The Source

- ProActive News -

November 2013

We appreciate your input! See the front desk to take a quick survey.

HAVE YOU HEARD?

▶ Thanksgiving Day hours are 5 a.m.-12 noon. The play center is closed. Group exercise classes will not be held on Nov. 27-28.

▶ $20 Cholesterol and FREE Blood Pressure checks:

Wed., Nov. 13 from 7-9 a.m. Register for cholesterol checks at the front desk.

▶ Thanks to all who participated in leaving comments for ProActive staff during the Fall Festival.

The winning entry for "Staff who provides excellent customer service" was Personal Trainer Anthony Sobotka. "Personal self discipline and hard work ethic is very inspirational for others trying to reach fitness goals," said John Wilson *(member since 2007)*

▶ Next swim lessons: Jan. 6-Feb. 24

▶ Are you seeking the challenge of a new advanced-level class? Try Chase Fit Barre, a triple-threat class involving the disciplines of dance, yoga and pilates focused on toning without adding mass.

Class held Mon., Tues., Thr., Fri., 11:15 a.m -12:15 p.m.

Members: $156/12 classes or $15/class. Open to non-members: $192/12 classes or $18/class.

FALL OPEN HOUSE

PROACTIVE SPORTS PERFORMANCE

Sunday, November 17, 1 p.m. & Thursday, November 21, 5 p.m.

Join us to learn what the Madonna Sports Performance program offers, the best time to train, nutrition information, training schedules and more.

- **Attendance is FREE**
- **Meet training staff**
- **New Athletes:** Receive 2 free workouts *(with a $50 deposit)*
- **Returning Athletes:** Recieve 2 free workouts, plus 1 more if you bring a friend. *(with a $40 deposit)*

Lance Milner, CSCS
Sports Enhancement Specialist
402.413.4022

Dancers from ProActive Dance will perform on Monday, Nov. 18 from 7-8 p.m. during the People's City Mission's Starry Nights Festival at the Pinnacle Bank Arena.

Go to http://www.peoplescitymission.org/wp/the-festival/ for information on this family-friendly holiday event.

Don't miss your chance for a Holiday 3-Pack of personal training sessions for just $135! The sale will start Nov. 28 and go through Dec. 31. Just ask a trainer or the front desk staff to add to your account to purchase. *One per member per year.*

Treat yourself this holiday season with specials at Soteria!

Body Wrap & Hot Stone...$140.00 *2 hours*
Body Scrub & Hot Stone...$180.00 *2.5 hours*
Deep Tissue & Hot Stone...$140.00 *2 hours*
Swedish & Foot Massage...$70.00 *1.25 hours*
1 hour Bowen & 1 hour Therapeutic...$110.00

Call 402.420.0003 for an appointment.

Member Referrals = Rewards!

Invite someone you care about to share the gift of health!

Refer a new member to ProActive through December 31 to be entered in a drawing to win a FREE month of dues, PLUS all referrals earn you two FREE guest passes & $10 in ProActive club bucks!

Mini-Fitness Challenge in Dec.

Stay motivated through the holiday season and partcipate in ProActive's mini-fitness challenge.

Sign up for $5, visit the club 12 times in Dec. and you will recieve a FREE t-shirt!

Sign up at the front desk through Nov. 30.

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

PROACTIVE
Medically Based Health and Fitness

WEIGH TO GO is back!

Maintain, don't gain this hoiiday season.

Tuesdays, 12-12.30 p.m. or 5-5.30 p.m.
FREE to ProActive members!

Every Tuesday, starting Nov. 5 and ending Jan. 7 (no check-in on Dec. 24), stop by the windows by the aqua track for a quick weigh in.

Turkey Trot 2013

Tuesday, Nov 26, Start Time: 6 p.m. or
Wednesday, Nov. 27, Start Time 12:00 p.m.

FOR: Madonna ProActive Members & Staff

WHAT: An indoor and outdoor "trot" to get you ready for Thanksgiving Day!

Run or walk the 3K or 5K routes through the neighborhoods around ProActive OR participate on the track inside ProActive.

3K ROUTE: (map will be provided)
http://www.endomondo.com/routes/263395330

5K ROUTE: (map will be provided)
http://www.endomondo.com/routes/260733124

REGISTRATION FEE: $10.00 for event and t-shirt. Register at the front desk

T-SHIRT INFORMATION: To receive a t-shirt prior to the Turkey Trot, please sign up by November 10. Participants who sign up after November 10 will receive their t-shirts in December.

Check-in and t-shirt pickup starts 30 minutes before the event in the Education Room. After each Trot, Madonna ProActive will provide water, coffee, and juice for participants.

Fall Into Dance a Success

The ProActive dancers entertained about 145 people on October 27 during Fall Into Dance. Meteorologist Luke Dorris of Channel 8 emceed this successful fall fundraiser. Three barrels of food were collected for those in need, along with $120 in cash donations to benefit the Food Bank of Lincoln.

For more information on any of the nutrition classes offered at Madonna ProActive, contact our dietitian at: kkbolte@madonna.org, or 402.413.3559.

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

NUTRITION 101

Label Reading

Monday, Nov. 25, 5-5:30 p.m.
Tuesday, Nov. 26, 12-12:30 p.m.

FOOD FOR THOUGHT

Let's Talk Turkey!

It's that time of year to think about your Thanksgiving dinner! Do you want to jazz up your Thanksgiving turkey with a new recipe? Or learn the nutrition facts and health benefits of eating poultry, including turkey, year-round. Join me for this one hour class and taste the juicy nutrition of this traditional holiday food. Recipes for a delicious Thanksgiving dinner will also be included!

Monday, Nov. 18, 5-6 p.m.
Thursday, Nov. 21, 12-1 p.m.

Members: $5 by Nov. 4, $10 Nov. 5- 11
Non-members: $10 by Nov. 4, $15 Nov. 5- 11
Deadline: Monday, Nov. 11

ON-THE-GO

Aisle by Aisle – Poultry

Monday, Nov. 4, 4:30-5:30 p.m.
Tuesday, Nov. 5, 12-1 p.m.
Thursday, Nov. 7, 9:30-10:30 a.m.

Sign up at the front desk!