

# September-October 2018 Group Fitness Class Schedule



## MEMBER REFERRAL **BONUS**

### Refer Friends & Family to Earn a \$50 BONUS Reward

When friends or family join in September or October, you receive a \$50 Gift Card for each new Primary or Senior member. All referrals also earn you 2 free guest passes.

## **LES MILLS BODYFLOW**

Try this new class where individuals bend and stretch through a series of simple yoga moves and elements of Tai Chi and Pilates.

Tue. & Thu., 11 am-12 pm, Studio 1  
Sat., 9:45-10:45 am, Studio 2

### **HELPFUL REMINDERS**

Please limit equipment and lap lane use to 30 minutes when members are waiting.

Wipe down fitness equipment with sanitizing wipes after use.

Limit cell phone use while on equipment. Use of headphones is required for device listening.

Locker room shower stall use is on a first come basis and stalls may not be reserved.

Supervision by an adult 19 or older is required for children 12 and under using the pools or basketball court.

Outside food, drinks (other than bottled water) and coolers are not allowed in the pool area.

# 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
5:30-6:30 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

Class descriptions are available at the front desk.

Lap Pool classes are held in the outdoor pool when weather permits.

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*</b>	Studio 2	<b>Beg-Int.</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
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
6:00-6:45 pm	<b>H2O Deep Interval</b>	Outdoor Pool	<b>Beg-Int.</b>	Melissa
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.

Class descriptions are available at the front desk.

Lap Pool classes are held in the outdoor pool when weather permits.

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>	Roxie
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 H2O</b>	Lap Pool	<b>Int-Adv.</b>	Liz
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>	Jan
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>	Haley
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>	Eva
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.

Lap Pool classes are held in the outdoor pool when weather permits.  
Classes and instructors are subject to change at any time.

# Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Michelle
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
6:00-6:45 am	<b>TRX*</b>	Studio 1	<b>Int-Adv.</b>	Michelle
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*</b>	Studio 1	<b>Beg-Int.</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>	Studio 1	<b>Int.</b>	Carol Ann
11:30-12:15 pm	Mat Pilates Lite (fee)	Studio 2	Open	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

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

Class descriptions are available at the front desk.

Lap Pool classes are held in the outdoor pool when weather permits.

# 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>	Erica/Mitzi
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>	Sam

# 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

Lap Pool classes are held in the outdoor pool when weather permits.  
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
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

**Bold items are free with membership.**

Monday:	5:15-6:00 a.m.	WestGym	<b>H.I.I.T.</b>
	7:00-8:30 a.m.	Full Court	<b>Pick-up Basketball</b>
	10:15-11:00 a.m.	West Gym	<b>Young At Heart</b>
	11:30-12:15 p.m.	West Gym	<b>Seated Dance Blast</b>
	5:30-6:30 p.m.	West Gym	<b>Cardio Pump</b>
	6:30-7:30 p.m.	West Gym	<b>Les Mills BodyPump</b>
Tuesday:	5:15-6:15 a.m.	West Gym	<b>Les Mills BodyPump</b>
	7:30-8:15 am	West Gym	<b>Tai Chi Balance</b>
	8:15-8:45 am	West Gym	<b>Tai Chi 24</b>
	9:30-10:15 a.m.	West Gym	<b>Tai Chi Balance</b>
	10:30-11:30 a.m.	West Gym	<b>Tai Chi Stretch</b>
	5:30-6:15 p.m.	West Gym	<b>H.I.I.T.</b>
	7:30-10:00 p.m.	Full Court	Wheelchair Basketball (Oct. 2-Apr. 2)
Wednesday:	5:15-6:00 a.m.	West Gym	<b>H.I.I.T.</b>
	10:15-11:00 a.m.	West Gym	<b>Young At Heart</b>
	11:30-12:15 p.m.	West Gym	<b>Seated Dance Blast</b>
	5:30-6:30 p.m.	West Gym	<b>Cardio Pump</b>
	6:30-7:30p.m.	West Gym	<b>Les Mills BodyPump</b>
	6:30-8:00 p.m	East Gym	Power Soccer (Sep. 12-Oct. 31)
Thursday:	5:15-6:15 a.m.	West Gym	<b>Les Mills BodyPump</b>
	7:30-8:15 a.m.	West Gym	<b>Tai Chi Balance</b>
	8:15-8:45 a.m.	West Gym	<b>Tai Chi 24</b>
	12:00-1:00 p.m.	Full Court	<b>Pick-up Basketball</b>
	5:30-6:15 p.m.	West Gym	<b>H.I.I.T.</b>
Friday:	5:15-6:00 a.m.	West Gym	<b>H.I.I.T.</b>
	7:00-8:30 a.m.	Full Court	<b>Pick-up Basketball</b>
	9:00-10:00 a.m.	West Gym	<b>Les Mills BodyPump</b>
	10:15-11:00 a.m.	West Gym	<b>Young At Heart</b>
	11:30-12:15 p.m.	West Gym	<b>Seated Dance Blast</b>
Saturday:	7:15-8:00 a.m.	West Gym	<b>Dynamic X Train</b>
	8:30-9:15 a.m.	West Gym	<b>Les Mills BodyPump</b>

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# 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.

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# Open Swim Times

## Lap Pool

### Monday

5:00-6:15 a.m.  
7:00-8:30 a.m.  
10:30-11:30 a.m.  
12:15-4:00 p.m.  
7:15-9:30 p.m.

### Tuesday

5:00-10:00 a.m.  
11:30 a.m.-4:30 p.m.  
7:15-9:30 p.m.

### Wednesday

7:00 a.m.-8:30 a.m.  
10:30-11:30 a.m.  
12:15-4:30 p.m.  
7:00-9:30 p.m.

### Thursday

5:00-10:00 a.m.  
11:30 a.m.-4:30 p.m.  
7:15-9:30 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.

Group fitness classes are held in the outdoor pool when weather permits.

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.

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# Club Information

## Account Updates

Please provide address, phone number/email and autopay changes by contacting Member Services at 402.413.4020 or 402.413.4019. Newsletters, feedback surveys, birthday gifts and other member rewards are emailed and/or mailed monthly.

## 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 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.

# Club Information

## **PICKLEBALL**

A pickleball court and net are available in the east gym for play during open times (see basketball court reservation times.) 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.**

## **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.

## **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.

### **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 Hours**

Monday-Saturday	By Appointment
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7111 Stephanie Lane  
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