

WHAT'S HAPPENING

COMMUNICATION

Have you noticed the new bulletin boards by the drinking fountain in the entrance hallway and on the west end of the walking track? Check them out! You now have two central locations to easily see all the upcoming events happening at ProActive. Another great way to stay in the loop is our What's Happening Wednesday email that highlights programs or events starting soon. If you are not receiving this email, contact Member Services at 402.413.4020 or 402.413.4019 to confirm your email address and be added to our list.

NEW GROUP FITNESS CLASS

Mon. 6:00 - 6:45 p.m. Fat Burner Michelle Lap Pool
Thu. 6:00 - 6:45 p.m. Fat Burner Michelle Lap Pool
This total water workout class burns fat by doing cardio movements with weights. It is for all fitness levels wanting to burn calories.

TAKE THE FAT BURNER CHALLENGE FEBRUARY 4 - APRIL 25

Attend 10 Fat Burner classes on Monday or Thursday in this 12 week period to receive a ProShop prize!
Sign up with the instructor at your first class.

ONLINE SURVEY

David Z. won the \$25 gift card for completing the December survey. What a great reward for sharing his opinion! Watch for our online survey via email so we can hear from you too!

PLAY CENTER HOURS - NEW TIMES

Child care in the Play Center now starts at 8:00 a.m. on Saturday mornings. We are also excited to be open Sunday afternoons from 1:00-5:00 p.m.

All Play Center Hours:
Monday-Thursday 8:30 a.m. - 1:30 p.m. & 4:00 - 8:00 p.m.
Friday 8:30 a.m. - 1:30 p.m.
Saturday 8:00 a.m. - 12:30 p.m.
Sunday 1:00 - 5:00 p.m.

SWIMMING LESSONS - SAVE THE DATE

The next child swim lesson session starts April 8 and ends May 30. Registration will be held March 18 - 24. \$40 Member / \$64 Guest

TRY CYCLING 30

Indoor cycling is **EASY TO LEARN, LOW IMPACT & A GREAT CARDIOVASCULAR WORKOUT.** Join us on Tuesday, 10:30 - 11:00 a.m. or Friday 9:30 - 10:00 a.m. No experience necessary!

WINTER WEATHER POLICY - UPDATED

Group fitness classes and other club services may be adjusted or cancelled for inclement weather. Closings or cancellations of club services are made at the discretion of ProActive management and not solely based on Lincoln Public Schools cancellation. For up-to-date information, please check our website and Facebook page or sign up to be on our email list.

LesMills BODYFLOW TECHNIQUE CLASS

Saturday, February 2, 9:45 - 11:15 a.m.
Studio 2 • Drop in class • No sign up required
30 minutes of form & technique followed by hour class



- LEARN HOW TO DO THE MOVEMENTS
- Tai Chi-inspired warm up with a focus on breathing
- Yoga poses like sun salutation and the warrior sequences
- Finish with a period of relaxation
- NO EXPERIENCE NEEDED

Holistic Lessons to Learn Mind Body Spirit Connection

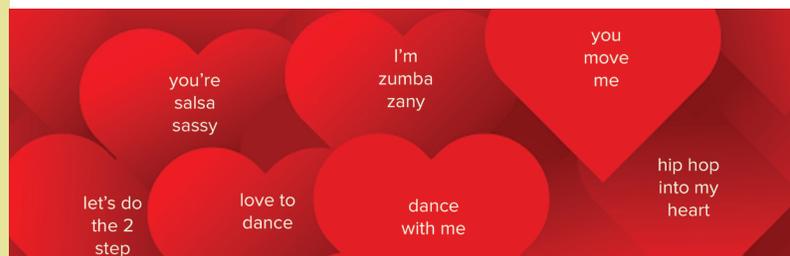
Lifestyle change is a process that takes time and requires support. Success can come when you approach change from the Mind, Body and Spirit connection. Holistic lessons can help create a NEW YOU in a new year!

DATE AND TIME

- Tuesday - February 5, 12 & 19 5:00-6:00 p.m
- Wednesday - February 6, 13 & 20 11:00 a.m.-12:00 p.m

DETAILS

- Making & Maintaining Healthy Behaviors February 5 & 6
- Celebrate National Heart Month February 12 & 13
- Resiliency: The Power to Bounce Back February 19 & 20



DANCE BLAST PARTY

Saturday, February 16, 9:30 - 11:30 a.m., Gym

- Dance partners welcome but not required
- Music & instructor variety
- Drop in for all or part of the party
- Enjoy door prizes & the health benefits of dancing
- Free for members & their guest

I AM PROACTIVE



Meet personal trainer Owen Salmon. Owen has a degree in Nutrition and Health Sciences from the University of Nebraska-Lincoln. He is a Certified Exercise Physiologist through The American College of Sports Medicine. As an undergraduate, Owen has completed extensive research pertaining to exercise

physiology and co-authored research articles appearing in the Journal of Strength and Conditioning Research. As an Exercise Physiologist, Owen enjoys working with clients from all walks of life, creating unique exercise programs focused on fostering motivation and continued education towards exercise and a healthy lifestyle. Owen is available for personal training appointments in the late afternoon and early evening Monday - Friday and some weekends.

