

June 2017

Group Fitness Class Schedule

SUMMER REMINDERS



We welcome guests. The fee for members is \$10 plus tax for guests 13 years and older and \$5 plus tax for guests 12 years and younger.

Member's children and grandchildren, 12 years and under, may use the pool area and basketball court for free when they accompany a member.

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

Personal Nerf toys, splash balls, noodles, and kick boards are permitted in the pools.

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

US Coast Guard or Red Cross certified flotation aids are recommended for younger children. Swim diapers are required.

We happily provide towels however to maintain an adequate supply please use only what is needed.

Maintaining the locker rooms is important to us and we appreciate your help with towel collection.

For health and safety reasons, children 12 years and under are not allowed in the sauna, steam room, or whirlpool.



MADONNA
PROACTIVE
Medical Fitness

Fitness Levels

FS- First Steps (shaded classes)

These classes are a series of gentle, introductory “first steps.” Each class is designed to be educational as well as fun. These classes are 30 minutes long and are for those who are new to group exercise.

Beginner

Geared toward beginning students. Low impact, low to middle elevation of heart rate, and strengthening utilizing light free weights.

Intermediate

Class with low impact, mid-level cardiovascular elevation of heart rate and/or mid-level usage of strength equipment.

Advanced

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

PLEASE NOTE: Classes with a range indicate the instructor adjusts for all levels of fitness. Check in with the instructor a few minutes prior to class if you are a new class member.

CLASSROOM LOCATIONS

East Gym

Main floor/east half of basketball court

Meditation Room

Located just north of the Front Desk

Studio 1

Upstairs to the south of stairway

Studio 2

Upstairs mid-track next to elevator

Studio 3

Upstairs-east of Studio 2

Pools - Indoor & Outdoor Lap & Aqua Track

Main floor; access via locker rooms

The classes listed are included with your ProActive membership.

Each class requires a minimum number of participants in order to be part of the ongoing schedule.

If classes become crowded, a pass from the front desk may be required for participation.

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
5:30-6:30 am	Power H.I.I.T.	East Gym	Int-Adv.	Tony
6:15-7:00 am	Power H2O	Outdoor Pool	Int.	Amanda
8:30-9:15 am	Power H2O	Outdoor Pool	Int-Adv.	Julie
9:00-9:45 am	Stretching for Pain Mgmt	Studio 2	FS	Joe
9:15-9:45 am	Aqua Deep Core	Outdoor Pool	Int.	Julie
9:15-10:00 am	Body Sculpt I	Studio 1	Int.	Judy
9:30-10:00 am	Gentle Yoga	Meditation Rm.	FS	Melanie
9:45-10:30 am	Power Splash	Outdoor Pool	Beg-Int.	Julie
10:05-11:05 am	Yoga I	Meditation Rm.	Beg-Int.	Melanie
10:15-11:00 am	Young at Heart	East Gym	Beg.	Judy
10:15-11:00 am	Zumba	Studio 1	Beg-Int.	Aimee
11:05-11:30 am	Stretch for Life	Studio 2	FS	Erica
11:30-12:15 pm	Seated Dance Blast	East Gym	Beg.	Aimee
12:15-1:00 pm	Dynamic Cross Train	Studio 1	Int-Adv.	Eva
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
1:15-2:00 pm	Aqua Splash	Lap Pool	Beg.	Mitzi
2:00-2:30 pm	Meditation/Relaxation	Meditation Rm	Beg.	Sharon
5:00-5:30 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 II	East Gym	Int-Adv.	Bob
5:35-6:35 pm	Yoga II	Meditation Rm.	Int.	Melanie
6:00-6:45 pm	H2O Interval	Outdoor Pool	Beg-Int.	Michelle
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int-Adv.	Gary/Eva
6:35-7:00 pm	Walking w/Wgts	Track by Elev.	FS	Bob
6:40-7:40 pm	Yoga III	Meditation Rm	Int-Adv.	Melanie
6:30-7:15 pm	Dance Blast	Studio 1	Beg.	Haze
7:00-7:30 pm	Interval Walk	Track by Elev.	FS	Bob
7:00-7:45 pm	Adult Tap Blast	Studio 3	Beg.	Stephanie

Water shoes are required for class participation in all pools.

Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Body Sculpt I	Studio 1	Beg.	Wendy
8:15-9:00 am	RetroRobics Blast	Studio 3	Beg-Int.	Carmen
8:30-9:15 am	Tai Chi Better Balance	East Gym	FS	Marsha/Bob
8:45-9:30 am	Yoga I	Meditation Rm.	FS-Beg.	Kay
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:25-10:00 am	Tai Chi Breathe & Stretch	East Gym	FS	Marsha/Bob
9:15-10:15 am	Cardio Pump II	Studio 1	Int.	Judy
9:35-10:10 am	Chair Yoga	Meditation Rm.	FS	Kay
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Eva
10:00-10:45 am	Power Splash	Outdoor Pool	Beg-Int.	Julie
10:15-11:15 am	Yoga I-II	Meditation Rm.	Beg-Int.	Kay
10:15-11:00 am	Dynamic Cross Train	Studio 1	Int.	Judy
10:45-11:00 am	Strength & Stretch	Outdoor Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Outdoor Pool	FS	Julie
11:45-12:15 PM	Parkinson's BIG Grad	Meditation Rm	FS	Bob
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
12:15-12:45 pm	Fall Prevention Walk	Meditation Rm	FS	Bob
12:45-1:15 pm	First Step Cardio	Track by Elev.	FS	Bob
1:15-1:45 pm	First Step Tone	Track by Elev.	FS	Bob
5:00-5:40 pm	Yoga I	Meditation Rm	FS	Amy
5:15-6:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
5:30-6:15 pm	Results 45	East Gym	Open	Eva
5:45-6:45 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Amy
6:00-6:45 pm	H2O Interval	Outdoor Pool	Beg-Int.	Melissa
6:30-6:50 pm	Core Strength & Tone	Studio 2	Beg-Int.	Bob
7:00-7:45 pm	Fit Barre Blast	Studio 1	Int.	Staff

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Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Power H2O	Outdoor Pool	Int-Adv.	Karen
6:15-7:00 am	Power H2O	Outdoor Pool	Int.	Karen
5:30-6:30 am	Power H.I.I.T.	East Gym	Int-Adv.	Tony
8:30-9:15 am	Power H2O	Outdoor Pool	Int-Adv.	Julie
9:00-9:45 am	Stretching for Pain Mgmt	Studio 2	FS	Joe
9:15-9:45 am	Aqua Deep Core	Outdoor Pool	Int.	Julie
9:15-10:00 am	Body Sculpt I	Studio 1	Int.	Erica
9:30-10:15 am	Beg. Adult Tap Blast	Studio 3	Beg.	Stephanie/Jade
9:30-10:15 am	Yoga I	Meditation Rm.	FS-Beg.	Barb
9:45-10:30 am	Power Splash	Outdoor Pool	Beg-Int.	Julie
10:15-11:00 am	Young at Heart	East Gym	Beg.	Erica
10:15-11:00 am	Zumba	Studio 1	Beg-Int.	Aimee/Janice
10:20-11:20 am	Yoga I-II	Meditation Rm.	Beg-Int.	Barb
10:30-11:15 am	Int. Adult Tap Blast	Studio 3	Int.	Stephanie/Jade
11:05-11:30 am	Stretch for Life	Studio 2	FS	Erica
11:30-12:15 pm	Seated Dance Blast	East Gym	Beg.	Aimee/Janice
12:15-1:00 pm	Dynamic Cross Train	Studio 1	Int-Adv.	Staff
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Mitzi
1:15-2:00 pm	Aqua Splash	Lap Pool	Beg.	Mitzi
5:00-5:30 pm	Gentle Yoga	Meditation Rm	FS	Maria
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Dona
5:30-6:30 pm	Cardio Pump I	East Gym	Beg-Int.	Claire
5:35-6:35 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Maria
6:00-6:30 pm	First Step Tone	Track by Elev.	FS	Bob
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int-Adv.	Staff
6:30-7:00 pm	Walking w/Wgts	Track by Elev.	FS	Bob
6:35-7:20 pm	Zumba	Studio 1	Beg-Int.	Staff
7:00-7:45 pm	Dance Blast	Studio 3	Beg.	Staff

