

April 2018

Group Fitness Class Schedule

50 REASONS to exercise

1. Lifts mood
2. Improves learning abilities
3. Build self-esteem
4. Keeps brain fit
5. Keeps body fit
6. Boosts mental health
7. Boosts immune system
8. Reduces stress
9. Improves happiness
10. Anti-aging effects
11. Improves skin tone
12. Improves sleeping
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives confidence
23. Helps keep focus
24. Improves eating habits
25. Increases longevity
26. Strengthens bones
27. Strengthens heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers cancer risk
33. Lowers high blood pressure
34. Lowers diabetes risk
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces depression feelings
39. Prevents muscle loss
40. Increases energy
41. Increases sports performance
42. Improves pain resistance
43. Improves balance
44. Improves oxygen supply
45. Improves concentration
46. Helps self-control
47. Lessens fatigue
48. Increases sex drive
49. Makes life exciting
50. Improves life quality

LES MILLS
BODYPUMP

Join us for the LAUNCH PARTY
SATURDAY, APRIL 14
Special BodyPump Classes
8:30 & 9:30 am, East Gym

Pick up a CLASS PASS at the front desk to bring a guest to the party!



MADONNA
PROACTIVE
Medical Fitness

Fitness Refined

Monday

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

Classes and instructors are subject to change at any time.

Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	BodyPump	Studio 1	Beg.	Brenda
5:15-6:00 am	Cycling	Studio 3	Int.	Jen
6:00-6:45 am	TRX*	Studio 1	Int-Adv.	Brenda
8:15-9:00 am	RetroRobics Blast	Studio 1	Beg-Int.	Carmen
8:15-9:00 am	TRX*	Studio 2	Beg-Int.	Eva
8:30-9:25 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:15-10:15 am	Cardio Pump	Studio 1	Int.	Shannon
9:30-10:15 am	Tai Chi Balance	East Gym	Beg.	Melanie
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Eva
9:30-10:15 am	Chair Yoga	Meditation Rm.	Beg.	Keri
10:00-10:45 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:30-11:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
10:15-11:00 am	Dynamic X Train	Studio 1	Int.	Eva/Erica
10:30-11:00 am	Tai Chi Stretch	East Gym	Beg.	Melanie
10:45-11:00 am	Strength & Stretch	Lap Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Lap Pool	Beg.	Julie
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
1:15-1:45 pm	Parkinson's BIG Grad	Meditation Rm.	Beg.	Karen
5:00-5:55 pm	Basic Yoga	Meditation Rm.	Beg.	Vanessa
5:15-6:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
5:30-6:15 pm	Power H.I.I.T.	East Gym	Beg-Int.	Eva/Russ
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int.	Bob
6:00-7:00 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Vanessa
6:30-7:30 pm	TRX*	Studio 1	Int-Adv.	Eva/Sam

*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	Cycling	Studio 3	Int-Adv.	Roxie
5:15-6:00 am	Power H2O	Lap Pool	Int-Adv.	Lydia
6:15-7:00 am	Power H2O	Lap Pool	Int.	Lydia
5:30-6:15 am	Power H.I.I.T.	East Gym	Int-Adv.	Brenda
8:30-9:15 am	Power H2O	Lap Pool	Int-Adv.	Julie
9:00-9:45 am	Stretch Pain Mgmt	Studio 2	Beg.	Joe
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Erica
9:30-10:25 am	Restorative Yoga	Meditation Rm.	Beg.	Melanie
9:45-10:30 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Young at Heart	East Gym	Beg.	Betsy
10:15-11:00 am	Zumba	Studio 1	Beg-Int.	Jess
10:30-11:30 am	Restorative Yoga	Meditation Rm.	Beg-Int.	Melanie
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Haley
11:30-12:15 pm	Seated Dance Blast	East Gym	Beg.	Jess
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Mitzi
12:00-12:45 pm	Yoga III	Meditation Rm	Int-Adv.	Melanie
12:15-1:00 pm	Dynamic X Train	Studio 1	Int-Adv.	Staff
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
5:00-5:40 pm	Gentle Yoga	Meditation Rm	Beg.	Maria
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Dona
5:15-6:00 pm	TRX*	Studio 1	Int-Adv.	Eva
5:30-6:30 pm	Cardio Pump	East Gym	Beg-Int.	Jess
5:45-6:45 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Maria
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int.	Staff
6:30-7:15 pm	Zumba	Studio 1	Beg-Int.	Kristin
6:30-7:30 pm	BodyPump	East Gym	Int.	Karen