NEW YEAR YOGA SERIES

6 Week Series, February 9 - March 16
Saturday, 12:00 - 1:15 p.m., Meditation Room
\$25 Member / \$45 Guest

Limited space • Sign up at front desk

Series Topics: Back to Basics • Self Compassion • Pelvis Work
• Relaxation Methods • Sankalpa (Intention) • Pranayama (Breath Work)

Instructors: Vanessa, Meghan, Melanie, Keri & Amy



WAY TO GO

Lisa said, "Vanessa my yoga instructor does a great job of varying classes and teaching proper form."

Paula said, "Judy and Shannon are both fabulous, supportive instructors. They are always cheerful and fun to be around and provide a wide variety in their classes so it is never boring."

"Loved the new kickboxing class on Thursday night. Karen is great!"

Joseph said, "Dietitian was quite helpful when I wanted to drop some weight. Great and effective guidance."

Dru said, "Melanie K. is an outstanding yoga instructor. Her knowledge of anatomy and yoga qualify her very well. She is attentive to the needs of the people in class and always has modifications for those in need."

"Sydney's dance blast class was awesome and challenging!"

Janice said, "Julie Gipson is a phenomenal instructor. She has new ideas all the time so classes are never stale. She is aware of all the people in her classes and wants them to get the best workout they can."

TRX YOGA SERIES

4 week series that explores yoga poses with the cross-training of TRX.

February 18 - March 4 Monday 7:30 - 8:30 p.m.

Instructor: Melanie Studio 1

\$20 Member / \$30 Guest / \$5 Previous Member Participant

Experience new challenges using yoga poses and TRX straps to boost essential core strength & balance.



PRObalance

IMPROVE BALANCE WHEN WALKING, STANDING & MOVING

Expert help to prevent falls and stay strong on your feet

6 Week Series, February 11 - March 22
1:15 - 2:15 p.m., Monday, Wednesday & Friday
\$250 Member / \$350 Guest

PROGRAM DETAILS

- Meet 3 times per week - 18 small group training sessions
- Led by certified personal trainer or exercise physiologist
- Comprehensive pre & post evaluations
- Strength, cardiovascular, flexibility & mobility exercises
- One-on-one guidance & feedback
- Educational handouts provided throughout the program

TAI CHI FOR BETTER BALANCE



3 Week Series
February 19 - March 7
Tuesday & Thursday
9:30 - 10:45 a.m. Gym
Instructors: Melanie & Keri
No cost • Sign up at front desk

This 3 week series will focus on improving balance and provide an understanding of the fundamental 8 forms of Tai Chi. Moves may be done seated or standing.

FEBRUARY IS NATIONAL HEART MONTH

Enjoy this heart-healthy recipe!

Chicken, Walnut and Brown Rice Stir-Fry

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| 2 cups water | 4 garlic cloves (peeled, minced) |
| 1 cup uncooked brown rice | 3 shallots (peeled, diced) |
| Salt or sea salt (optional) | 1/2 cup chopped celery |
| 1/4 cup dried cherries | 1/2 cup walnuts, chopped |
| 1/4 cup chopped dried apricots | 1 Tbsp fresh, chopped tarragon |
| 1/4 teaspoon cinnamon | 2 Tbsps fresh, chopped chives |
| 2 Tbsps olive oil | |
| 1/2 lb boneless chicken, cut into 1/2-inch cubes | |

In a heavy saucepan bring the water to a boil. Add the rice, and 1/2 teaspoon salt if desired, and stir until the water returns to a boil. Reduce the heat to low, cover, and simmer until the rice is tender and has absorbed the liquid, about 45 minutes.

Add the cherries, apricots and cinnamon to the cooked hot rice, fluff gently with a fork to combine, then cover and set aside to keep the rice warm.

Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, for 3-4 minutes. Add the garlic, shallots and celery and continue to cook, stirring, for about 5 minutes, until the vegetables are soft and the chicken is cooked through. Add the walnuts, tarragon, and 1 tablespoon of the chives. Season with salt to taste. Add the rice to the skillet and stir to combine and heat through. Sprinkle with the remaining chives and serve.