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Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int.	Michelle
5:15-6:00 am	Body Sculpt I	Studio 1	Beg.	Wendy
8:15-9:00 am	RetroRobics Blast	Studio 3	Beg-Int.	Carmen
8:30-9:15 am	Tai Chi Better Balance	East Gym	FS	Marsha/Bob
9:00-9:45 am	EZ Moves	Aqua Track	Beg.	Julie
9:15-10:00 am	Interval Endurance	Studio 1	Int-Adv.	Erica
9:25-10:00 am	Tai Chi Breathe & Stretch	East Gym	FS	Marsha/Bob
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Eva
9:30-10:30 am	Restorative Yoga	Meditation Rm.	Beg-Int.	Melanie
10:00-10:45 am	Power Splash	Outdoor Pool	Beg-Int.	Julie
10:15-11:00 am	Dynamic Cross Train	Studio 1	Int.	Judy
10:35-11:35 am	Restorative Yoga	Meditation Rm.	Beg-Int.	Melanie
10:45-11:00 am	Strength & Stretch	Outdoor Pool	Int.	Julie
11:00-11:30 am	Aqua Balance/Move.	Outdoor Pool	FS	Julie
11:30-12:15 pm	Mat Pilates Lite (Additional Fee Class)	Studio 2	Open	Sarah
12:15-1:00 pm	Back Hab	Aqua Track	Beg.	Julie
11:45-12:15 pm	Parkinson's BIG Grad	Meditation Rm	FS	Bob
12:15-12:45 pm	Fall Prevention Walk	Meditation Rm	FS	Bob
12:45-1:15 pm	First Step Cardio	Track by Elev.	FS	Bob
1:00-2:00 pm	Yoga II	Meditation Rm.	Int-Adv.	Melanie
1:15-1:45 pm	First Step Tone	Track by Elev.	FS	Bob
5:00-5:30 pm	Gentle Yoga	Meditation Rm	FS	Debra
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Michelle
5:30-6:25 pm	Power H.I.I.T.	East Gym	Int.	Liz
5:35-6:35 pm	Yoga I-II	Meditation Rm.	Beg-Int.	Debra
6:00-6:45 pm	H2O Interval	Outdoor Pool	Beg-Int.	Michelle
6:30-6:50 pm	Core Strength & Tone	Studio 2	Int-Adv.	Liz
7:00-7:45 pm	Fit Barre Blast	Studio 1	Int.	Hannah/Mary

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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.	Amanda
5:30-6:30 am	Power H.I.I.T.	East Gym	Int-Adv.	Tony
6:15-7:00 am	Power H2O	Outdoor Pool	Int.	Amanda
8:30-9:15 am	Power H2O	Outdoor Pool	Int.	Wendy
8:45-9:30 am	Gentle Yoga	Meditation Rm.	FS	Julie
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Wendy
9:15-10:00 am	Body Sculpt I	Studio 1	Int.	Michelle
9:35-10:05 am	Chair Flow Yoga	Meditation Rm.	FS	Julie
10:10-11:10 am	Yoga I-II	Meditation Rm.	Beg-Int.	Julie
10:15-11:00 am	Young At Heart	East Gym	Beg.	Bob
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Aimee
11:05-11:30 am	Stretch for Life	Studio 2	FS	Bob
11:30-12:15 pm	Seated Dance Blast	East Gym	Beg.	Staff
11:30-12:30 pm	Dynamic Cross Train	Studio 1	Int-Adv.	Staff
5:45-6:30 pm	Adult Tap Blast	Studio 3	Open	Stephanie

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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. The fitness trainer works with the member on strength, cardiovascular, and stretching exercises. Please contact Samantha Kelly at 402.413.4012 to determine if this program is appropriate for your needs and available appointment times.

Extra Encouragement

Are you new to exercise programs? Do you want to spice up your current workout? Personal trainers can work with individuals, in tandem or with small groups to help their clients achieve results in a safe and effective manner. Contact Samantha Kelly at 402.413.4012 or skelly@madonna.org to find the trainer right for you and your exercise goals.

Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:00 am	Dynamic Cross Train	East Gym	Int-Adv.	Tony
8:00-8:45 am	Cycling	Studio 3	Int.	Staff
8:30-9:15 am	Strength & Tone	East Gym	Int.	Tony
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-Int.	Staff
10:00-10:45 am	Power H2O	Outdoor Pool	Int.	Staff
10:20-11:20 am	Yoga II	Meditation Rm.	Beg-Int.	Staff
11:00-11:30 am	Aqua Walk	Aqua Track	FS	Staff
11:15-12:00 pm	Fit Barre Blast	Studio 1	Int.	Hannah/Mary
11:30-12:15 pm	Pilates Mat	Studio 2	Beg-Int.	Monica/Kristine
1:00-1:30 pm	Walking w/Wgts	Track by Elev.	FS	Bob
1:30-2:00 pm	First Step Cardio	Track by Elev.	FS	Bob

Sunday

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

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Studio Use

If no class is in session, members may use Studios 1-2-3 for personal workouts. Please wipe down and put away all equipment after use and be courteous of other members sharing the space. Sound systems are to be used by ProActive staff only. Special workshops may reserve the space and might not appear on the regular schedule.

Class Descriptions

AQUA BALANCE AND MOVEMENT - Tues. Thur.

This is a “First Step” class that focuses on range of motion and stability in the water. It is an excellent class for those with multiple sclerosis.

AQUA DEEP CORE - Mon. Wed. Fri.

This water class will show you different ways to engage and maintain correct postural stabilization with a focus on the core (abdominals).

AQUA-LATES - Sun.

Designed for a core workout by incorporating balance, flexing, and strengthening movements.

AQUA SPLASH - Mon. Wed.

This low impact water class is designed for all fitness levels and includes cardiovascular exercise, stretching and balance work for a total body workout.

AQUA WALK - Sat.

Enjoy the benefits of our indoor aqua track. This class incorporates basic walking exercises going against & with the current as well as forwards, backwards and laterally. Beneficial for those with hip & knee problems.

BACK HAB - Tues. Thur.

This water class is excellent for those individuals with back pain or discomfort. The exercises are low impact and designed to strengthen the muscles in the back.

BODY SCULPT I & II - Mon. Tues. Wed. Thurs.

A total body weight training class that concentrates on exercises to improve muscular strength and endurance giving you “head-to-toe” training.

CARDIO PUMP I & II - Mon. Tues. Wed.

Get a complete cardiovascular workout using the step & walking track. We incorporate weight training with light dumbbells, body bar & resistance bands.

CORE STRENGTH & TONE - Tues. Thur.

A continuous, non-impact form of exercise that focuses on strengthening and stretching your whole body. Beginning and experienced pilates students will be invigorated during and after this workout.

CYCLING - Mon. Tues. Wed. Thur. Fri. Sat.

Put a “spin” on your workout! Cycling is a cardiovascular workout on stationary bikes for the mind, body & spirit. All fitness levels can enjoy this fast-paced ride.

Cardio Fit Cycling mixes technique-based riding, sport specific drills and motivating music which combine to make for an exciting and unpredictable ride.

DANCE BLAST - Mon. Wed. Fri. Sat. Sun.

Incorporate a variety of dance movements to enhance fitness; focus is on toning, building lean muscle strength, and a cardio workout. This class is geared toward the non-dancer.

DYNAMIC CROSS TRAIN - Mon. through Sat.

A collaborative combination of cardio, strength training, and stretching. Utilizing techniques from team sports, station drills, kettle bell training, body weight training, and low and high intensity workout routines.

EZ MOVES - Mon. Tues. Wed. Thur.

This water class focuses on range of motion, stride, balance and easing joint pain. Good for anyone looking for a zero impact workout. Suitable for people with arthritis, fibromyalgia, bursitis and joint replacement.

FALL PREVENTION/WALK -Tues. Thur.

A First Step class focused on gaining muscle strength, balance and coordination. Learn how to apply these to walking safely and securely.

FIRST STEP CARDIO & FIRST STEP TONE - Tues. Wed. Thur. Sat.

These introductory classes are a great starting point in your fitness routine. They are low-impact classes that together create a well-rounded program for beginners.

FIT BARRE BLAST - Tues. Thur. Sat.

Incorporates barre techniques using dance, pilates and yoga to tone and build lean muscle as well as provide a cardio workout. Various drills, techniques and props, including fitness balls and bands, are used to keep the class challenging and innovative.

H2O INTERVAL - Mon. Tues. Thur.

Total water workout of cardio, strength training, and flexibility exercises that varies each class.

HYDRO INTERVAL TRACK - Tues. Sun.

Total water workout of cardio, strength training, and flexibility exercises in the Aqua Track .

INTERVAL ENDURANCE - Thur.

Total body workout involving cardio & strength training using a variety of drills, intervals & high intensity movements. Classes start in the studio but may move to the track, gym, outdoor spaces and treadmill area.

