

The Source

- Madonna ProActive News -
March 2018

WHAT'S HAPPENING

GROUP FITNESS CLASSES

NEW

Monday

Yoga I, 12-12:45 pm, Meditation Rm., Beg-Int. Level

Wednesday

Yoga III, 12:00-12:45 pm, Meditation Rm., Int-Adv. Level

Thursday

Gentle Yoga, 8:30-9:10 am, Meditation Rm., Beg. Level

Yoga II, 6-7 pm, Meditation Rm., Beg-Int. Level

Friday

Aqua Walk, 8-8:30 am, Aqua Track, Beg. Level

Gentle Yoga, 8:45-9:30, Meditation Rm., Beg. Level

Yoga II, 12-12:45 pm, Meditation Rm., Beg-Int. Level

CHANGES

Adjusted Start Times for Yoga-check the group fitness class schedule
Meditation/Relaxation-no class on Mar. 5 & 12

DISCONTINUED

Restorative Yoga, Tues., 7-8 pm

Yoga III, Mon. 6:40-7:40 pm

Yoga II, Thu., 1-2 pm

BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with
Holistic Nurse Sharon Duffy are available Mar. 21, 7-9 a.m.
Register at the front desk by Mar. 20.

SUPPORT GROUP

Restoring Hope, grief support and education group, meets 6-7 pm on
Mar. 20.

PRObalance

8 Week Program



Program Details:

Dates: March 5th - April 27th, 2018

Days: Monday, Wednesday, Friday

Time: 1:00 pm - 2:00 pm

Cost: • \$350 member price

• \$400 non member price

• Payment options available

Program Goals

- To improve balance when
 - Standing
 - Walking
 - Moving from sitting to standing

Program Includes:

- Comprehensive pre and post evaluations.
- 24 training sessions lead by a Certified Personal Trainer or Exercise Physiologist.
- Strength, Cardiovascular, Flexibility and Mobility exercises.
- Receive one on one feedback and guidance throughout program.
- Educational topics every week, including nutrition, stress management, and more!

Have questions about the program? Contact Fitness Manager,
Samantha Kelly at 402.413.4012 or skelly@madonna.org



Kickboxing at ProActive

Increase your fitness, strength and flexibility all in one fun class! Safely and effectively learn kickboxing moves in addition to getting your heart rate up with bodyweight cardio movements. May include other equipment such as: battling ropes, jump ropes, kettlebells, and more!

Dates: March 12 - April 18

Days: Monday and Wednesday

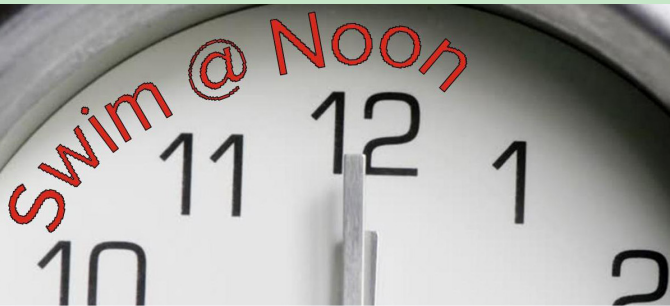
Time: 5:30 am - 6:15 am

Cost: \$40, includes gloves

\$30, without gloves

Limited to 8 participants

Sign up at Front Desk now!



Every Friday @ Noon

NEW LAP SWIMMING WORKOUT POSTED

Join us Friday or complete the workout on your own!

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



INSTRUCTOR SPOTLIGHT



Michelle Schmidt is married and has two children, ages 12 and 9. She has been teaching fitness classes for almost 20 years. Her certifications are in a variety of classes, including spinning, TRX, H.I.I.T., kickboxing, step, Les Mills BodyPump, and many others, plus she has taken various continuing education courses over the years. Michelle is also an avid runner and participates in many races.

Michelle works full time as a hair stylist and loves that both of her careers help people to feel beautiful inside and out!

Michelle teaches cycling at 5:15 am and TRX at 6:00 am on Thursday and Body Sculpt at 9:15 am on Friday.



Matt Kasik

ProActive General Manager

I'm pleased to announce that Madonna ProActive will be adding Les Mills group fitness

classes. Les Mills is the most popular group fitness programming in the world – it's workouts are used by almost 20,000 facilities within 100 countries. Their most popular class, BodyPump, will begin at ProActive in mid-April, with additional classes starting in May and June.

The workouts are structured as a class format and set to music. Each workout has the ability to be personalized to your individual level of fitness. The exercises within these classes are scientifically based and analyzed by experts to ensure that you are achieving the most effective workout. Most importantly, these classes are FUN, which makes the motivation part easy.

Stay tuned to announcements over the next month for details on our BodyPump launch party, which is coming in April. There, you'll get a sneak peak of these classes.

NERF Basketball MARCH MADNESS

Challenge
Coming

March 13 - April 2



Earn Points with Check-Ins and Nerf Basketball

- 64 members play NERF MARCH MADNESS
- Each check-in during your round earns 1 point
- Make a Nerf basket each day to earn 1 point
- Member with most points advances to next round
- Champion wins a FREE MONTH OF DUES

SIGN UP AT FRONT DESK-FIRST 64 MEMBERS PLAY!

SPECIAL WATER CLASS MARCH 18



H2O Qigong (pronounced chee-gong)

Learn coordinated body posture and movement, breathing and meditation in the water.

Lap Pool, March 18, 1-2 p.m.

PRIVATE LESSON SALE

Members \$15 Non Members \$25
Save \$5 per lesson

March 12 - May 24*

Available Times:

Monday 4-7:30 pm with Megan

Tuesday 4-7:30 pm with Ben

Sunday 1-5:30 pm with Bryce

*All lessons must be used Mar. 12 - May 24

WAY TO GO

Lloya said, "Carmen is fabulous!!!! She is an excellent instructor, tuned in to the various needs of her class members. She makes all feel welcome and provides a fun environment while giving us a great workout."

Kathy said, "Penny and Roxie, spin instructors, are one of the main reasons I stay with Madonna. They are excellent instructors for all levels of fitness. They continuously encourage you to push yourself with reminders of proper form/posture. All of the yoga instructors are awesome as well. Having so many excellent instructors gives me so many options to work around my schedule. Sam for TRX is also great."

Starla recognized TherapyPlus staff "Ryan PTA is excellent in his work. I had him for 12 weeks and I would never have achieved the results I now have if I didn't have his expertise."

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