*Requires TRX Basic course or prior ProActive TRX training.

Classes and instructors are subject to change at any time.

Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	BodyPump	Studio 1	Beg.	Brenda
5:15-6:00 am	Cycling	Studio 3	Int.	Michelle
6:00-6:45 am	TRX*	Studio 1	Int-Adv.	Michelle
8:15-9:00 am	TRX*	Studio 1	Beg-Int.	Eva
8:15-9:00 am	RetroRobics Blast	Studio 2	Beg-Int.	Carmen
8:30-9:15 am	Tai Chi Balance	East Gym	Beg.	Mitzi
8:30-9:10 am	Gentle Yoga	Meditation Rm.	Beg.	Barbara
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:15-10:00 am	Interval Endurance	Studio 1	Int-Adv.	Erica
9:30-10:00 am	Tai Chi Stretch	East Gym	Beg.	Mitzi
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Betsy
9:30-10:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Barbara
10:00-10:45 am	Power Splash	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Dynamic X Train	Studio 1	Int.	Shannon
10:45-11:00 am	Strength & Stretch	Lap Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Lap Pool	Beg.	Julie
11:30-12:15 pm	Mat Pilates Lite (fee)	Studio 2	Open	Sarah
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
1:15-1:45 pm	Parkinson's BIG Grad	Meditation Rm.	Beg.	Karen
5:00-5:55 pm	Basic Yoga	Meditation Rm	Beg.	Debra
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Michelle
5:30-6:15 pm	Power H.I.I.T.	Studio 1	Int.	Betsy
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int.	Barbara
6:00-6:45 pm	H2O Interval	Lap Pool	Beg-Int.	Michelle
6:00-7:00 pm	Yoga II	Meditation Rm.	Beg-Int.	Debra
6:30-7:30 pm	TRX*	Studio 1	Int-Adv.	Betsy

*Requires TRX Basic course or prior ProActive TRX training.

Classes and instructors are subject to change at any time.

Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Penny
5:15-6:00 am	Power Track	Aqua Track	Adv.	Lydia
5:30-6:15 am	Power H.I.I.T.	East Gym	Int-Adv.	Brenda
6:15-7:00 am	Power H2O	Lap Pool	Int.	Lydia
8:00-8:30 am	Aqua Walk	Aqua Track	Beg.	Lydia
8:30-9:15 am	Power H2O	Lap Pool	Int.	Lydia
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Staff
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Michelle
9:30-10:15 am	Chair Yoga	Meditation Rm.	Beg.	Keri
10:30-11:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Keri
10:15-10:55 am	Young At Heart	East Gym	Beg.	Staff
10:15-11:00 am	Zumba	Studio 1	Beg-Int.	Jess
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Erica/Mitzi
11:30-12:15 pm	Seated Dance Blast	East Gym	Beg.	Jess
12:00-12:45 pm	Yoga II	Meditation Rm.	Int.	Keri
12:15-1:00 pm	Dynamic X Train	Studio 1	Int-Adv.	Sam

Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:00 am	Dynamic X Train	East Gym	Int-Adv.	Jess
8:00-8:45 am	Cycling	Studio 3	Int.	Roxie
8:00-9:00 am	TRX Basics (fee)	Studio 1	Open	Staff
8:30-9:15 am	Strength & Tone	East Gym	Int.	Jess
9:00-9:45 am	Power Track	Aqua Track	Adv.	Staff
9:15-10:00 am	Dance Blast	Studio 1	Beg-Int.	Staff
9:30-10:15 am	Yoga I	Meditation Rm.	Beg.	Staff
10:00-10:45 am	Power H2O	Lap Pool	Int.	Staff
10:30-11:30 am	Yoga II	Meditation Rm.	Int.	Staff
11:00-11:30 am	Aqua Walk	Aqua Track	Beg.	Staff
11:30-12:15 pm	Pilates Mat	Studio 2	Beg-Int.	Monica/Kristine

Classes and instructors are subject to change at any time.

Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
2:15-3:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona/Lydia
3:00-3:45 pm	Aqua-Lates	Aqua Track	Beg.	Dona/Lydia
4:00-4:45 pm	Dance Blast	Studio 1	Beg-Int.	Staff
4:00-5:00 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Debra

Basketball Court Reservations

Bold items are free with membership.

Monday:	5:30-6:30 a.m.	East Gym	Power H.I.I.T.
	7:00-8:30 a.m.	Full Court	Pick-up Basketball
	10:15-11:00 a.m.	East Gym	Young At Heart
	11:30-12:15 p.m.	East Gym	Seated Dance Blast
	5:30-6:30 p.m.	East Gym	Cardio Pump
	6:30-7:30 p.m.	East Gym	BodyPump
Tuesday:	9:30-10:15 a.m.	East Gym	Tai Chi Balance
	10:30-11:30 a.m.	East Gym	Tai Chi Stretch
	5:30-6:15 p.m.	East Gym	Power H.I.I.T.
Wednesday:	5:30-6:30 a.m.	East Gym	Power H.I.I.T.
	10:15-11:00 a.m.	East Gym	Young At Heart
	11:30-12:15 p.m.	East Gym	Seated Dance Blast
	5:30-6:30 p.m.	East Gym	Cardio Pump
	6:30-7:30p.m.	East Gym	BodyPump
Thursday:	8:30-9:15 a.m.	East Gym	Tai Chi Balance
	9:30-10:00 a.m.	East Gym	Tai Chi Stretch
	12:00-1:00 p.m.	Full Court	Pick-up Basketball
	6:00-6:30 p.m.	East Gym	Runner's Cross Training
Friday:	5:30-6:30 a.m.	East Gym	Power H.I.I.T.
	7:00-8:30 a.m.	Full Court	Pick-up Basketball
	10:15-11:00 a.m.	East Gym	Young At Heart
	11:30-12:15 p.m.	East Gym	Seated Dance Blast
Saturday:	7:15-8:00 a.m.	East Gym	Dynamic X Train
	8:30-9:15 a.m.	East Gym	Strength & Tone

Pickleball court available in the West Gym for play during open times.

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 - 8:00 a.m.

8:30 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.

Lifeguards hold 10-minute safety breaks each hour of open swim when on duty.

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 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.

Visible bodily fluids in the pool requires a 24 hour shut down for treatment. Infants are required to wear swim diapers.

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

Account Updates

Please provide address, phone number/email and autopay changes by contacting the Member Services department 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.

MAT PILATES LITE (extra fee)

Designed for the non-athlete or individual who is new to Pilates or may need some modifications for an orthopedic or medical condition.

5 class punch card \$20 M, \$25 NM, Thu., 11:30-12:15 p.m., Studio 2

PICKLEBALL

A pickleball court and net are available in the west gym for play during open times (see basketball court reservation times.) When playing, please be respectful of other basketball court users.

Club Information

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.

RESTORING HOPE

Grief support and education group open to members and their guest. Meets on 3rd Tuesday of the month. 6-7 p.m. Call 402.413.3556 for more information.

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
-----------------	----------------

7111 Stephanie Lane
(55th & Pine Lake Road)
402.420.0000

www.madonnaproactive.org



**MADONNA
PROACTIVE**
Medical Fitness