

# December 2018 Group Fitness Class Schedule

## **HOLIDAY PACKAGES**

### **Treat Yourself or Loved Ones**

#### **Get Started Personal Training Package**

Three 60 Minute Sessions \$135 or

Three 30 Minute Sessions \$90

#### **Accountability Personal Training Package**

Six 60 Minute Sessions \$300

#### **Reward Personal Training Package**

Twelve 60 Minute Session & a 60 Minute Massage \$600

#### **Soteria Massage & Bodywork Package**

Purchase \$100 Gift Card & Receive FREE \$10 Gift Card

#### **Guest Visit Package**

Five Visit Punch Card \$25

Limit of one training package and one guest visit package per member.

Sale ends 12/31/18

### **HELPFUL REMINDERS**

- Change into workout shoes after entering the club.
- Wipe down equipment with sanitizing wipes after use.
- Limit cell phone use while on the fitness floor.
- Use of headphones is required for device listening.
- Camera use is not allowed anywhere in the club.
- Limit equipment and lap lane use to 30 minutes when members are waiting.
- Supervision by an adult 19 or older is required for children 12 and under using the pools or basketball court.



**MADONNA  
PROACTIVE**  
Medical Fitness

402.420.0000

[www.madonnaproactive.org](http://www.madonnaproactive.org)

## Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Penny
5:15-6:00 am	<b>H.I.I.T.</b>	West Gym	<b>Int-Adv.</b>	Brenda
5:15-6:00 am	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Amanda
6:15-7:00 am	<b>Power H2O</b>	Lap Pool	<b>Int.</b>	Amanda
8:30-9:15 am	<b>Power H2O</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Stretch Pain Mgmt</b>	Studio 2	<b>Beg.</b>	Joe
9:15-9:45 am	<b>Aqua Deep Core</b>	Lap Pool	<b>Int.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:10 am	<b>Gentle Yoga</b>	Meditation Rm.	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Splash</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:15 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Melanie
10:15-11:00 am	<b>Young at Heart</b>	West Gym	<b>Beg.</b>	Judy
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Betsy
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Erica
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Betsy
11:30-12:15 pm	<b>Aqua Splash</b>	Lap Pool	<b>Beg.</b>	Mitzi
12:15-1:00 pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Eva
12:15-1:00 pm	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Mitzi
2:00-2:30 pm	<b>Meditation/Relaxation</b>	Meditation Rm.	<b>Beg.</b>	Sharon
5:00-5:40 pm	<b>Gentle Yoga</b>	Meditation Rm.	<b>Open</b>	Melanie
5:15-6:00 pm	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Michelle
5:30-6:15 pm	<b>Les Mills BodyFlow</b>	Studio 1	<b>Open</b>	Jen
	(ends Dec. 17)			
5:30-6:30 pm	<b>Cardio Pump</b>	West Gym	<b>Int-Adv.</b>	Ann
5:45-6:45 pm	<b>Yoga II</b>	Meditation Rm.	<b>Int.</b>	Melanie
6:00-6:45 pm	<b>H2O Interval</b>	Lap Pool	<b>Beg-Int.</b>	Michelle
6:00-6:45 pm	<b>Cardio Fit Cycling</b>	Studio 3	<b>Int-Adv.</b>	Gary/Eva
6:30-7:15 pm	<b>Dance Blast</b>	Studio 1	<b>Beg.</b>	Kristin
6:30-7:30 pm	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Ann

Classes and instructors are subject to change at any time.

## Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Jen
5:15-6:15 am	<b>Les Mills BodyPump</b>	West Gym	<b>Beg.</b>	Katie
5:45-6:45 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Amy
7:30-8:15 am	<b>Tai Chi Balance</b>	West Gym	<b>Beg.</b>	Mitzi
8:15-8:45 am	<b>Tai Chi 24</b>	West Gym	<b>Beg.</b>	Mitzi
8:15-9:00 am	<b>RetroRobics</b>	Studio 1	<b>Beg-Int.</b>	Carmen
8:15-9:00 am	<b>TRX Advanced*</b>	Studio 2	<b>Adv.</b>	Eva
8:30-9:25 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
9:00-9:45 am	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Julie
9:15-10:15 am	<b>Cardio Pump</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:15 am	<b>Tai Chi Balance</b>	West Gym	<b>Beg.</b>	Melanie
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Eva
9:30-10:15 am	<b>Chair Yoga</b>	Meditation Rm.	<b>Beg.</b>	Keri
10:00-10:45 am	<b>Power Splash</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:30-11:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
10:30-11:00 am	<b>Tai Chi Stretch</b>	West Gym	<b>Beg.</b>	Melanie
10:45-11:00 am	<b>Strength &amp; Stretch</b>	Lap Pool	<b>Int.</b>	Julie
11:00-11:30 am	<b>Aqua Balance/Move.</b>	Lap Pool	<b>Beg.</b>	Julie
11:00-12:00 pm	<b>Les Mills BodyFlow</b>	Studio 1	<b>Int.</b>	Carol Ann
	(ends Dec. 18)			
12:15-1:00 pm	<b>Back Hab</b>	Aqua Track	<b>Beg.</b>	Julie
1:15-1:45 pm	<b>Parkinson's BIG Grad</b>	Meditation Rm.	<b>Beg.</b>	Karen
5:00-5:55 pm	<b>Basic Yoga</b>	Meditation Rm.	<b>Beg.</b>	Vanessa
5:15-6:00 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
5:30-6:15 pm	<b>H.I.I.T.</b>	West Gym	<b>Beg-Int.</b>	Staff
6:00-7:00 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Vanessa

\*Requires TRX Basic course or prior ProActive TRX training.  
Classes and instructors are subject to change at any time.

## Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Michelle
5:15-6:00 am	<b>H.I.I.T.</b>	West Gym	<b>Int-Adv.</b>	Brenda
5:15-6:00 am	<b>Les Mills BodyFlow</b> (ends Dec. 19)	Meditation Rm.	<b>Open</b>	Karla
5:15-6:00 am	<b>Power H2O</b>	Lap Pool	<b>Int-Adv.</b>	Liz
6:00-6:30 am	<b>TRX*</b>	Studio 1	<b>Int-Adv.</b>	Michelle
6:15-7:00 am	<b>Power H2O</b>	Lap Pool	<b>Int.</b>	Liz
8:30-9:15 am	<b>Power H2O</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Stretch Pain Mgmt</b>	Studio 2	<b>Beg.</b>	Joe
9:15-9:45 am	<b>Aqua Deep Core</b>	Lap Pool	<b>Int.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Erica
9:30-10:25 am	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Splash</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Young at Heart</b>	West Gym	<b>Beg.</b>	Betsy/Judy
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Jen
10:30-11:30 am	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg-Int.</b>	Melanie
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Staff
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Betsy
11:30-12:15 pm	<b>Aqua Splash</b>	Lap Pool	<b>Beg.</b>	Mitzi
12:00-12:45 pm	<b>Yoga II</b>	Meditation Rm	<b>Int.</b>	Melanie
12:15-1:00 pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Shannon
12:15-1:00 pm	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Mitzi
3:45-4:30 pm	<b>Tai Chi Yian**</b>	Studio 2	<b>Open</b>	Michael
5:00-5:40 pm	<b>Gentle Yoga</b>	Meditation Rm	<b>Beg.</b>	Maria
5:15-6:00 pm	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Dona
5:15-6:00 pm	<b>TRX*</b>	Studio 1	<b>Int-Adv.</b>	Staff
5:30-6:30 pm	<b>Cardio Pump</b>	West Gym	<b>Beg-Int.</b>	Ann
5:45-6:45 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Maria
6:00-6:45 pm	<b>Cardio Fit Cycling</b>	Studio 3	<b>Int.</b>	Staff
6:30-7:15 pm	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Kristin
6:30-7:30 pm	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Karen

\*Requires TRX Basic course or prior ProActive TRX training.

\*\*Requires advance completion of the Qi Gong class series.

## Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Amy
5:15-6:15 am	<b>Les Mills BodyPump</b>	West Gym	<b>Beg.</b>	Karla
5:45-6:45 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Amy
7:30-8:15 am	<b>Tai Chi Balance</b>	West Gym	<b>Beg.</b>	Mitzi
8:15-8:45 am	<b>Tai Chi 24</b>	West Gym	<b>Beg.</b>	Mitzi
8:15-9:00 am	<b>TRX Advanced*</b>	Studio 1	<b>Adv.</b>	Eva
8:15-9:00 am	<b>RetroRobics</b>	Studio 2	<b>Beg-Int.</b>	Carmen
8:30-9:10 am	<b>Gentle Yoga</b>	Meditation Rm.	<b>Beg.</b>	Barbara
9:00-9:45 am	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Julie
9:15-10:00 am	<b>Interval Endurance</b>	Studio 1	<b>Int-Adv.</b>	Erica
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Betsy
9:30-10:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Barbara
10:00-10:45 am	<b>Power Splash</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
10:45-11:00 am	<b>Strength &amp; Stretch</b>	Lap Pool	<b>Int.</b>	Julie
11:00-11:30 am	<b>Aqua Balance/Move.</b>	Lap Pool	<b>Beg.</b>	Julie
11:00-12:00 pm	<b>Les Mills BodyFlow</b> (ends Dec. 20)	Studio 1	<b>Int.</b>	Carol Ann
11:30-12:15 pm	Mat Pilates Lite (fee)	Studio 2	<b>Open</b>	Sarah
12:15-1:00 pm	<b>Back Hab</b>	Aqua Track	<b>Beg.</b>	Julie
1:15-1:45 pm	<b>Parkinson's BIG Grad</b>	Meditation Rm.	<b>Beg.</b>	Karen
5:00-5:55 pm	<b>Basic Yoga</b>	Meditation Rm	<b>Beg.</b>	Debra
5:15-6:00 pm	<b>Cycling/Yoga</b>	Studio 3 & 2	<b>Int.</b>	Barbara
5:15-6:00 pm	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Michelle
5:30-6:15 pm	<b>H.I.I.T.</b>	West Gym	<b>Int.</b>	Staff
6:00-6:45 pm	<b>H2O Interval</b>	Lap Pool	<b>Beg-Int.</b>	Michelle
6:00-7:00 pm	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg-Int.</b>	Debra
6:30-7:30 pm	<b>Les Mills BodyFlow</b> (ends Dec. 27)	Studio 2	<b>Open</b>	Jenni/Kristine

\*Requires TRX Basic course or prior ProActive TRX training.

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## Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Penny
5:15-6:00 am	<b>H.I.I.T.</b>	West Gym	<b>Int-Adv.</b>	Brenda
5:15-6:00 am	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Liz
6:15-7:00 am	<b>Power H2O</b>	Lap Pool	<b>Int.</b>	Liz/Michelle
8:30-9:15 am	<b>Power H2O</b>	Lap Pool	<b>Int.</b>	Liz/Michelle
9:00-10:00 am	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Michelle
9:15-9:45 am	<b>Aqua Deep Core</b>	Lap Pool	<b>Int.</b>	Staff
9:30-10:15 am	<b>Chair Yoga</b>	Meditation Rm.	<b>Beg.</b>	Keri
10:30-11:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
10:15-11:00 am	<b>Young At Heart</b>	West Gym	<b>Beg.</b>	Staff
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Jen
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Staff
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Kelsey
12:15-12:45 pm	<b>Basic Yoga</b>	Meditation Rm.	<b>Beg.</b>	Keri
12:15-1:00pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Thena

## Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	<b>Dynamic X Train</b>	West Gym	<b>Int-Adv.</b>	Staff
8:00-8:45 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Roxie
8:00-9:00 am	TRX Basics (fee)	Studio 1	Open	Staff
8:30-9:30 am	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Karen
9:00-9:45 am	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Staff
9:15-10:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Staff
9:30-10:15 am	<b>Yoga I</b>	Meditation Rm.	<b>Beg.</b>	Staff
9:45-10:45 am	<b>Les Mills BodyFlow</b>	Studio 2	<b>Int.</b>	Karen
10:00-10:45 am	<b>Power H2O</b>	Lap Pool	<b>Int.</b>	Staff
10:30-11:30 am	<b>Yoga II</b>	Meditation Rm.	<b>Int.</b>	Staff
11:00-11:30 am	<b>Aqua Walk</b>	Aqua Track	<b>Beg.</b>	Staff

Classes and instructors are subject to change at any time.

## Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Eva/Jen
9:00-10:00 am	<b>Les Mills BodyFlow</b>	(ends Dec. 16) Studio 1		Joel
1:00-1:45 pm	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Kristin
2:15-3:00 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
3:00-3:45 pm	<b>Water Yoga</b>	Aqua Track	<b>Beg.</b>	Debra
4:00-5:00 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Debra

### Basketball Court Reservations

Monday:	5:15-6:00 a.m. 7:00-8:30 a.m. 8:30-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	West Gym FULL COURT East Gym FULL COURT West Gym East Gym West Gym West Gym	H.I.I.T. Pick-Up Basketball Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump
Tuesday:	5:15-6:15 a.m. 7:30-8:15 am 8:15-8:45 am 9:30-10:15 a.m. 10:30-11:00 a.m. 11:00 a.m.-4:00 p.m. 5:30-6:15 p.m. 7:00-10:00 p.m.	West Gym FULL COURT FULL COURT FULL COURT FULL COURT East Gym West Gym FULL COURT	Les Mills BodyPump Tai Chi Balance Tai Chi 24 Tai Chi Balance Tai Chi Stretch Pickleball Play H.I.I.T. Wheelchair Basketball
Wednesday:	5:15-6:00 a.m. 7:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	West Gym East Gym FULL COURT West Gym East Gym West Gym West Gym	H.I.I.T. Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump
Thursday:	5:15-6:15 a.m. 7:30-8:15 a.m. 8:15-8:45 a.m. 9:00 a.m.-12:00 p.m. 12:00-1:00 p.m. 1:00-4:00 p.m. 5:30-6:15 p.m. 6:30-10:00 p.m.	West Gym FULL COURT FULL COURT East Gym FULL COURT East Gym West Gym FULL COURT	Les Mills BodyPump Tai Chi Balance Tai Chi 24 Pickleball Play Pick-Up Basketball Pickleball Play H.I.I.T. Round Robin Pickleball Play
Friday:	5:15-6:00 a.m. 7:00-8:30 a.m. 9:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:30-4:00 p.m.	West Gym FULL COURT FULL COURT FULL COURT West Gym East Gym	H.I.I.T. Pick-Up Basketball Les Mills BodyPump Young At Heart Seated Dance Blast Pickleball Play
Saturday:	7:15-8:00 a.m. 8:30-9:30 a.m. 9:30 a.m.-12:00 p.m.	West Gym FULL COURT East Gym	Dynamic X Train Les Mills BodyPump Pickleball Play
Sunday:	1:00-5:00 p.m.	FULL COURT	Round Robin Pickleball Play

## Open Swim Times Aqua Track

### Monday

6:00 a.m. - 12:15 p.m.  
1:00 - 5:15 p.m.  
6:00 - 9:30 pm

### Tuesday

5:00 - 9:00 a.m.  
9:45 a.m. - 12:15 p.m.  
1:00 - 5:15 p.m.  
6:00 - 9:30 p.m.

### Wednesday

5:00 a.m. - 12:15 p.m.  
1:00 - 5:15 p.m.  
6:00 - 9:30 p.m.

### Thursday

5:00 - 9:00 a.m.  
9:45 a.m. - 12:15 p.m.  
1:00 - 5:15 p.m.  
6:00 - 9:30 p.m.

### Friday

6:00 a.m. - 7:30 p.m.

### Saturday

7:00 - 9:00 a.m.  
9:45 - 11:00 a.m.  
11:30 a.m. - 6:30 p.m.

### Sunday

7:00 a.m. - 2:15 p.m.  
3:45 - 6:30 p.m.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

Evaluations for cleanliness and water balance are done every 4 hours on all 3 pools and all 3 whirlpools.

Individual use of the Aqua Track during a fitness class is not allowed.

ProActive noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Lifeguard Hours:  
Monday-Thursday, 4:00-8:00 p.m.  
Friday, 4:00-7:30 p.m.  
Saturday and Sunday, 1-6:30 p.m.

## Open Swim Times Lap Pool

### Monday

5:00-6:15 a.m.  
7:00-8:30 a.m.  
10:30-11:30 a.m.  
12:15-6:00 p.m.  
6:45-9:30 p.m.

### Tuesday

5:00-10:00 a.m.  
11:30 a.m.-9:30 p.m.

### Wednesday

7:00 a.m.-8:30 a.m.  
10:30-11:30 a.m.  
12:15-9:30 p.m.

### Thursday

5:00-10:00 a.m.  
11:30 a.m.-6:00 p.m.  
6:45-9:30 p.m.

### Friday

5:00-6:15 a.m.  
7:00-8:30 a.m.  
9:45 a.m.-7:30 p.m.

### Saturday

7:00-10:00 a.m.  
10:45 a.m.-6:30 p.m.

### Sunday

7:00 a.m.-6:30 p.m.

The west lap lane is reserved 8:30-9:15 a.m. on Monday, Wednesday and Friday for group fitness class use.

Please share lap lanes with others by circle swimming or splitting the lane. If others are waiting, please limit your lane usage to 30 minutes.