INTERVAL WALK - Mon.

This is a very beginning class in interval style walking –which consists of brief bouts of walking more intensely followed by period of recovery-This has been shown to improve the health and fitness of participants new to fitness.

MAT PILATES LITE (Extra Fee) - Thur.

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 Member, \$25 Non Member

MEDITATION/RELAXATION - Mon.

Experience a variety of guided imagery, visualization & relaxation techniques & concepts. Persons with all experience levels in meditation are welcome to attend.

PARKINSON'S BIG GRAD GROUP - Tues. Thur.

For individuals who have completed the LSVT Big program; this class incorporates the 7 maximum daily exercises learned in the program. LSVT Big exercises emphasize high effort and large amplitude whole body movements in order to improve gait, speed, balance, and quality of life .

PILATES MAT - Sat.

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

POWER H2O/POWER SPLASH - Mon. through Sat.

This water class will sculpt your midsection as you improve your body's overall strength, balance, coordination and cardio training.

POWER H.I.I.T. - Mon. Wed. Thur. Fri.

High Intensity Interval Training (H.I.I.T.) incorporates body-weight exercises, kettle bells, hand weights, exercise balls, running, plyometrics, core work and more. This workout is always changing! Designed for the participant who wants to challenge their overall fitness condition.

POWER TRACK Mon. - Wed. Thur. Fri. Sat.

A fast paced water workout using our unique Aqua Track. This class will get you moving with a challenging total body workout.

RESULTS 45 - Tues.

Designed to help beginning to intermediate participants in all aspects of their fitness goals, weight loss, lean muscle strength, or cardiovascular improvement. Uses kettle bells in conjunction with interval and body weight conditioning skills. Every class will be different to reap the benefits of muscle confusion.

RETROROBICS BLAST - Tues. Thur.

A retro-aerobic dance workout with basic to intermediate choreography. All fitness levels can enjoy this high energy blast-to-the-past cardio and dance movement workout. The goal of this class is to have FUN!

SEATED DANCE BLAST - Mon. Wed. Fri.

This low impact modified chair workout involves safe dance movements for the upper and lower body for any participant who wants to enjoy movement to music. Appropriate for wheelchair participants as well as anyone needing the assistance of a chair.

STRENGTH & STRETCH - Tues. Thur.

Strengthening exercises with pieces of water equipment. Class ends with appropriate stretches for the exercises performed during the 15 minute class.

STRENGTH & TONE - Sat.

A total strength and tone class that concentrates on exercises to improve muscular strength and endurance.

STRETCH FOR LIFE - Mon. Wed. Fri.

Add more movement and flexibility with upper and lower body stretching and Integrated fitness techniques help tone.

STRETCHING FOR PAIN MANAGEMENT - Mon. Wed.

This class incorporates relaxing and healing stretches led by Bowen Therapist Joe Fairbanks. Promotes pain reduction and muscle health throughout the entire body.

TAI CHI FOR BETTER BALANCE - Tues. Thur.

Incorporates gentle, fluid movements at a slow tempo and teaches mind-body meaningful movement patterns. Tai Chi can help increase balance, concentration, and coordination; beneficial for individuals with Parkinson's, MS, and ALS.

TAI CHI BREATHE & STRETCH - Tues. Thur.

Teaches participants new to Tai Chi how to incorporate slower deep breath control into their postures. Includes stretching to enhance mobility and flexibility.

TAP BLAST - Mon. Wed. Fri.

Learn the basics of tap dancing including shuffles, flaps, stomps and progress to combinations. You may wear tap shoes or sneakers. All ages are welcome and no experience is needed.

WALKING WITH WEIGHTS - Mon. Wed.

This class is for those who are new to exercise. It is a great calorie burner as well as a cardiovascular strengthening class.

YOGA - Mon. through Sun.

Gentle Yoga is supine, seated, and prone poses.

Yoga I can include all the above plus standing and balance poses, sun salutations, and/or more basic vinyasa sequences.

Yoga II can include all the above plus introduces advanced standing and balance poses (arm balances), advanced vinyasa sequences, and more challenging inversions

Yoga III is a more advanced power yoga class that includes challenging inversions and sequences.

Restorative Yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props.

