mean? How do you know if a product contains whole grains? Are there different types of whole grains? Get answers to these questions and more during this interactive class. Participants will get to identify different grains and taste some delicious grain-based recipes. Led by Katie Taylor, RD/LMNT. Pricing: \$5 if you register by March 11, \$10 for registration March 12-21. Non-member pricing available.

#### **Nutrition 101: Carb Control 101/Diabetes**

Join Registered Dietitian and Licensed Medical Nutrition Therapist Katie Taylor 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 kktaylor@madonna.org.

## **Fitness:**

## **Hip Hop Blast**

Learn to combine elements of various street dance styles. Hip Hop combines quick moves, isolation of arms, torso & legs, mixing jazz, rock & pop for unique and personal dance interpretations. No dance experience required. This class is open to all fitness levels.

## Tai Chi

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

## Yoga on the Green

These sessions are specifically for men and can help improve flexibility, strength, balance and concentration on the golf course! Each class is designed to improve and enhance target areas of the body that are crucial to your golf game, such as the shoulders, core, legs and back. \$15/class.

### **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.

#### **Health:**

# Being Aware of your Environment: Redirection of verbal and physical conflict

This self defense presentation is designed to help women identify different strategies to redirect interpersonal conflict such as arguments, frustrations or stress, help women bring balance to their day and not feel the burden of anxiety when faced with high pressure and times of conflict and show simple and easy ways to redirect physical conflict in a blended and harmonious way. 60-90 minute class. \$40 members, \$50 non-members, \$75 partners

#### **Better Breathers Club**

BBC is a community based effort to offer support for pulmonary patients and their families. BBC allows them to meet and learn about their condition from concerned health care professionals in a supportive environment. Contact Sharon Duffy for information. Held on the second Wednesday of each month.

#### 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. The cholesterol screening is \$20.

#### Conquering Your Pain: An Action Plan for Personal Health

Our 8-week program is based on learning about your pain, non-pharmacologic approaches to pain management, goal setting, and finding your personal path to well-being. Work with our team of experts and try services to help conquer your pain. \$285 for members, \$300 for non-members. Attend all sessions and receive a \$60 rebate on future services. Register at the front desk by March 15.

### **Creating a Healthy Lifestyle**

At the end of this **free** presentation you will be able to identify the: physiology of the stress response and techniques to mitigate stress, physiological consequences of over consumption of sugar and processed foods, dangers of using NSAIDs for the management of minor aches and pains and key elements of the anti-inflammation diet and alternatives to NSAIDs. Register at the front desk.

#### **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**

This 12-week program will 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 and help you find time for fitness. Connect with new friends that will help you stay accountable as you make lasting change. Every four weeks, fun outings are planned to reward you for your efforts. \$50/person.

#### **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 5 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