Open swim is not available when swim lessons are in session Sep. 10-Nov. 1.

Children under the age of 13 must be supervised by an adult 19 years or older in the pool area.

Children 5 and younger must be supervised by an adult 19 years or older within arm's length of the child.

US Coast Guard or Red Cross life jackets are recommended for assistance; flotation devices, including water rings or wings, are not allowed.

# Club Information

## Etiquette

Bring a change of shoes. Please wipe down equipment after use. Limit workout to 30 minutes when all machines are in use. Please keep cell phone use to a minimum and no cell phone use on the walking track.

## Fitness Information

### **ADAPTIVE TRAINING**

This program is designed to assist people with physical limitations, caused by spinal cord injuries, stroke, disease, etc., while focusing on the goal of exercising independently. Please contact Samantha Kelly at 402.413.4012 to determine if this program is appropriate for your needs and available appointment times.

### **CLASS LEVELS**

**Beginner:** Low impact, low to middle elevation of heart rate, and strengthening utilizing light free weights.

**Intermediate:** Low impact, mid-level cardiovascular elevation of heart rate and/or mid-level usage of strength equipment.

**Advanced:** Mid to high impact level plus longer duration and higher intensity of the cardiovascular component. Mid-range to heavier weight equipment will be utilized.

**NOTE:** Classes with a range indicate the instructor adjusts for levels of fitness. When no class is in session, classrooms are available for personal workouts. Sound systems are for staff use only. Classes and instructors are subject to change at any time. Class descriptions are available at the front desk.

### **CLASS SERIES**

A short term group fitness offering for a set period of time. Series follow a theme or specific area of interest. During the series, there is a progression of skills and exercises. There is a nominal cost for class series.

### **PICKLEBALL**

Pickleball courts and nets are available in the gym for play during designated times on the basketball court schedule. Paddles are available for check out at the front desk. When playing, please be respectful of other basketball court users.

### **TRX BASICS** (extra fee)

Introductory class required for members new to TRX. Introduces safe practices and fundamental movements. **\$35, Sat. 8-9 a.m. Studio 1**  
**Sign up at the front desk by the Friday before desired class.**

# Club Information

## **YOGA SESSIONS** (extra fee)

Private and semi private yoga sessions are designed for members who wish to have more specific instruction from a yoga instructor. Speak with the yoga instructor of your choice about their availability. Pricing and purchasing options available at the front desk.

## Guest Policy

Members are welcome to bring guests. Guest passes are available for purchase at the Front Desk. Guests must sign a waiver of liability to access the facility. Minors are not permitted to bring other minors as guests. A parent or legal guardian of any guest under 19 years of age must sign the guest pass waiver. NOTE: Member's children and grandchildren, 12 and under, are free when they accompany a member.

## Health & Wellness

### **BLOOD PRESSURE CHECKS & \$20 CHOLESTEROL CHECKS**

Reservations must be made at the front desk for the cholesterol test and fasting for 8-10 hours prior to the test is recommended.

### **NURSE CONSULTATION CLINIC**

Brief 10 minute meeting with Sharon Duffy, RN, MS, CRRN at no charge to discuss health concerns. Extended 30 minute assessment and consultation sessions are available for \$15 fee.

## Holiday Hours

Christmas Eve, Dec. 24      7 am - 2 pm

Christmas Day, Dec. 25      Closed

New Year's Eve, Dec. 31      7 am - 5 pm

No group fitness classes and Play Center closed on holidays.

## Safety Reminders

Children under 13 must be accompanied by an adult at least 19 years old and the adult must be in the pool or basketball court with the child. Children under 13 are not allowed on the fitness floor, upstairs track, classrooms, Aqua Track, whirlpools, steam rooms or saunas.

## Winter Weather Policy

When Lincoln Public Schools close due to inclement weather, the following services are not available that day: Group Fitness Classes, Swim Lessons, Play Center, Cardiac Rehab and Soteria Massage.

### **Club Hours**

Monday-Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday-Sunday	7 am - 7 pm

### **Senior Plus Option-Usage Hours**

Monday-Friday	7 am - 4 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	4:00 pm - 8:00 pm
Friday	4:00 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

### **Soteria Massage & Bodywork Hours**

Monday-Saturday	By Appointment
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7111 Stephanie Lane  
(55th & Pine Lake Road)  
402.420.0000

[www.madonnaproactive.org](http://www.madonnaproactive.org)



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