Chair Flow Yoga is a vinyasa style class using a chair instead of placing the hands on the floor which can be hard on the wrists. The chair is utilized as a prop which can help increase balance and alignment in poses and allow students to go deeper in the poses.

Chair Yoga is a gentle form of yoga practiced sitting on a chair or standing using the chair for support.

YOUNG AT HEART - Mon. Wed. Fri.

A low impact, low intensity cardio workout using a variety of exercises to work participants' strength, cardio and flexibility. Balance exercises and floor exercises on the mat will be incorporated.

ZUMBA - Mon. Wed.

Fusing energizing latin rhythms into an aerobic workout. Routines feature interval training sessions where faster & slower rhythms are created while training to tone & sculpt your body. No dance experience necessary!

Basketball Court Reservations

Monday:	7:00-8:30 a.m. Full Court 10:15-11:00 a.m. East Gym 11:30-12:15 p.m. East Gym 5:30-6:30 p.m. East Gym	Pick-up Basketball Young At Heart Seated Dance Blast Cardio Pump II
Tuesday:	8:30-9:15 a.m. East Gym 9:20-10:00 a.m. East Gym 5:30-6:15 p.m. East Gym	Tai Chi for Better Balance Tai Chi Breathe & Stretch Results 45
Wednesday:	5:30-6:30 a.m. East Gym 10:15-11:00 a.m. East Gym 11:30-12:15 p.m. East Gym 5:30-6:30 p.m. East Gym	Power H.I.I.T Young At Heart Seated Dance Blast Cardio Pump I
Thursday:	8:30-9:15 a.m. East Gym 9:20-10:00 a.m. East Gym 11:00-12:00 p.m. Full Court 5:30-6:25 p.m. East Gym	Tai Chi for Better Balance Tai Chi Breathe & Stretch Pick-up Basketball Power H.I.I.T
Friday:	5:30-6:30 a.m. East Gym 7:00-8:30 a.m. Full Court 10:15-11:00 a.m. East Gym 11:30-12:15 p.m. East Gym	Power H.I.I.T Pick-up Basketball Young At Heart Seated Dance Blast
Saturday:	7:15-8:00 a.m. East Gym 8:30-9:15 a.m. East Gym	Dynamic Cross Train Strength & Tone

PoActive offers TRX training!

TRX is a suspension based training program which can be customized to each person's individual fitness level.

Sessions offered:

Tuesday & Thursday

8:30-9:15 a.m.

45 minute session \$13.00

Thursday

6:00-6:30 a.m.

30 minute session \$10.50

Sign up at the front desk.

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.

Lap Pool

Monday

5:00 - 1:15 p.m.

2:00 - 9:30 p.m.

Tuesday

5:00 - 9:30 p.m.

Wednesday

7:00 - 1:15 p.m.

2:00 - 9:30 p.m.

Thursday

5:00 - 9:30 p.m.

Friday

5:00 - 7:30 p.m.

Saturday

7:00 - 6:30 p.m.

Sunday

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

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.

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.

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

Open Swim Times Outdoor Pool

Monday

5:00-6:15 a.m. Open Swim
6:15-7:00 a.m. Fitness Class
7:00-8:30 a.m. Open Swim
8:30-10:30 a.m. Fitness Class
10:30 a.m.-9:30 p.m. Open Swim
6:00-6:45 p.m. Fitness Class

Wednesday

5:15-7:00 a.m. Fitness Class
7:00 a.m.-8:30 p.m. Open Swim
8:30-10:30 a.m. Fitness Class
10:30 a.m.-9:30 p.m. Open Swim

Tuesday & Thursday

5:00-10:00 a.m. Open Swim
10:00-11:30 a.m. Fitness Class
11:30 a.m.-9:30 p.m. Open Swim
6:00-6:45 p.m. Fitness Class

Friday

5:00-6:15 a.m. Open Swim
6:15-7:00 a.m. Fitness Class
7:00-8:30 a.m. Open Swim
8:30-9:45 a.m. Fitness Class
9:45 a.m.-7:30 p.m. Open Swim

Saturday

7:00-10:00 a.m. Open Swim
10:00-10:45 a.m. Fitness Class
10:45 a.m.-6:30 p.m. Open Swim

Sunday

7 a.m.-6:30 p.m. Open Swim

Group fitness classes are held in the outdoor pool when weather permits. Classes are moved to the indoor pool with inclement weather. Spray features are turned off during class time.

