

The Source

- ProActive News -

March 2014

HAVE YOU HEARD?

► GROUP EXERCISE CLASS ADDITIONS/CHANGES

NO CLASSES

Meditation/Relaxation

Mon., March 3 & 10, 2-2:30 p.m.

Thur., March 6 & 13, 4-4:30 p.m.

NEW TIMES

Tai Chi

Sun., 5:15-6 p.m.

Meditation Room

Zumba Chair

Wed., 11:30-12:15 p.m.

Meditation Room

► RESTORATIVE YOGA WORKSHOP

Saturday, March 15

Meditation Room

11:30 a.m.-1:30 p.m.

Instructor: Julie Brummer

Fee: \$15 members, \$18 guests

Registration deadline: March 11.

► HEITH WILKINSON HONORED WITH ANGEL WINGS

When the Madonna ProActive staff said goodbye to General Manager Heith Wilkinson before Christmas, they honored him with an Angel Wings award in thanks for his dedication. Heith served as GM at ProActive since 2007 and left to pursue an opportunity in agriculture, one of his passions.

To read the full tribute, visit our web site at madonna.org/proactive/member/newsletter.html.

TRANSFORMATION CHALLENGE – ARE YOU READY TO CLAIM SUCCESS?

The Transformation Challenge is back! Get ready to stake your wellness claim and win great prizes while you transform yourself!

Members can undertake the Transformation Challenge individually or with a partner. This wellness adventure includes age divisions, prizes and special discounts on ProActive services. The 8-week Transformation Challenge begins March 24. Please sign up at the front desk.

Contact Charlie Bills at 402-413-4012 or cbills@madonnaproactive.org for more information.



During last year's 12-week challenge Jeremy Freye lost 33.2 lbs., reduced his body fat by 6.7%, and took 6.25" off his waist size! Jaymie Freye lost 17.4 lbs., reduced her body fat by 1.8%, and her waist shrunk by 4.75".

New! Fitness Fusion Massage

This massage is ideal for sports enthusiasts or fitness buffs. Orbital oscillation directs energy to stimulate target areas all over the body to reduce muscle soreness, tension and stress. Targeted areas benefit from increased circulation, collagen stimulation, and movement of lymph and synovial fluids. Can be performed pre or post workout. For the full flier, visit our web site at: madonna.org/proactive/member/newsletter.html.

For more information, contact Cheree Buesing at 402.413.4031 or cbuesing@madonna.org.

soteria

massage & bodywork at Madonna ProActive

PROACTIVE DANCE

Spring Break - No Classes held from Sat., March 8–Thur., March 13

All classes are now starting their dances for the spring ProActive Dance concert. The concert will celebrate 50 years of The Beatles and Barbie along with a tribute to our troops! ProActive's Adaptive Dance program will start their 8-week spring session on Monday, March 31st. For the first time, the adaptive dancers will be special guest performers in the spring dance concert.

Concert Information:

Friday, May 30 at 6:30 p.m.

Saturday, May 31 at 2:30p.m.

Lincoln Southeast High School

The performing/competitive teams, Just Dancers troupe and B.O.Y.S. group, will be starting their 2014 competition season with 3 competitions in March. After two competitions in Omaha, they will travel to Kansas City for a weekend workshop and competition with NUVO, a nationally known dance organization.



Swim Lessons - Registration Begins March 10

Child lessons - 30 min., once a week for 8 weeks - Mar 31-May 22
Adult lessons - 45 min., once a week for 6 weeks - Apr 2-May 7

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



EXPERIENCE IT HERE

TRX SUSPENSION TRAINERS

You may have recently noticed ProActive's personal trainers having members perform a number of different exercises utilizing black and yellow nylon straps suspended from an anchor above them. These straps are called TRX Suspension Trainers. They allow the individual to use gravity with their own body weight to give an incredible total body workout. In this type of workout, nothing is isolated and everything is integrated.

It doesn't matter if you are male or female, a senior, or an elite athlete, everyone can benefit from the TRX Suspension Trainer. Originally developed by the Navy Seals, the type of workout has proven to benefit all, no matter what their fitness level. I have used the TRX to train seniors for balance and flexibility so they can climb stairs more easily and walk with a more efficient gate. I have also used the TRX to train athletes for adventure races, triathlons, half marathons, golfing, and swimming. Having a strong core can give you a better experience in whatever your sport or fitness goal.

If you are interested in trying a TRX Suspension Training workout for your specific need, please contact Fitness Manager Charlie Bills to set up an appointment with one of ProActive's Personal Trainers.

Join us this summer for Camp Got Talent, a coed dance and swim day camp for youth ages 7-12. Held from 9 a.m. - 3 p.m. June 23-27, camp includes lunch and snack. Cost: \$140 members / \$150 non-members. Register by June 16!

YOUTime Returns March 5-May 28

New to fitness or need help to reach your goals?

Join **YOUTime** to be accountable, stay motivated and get psyched to prioritize your health and fitness.

- 30-minute weekly meetings
- Wednesdays at 6 p.m.
- \$30 for 12-week session

Call Cheree Buesing, for details at 402.413.4031.



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

ON-THE-GO

National Nutrition Month
Mon., March 3, 5-6 p.m.
Thur., March 6, 9-10 a.m.

NUTRITION 101

Carbohydrate Counting
Mon., March 10, 5-5:30 p.m.
Wed., March 12, 12-12:30 p.m.

FOOD FOR THOUGHT

Meatless Meals

It's time to spice up the worn out "steak and potatoes routine with meatless meals! Whether you are a vegetarian looking for new ideas, in search of meatless recipes for Lent, or just looking for fun, healthy recipes, this class will have your taste buds excited for more! Come taste the deliciousness of two meatless recipes and discover how easy meatless meals are to make in your home!

Mon., March 17, 6-7 p.m.

Registration Deadline: Wed., March 12

Members: \$5 by March 5, \$10 March 6-12

Non-members: \$10 by March 5, \$15 March 6-12

Sign up at the front desk!



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



\$20 Cholesterol & FREE Blood Pressure Checks

Wednesday, March 19, 7-9 a.m.

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



PROACTIVE

Medically Based Health and Fitness