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

Air temperature must reach 70 degrees by 1 p.m. or the outdoor pool may close. The pool may not re-open if closed early.

The outdoor pool is closed if lightning and thunder are occurring. Pool will re-open after the sky has been free of all lightning or thunder for 30 minutes.

Visible bodily fluids in the pool require 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. 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.

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

Holistic Health Calendar



**MADONNA
PROACTIVE**
Medical Fitness

Sunday	Monday	Tuesday
4	5	6 Tai Chi 8:30-9:15 am 9:25-10 am
11	12 Meditation Class 2-2:30 pm Arthritis Support Group 12-1 pm	13 Tai Chi 8:30-9:15 am 9:25-10 am Arthritis Support Group 6-7 pm
18	19 Meditation Class 2-2:30 pm	20 Tai Chi 8:30-9:15 am 9:25-10 am
25	26 Meditation Class 2-2:30 pm	27 Tai Chi 8:30-9:15 am 9:25-10 am

June

2017

Wednesday	Thursday	Friday	Saturday
	1 Tai Chi 8:30-9:15 am 9:25-10 am	2	3
7	8 Tai Chi 8:30-9:15 am 9:25-10 am	9	10
14	15 Tai Chi 8:30-9:15 am 9:25-10 am	16	17
21 Free blood pressure checks and \$20 cholesterol screening 7-9 am	22 Tai Chi 8:30-9:15 am 9:25-10 am	23 Pool Party 9-11:00 am Indoor Pool 4:30-6:30 pm Outdoor Pool	24
28	29 Tai Chi 8:30-9:15 am 9:25-10 am	30	

Events & Information

Aquatics:

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

Swim Lessons

Child summer session lessons are 30 minutes and meet twice a week for 4 weeks. Registration: June 16-22 Lessons: July 7-31

Health:

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

Sharon Duffy, RN, MS, CRRN offers Nurse Consultation Clinics to discuss any health concerns you might be experiencing. There is no charge for this brief 10 minute meeting. Extended assessment and consultation sessions are available The fee is \$15 for 30 minutes.

Nutrition:

On-the-Go Education with Lisa Graff, RD/LMNT

Keep an eye out for On-the-Go presentations in front of the water wall at various times throughout the month.

Other:

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.

Guest Policy

Members are welcome to bring guests. Guest passes are available for purchase at the Front Desk. Minors are not permitted to bring other minors as guests. Guests must sign a waiver of liability to access the facility. Visit ProActive's website www.madonnaproactive.org to complete an online guest waiver. 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.

Events & Information

Safety Reminders

Children under the age of 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.

Way To Go

If you would like to recognize a Member or Staff, please complete a comment card.

Special Fitness Information: **SpringWell Golf Assessment & Fitness Program**

A program that uses the golf specific physical assessment screen developed by Titleist Performance Institute to detect any physical faults that can influence how you swing the golf club. a customized exercise program to resolve these faults is provided by Darrin Bryant, Therapy Plus Physical Therapist and TIP Level I Certified Golf Fitness Expert. Evaluation, Video Analysis, and Exercise Instruction \$150
Contact Darrin at 402.420.0004 or dbryant@madonna.org.

Tai Chi for Better Balance

Incorporates gentle, fluid movements at a slow tempo and teaches mind-body meaningful movement patterns. Can help increase balance, concentration, and coordination; beneficial for individuals with Parkinson's, MS, and ALS. Tuesday & Thursday, 8:30-9:15 a.m.

Tai Chi Breathe & Stretch

Teaches participants new to Tai Chi how to incorporate slower deep breath control into their Tai Chi postures. Includes stretching to enhance mobility and flexibility. Tuesday & Thursday. 9:25-10 a.m.

Wellness Coaching

Do you have a goal to lose weight, get more rest, run a marathon, reduce stress, get organized, or find independence from unhealthy habits? Wellness coaching might be the partner you need to be successful! Contact Holistic Nurse Sharon Duffy, 402-413- 3556 to develop your personalized wellness plan. 3 one-hour sessions \$135

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

Summer Lifeguard Hours

Monday-Thursday	12:30pm - 8:30 pm
Friday	12:30 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
Sunday	1 pm - 5 pm

Soteria Hours

Monday-Friday	9 am - 7 pm
Saturday	9 am - 5 pm

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

www.madonnaproactive.org



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Medical Fitness