

June, July & August 2019 Group Fitness Class Schedule

I AM PROACTIVE

June Programs & Events

Barre Series
Inter Club Swim Meet
Interval Walking Series
Kids Yoga Series
Summer Pool Party
Swim Lesson Registration
Tai Chi Series
TRX Yoga Series
Young Athletes Series

July Programs & Events

Dance Blast Party
Free Guest Weekend
Kids Yoga Series
Meditation Workshop
Swim Lessons
Tai Chi Series
TRX A.M.
TRX Yoga Series
Young Athletes Series

Holiday Hours

- July 4: 7 a.m. - 5 p.m. Pool closes at 4:30 p.m.
No group fitness classes & Play Center closed on holidays.

Helpful Reminders

- Wipe down equipment with sanitizing wipes after use.
- Limit cell phone use while on the fitness floor.
- Headphone use is required for device listening.
- Camera use is not allowed anywhere in the club.
- Limit equipment and lap lane use to 30 minutes when members are waiting.

Pool Information

- Outside food & coolers are not allowed in the pool area.
- Lifeguards hold 10-minute safety breaks each hour of open swim when on duty.
- Children 12 years and younger must be supervised by an adult 19 years or older.
- Use of noodles, kickboards & Nerf toys is permitted in the pool.



**MADONNA
PROACTIVE**
Medical Fitness

402.420.0000

www.madonnaproactive.org

Monday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|----------------|---------------------------|----------------|-----------------|------------|
| 5:15-6:00 am | Cycling | Studio 3 | Int-Adv. | Penny |
| 5:15-6:00 am | HIIT 20/20 | West Gym | Int-Adv. | Katie |
| 5:15-6:00 am | Kickboxing | Studio 1 | Int-Adv. | Rachelle |
| 5:15-6:00 am | Power Track | Aqua Track | Int-Adv. | Amanda |
| 6:15-7:00 am | Water Explosion | Outdoor Pool | Beg-Int. | Amanda |
| 8:30-9:15 am | Water Explosion | Outdoor Pool | Int-Adv. | Julie |
| 9:00-9:45 am | Stretch Pain Mgmt | Studio 2 | Beg. | Joe |
| 9:15-9:45 am | Aqua Deep Core | Outdoor Pool | Int. | Julie |
| 9:15-10:00 am | Body Sculpt | Studio 1 | Int. | Judy |
| 9:30-10:00 am | Cycling 30 | Studio 3 | Beg. | Bob |
| 9:30-10:10 am | Gentle Yoga | Meditation Rm. | Beg. | Melanie |
| 9:45-10:30 am | Power Pump | Outdoor Pool | Beg-Int. | Julie |
| 10:15-11:15 am | Yoga I-II | Meditation Rm. | Beg-Int. | Melanie |
| 10:15-11:00 am | Young at Heart | West Gym | Beg. | Judy |
| 10:15-11:00 am | Dance Blast | Studio 1 | Beg-Int. | Betsy |
| 11:15-11:45 am | Stretch for Life | Studio 2 | Beg. | Erica |
| 11:30-12:15 pm | Seated Dance Blast | West Gym | Beg. | Betsy |
| 11:30-12:15 pm | Aqua Splash | Outdoor Pool | Beg. | Michelle |
| 12:15-1:00 pm | Dynamic X Train | Studio 1 | Int-Adv. | Eva |
| 12:15-1:00 pm | EZ Moves | Aqua Track | Beg. | Michelle |
| 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 | West Gym | Int-Adv. | Ann |
| 5:45-6:45 pm | Yoga II | Meditation Rm. | Int. | Melanie |
| 6:00-6:45 pm | Fat Burner | Outdoor 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. | Sydney |
| 6:30-7:30 pm | Les Mills BodyPump | West Gym | Int. | Ann |

Classes and instructors are subject to change at any time.

Tuesday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|----------------|-------------------------------|----------------|-----------------|------------|
| 5:15-6:00 am | Cycling | Studio 3 | Int. | Jen |
| 5:15-6:15 am | Les Mills BodyPump | West Gym | Beg. | Katie |
| 5:45-6:45 am | Yoga I-II | Meditation Rm. | Beg-Int. | Amy |
| 6:15-7:00 am | Water Explosion | Outdoor Pool | Beg-Int. | Mary |
| 7:30-8:15 am | Tai Chi Balance | West Gym | Beg. | Mitzi |
| 8:15-8:45 am | Tai Chi 24 | West Gym | Beg. | Mitzi |
| 8:15-9:00 am | RetroRobics | Studio 1 | Beg-Int. | Carmen |
| 8:30-9:15 am | TRX Bootcamp* | Studio 2 | Int-Adv. | 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. | Judy |
| 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 Pump | Outdoor Pool | Beg-Int. | Julie |
| 10:30-11:30 am | Yoga I-II | Meditation Rm. | Beg-Int. | Keri |
| 10:15-11:00 am | Complete Core | Studio 1 | Beg-Int. | Judy |
| 10:45-11:00 am | Strength & Stretch | Outdoor Pool | Int. | Julie |
| 11:00-11:30 am | Aqua Balance/Move. | Outdoor 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 |
| 2:00-2:30 pm | Meditation/Relaxation | Meditation Rm. | Beg. | Sharon |
| 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 | H.I.I.T. | West Gym | Beg-Int. | Staff |
| 6:00-6:45 pm | Deep Water | Outdoor Pool | Int. | Melissa |
| 6:00-6:45 pm | TRX* | Studio 1 | Int. | Brittany |
| 6:00-7:00 pm | Yoga I-II | Meditation Rm. | Beg-Int. | Vanessa |

*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. | Michelle |
| 5:15-6:00 am | HIIT 20/20 | West Gym | Int-Adv. | Thena |
| 5:15-6:00 am | Power H2O | Outdoor Pool | Int-Adv. | Linda |
| 6:00-6:30 am | Les Mills CXWORX | Meditation Rm. | Open | Karla |
| 6:00-6:30 am | TRX* | Studio 1 | Int-Adv. | Michelle |
| 6:15-7:00 am | Water Explosion | Outdoor Pool | Beg-Int. | Linda |
| 8:30-9:15 am | Water Explosion | Outdoor Pool | Int-Adv. | Julie |
| 9:00-9:45 am | Stretch Pain Mgmt | Studio 2 | Beg. | Joe |
| 9:15-9:45 am | Aqua Deep Core | Outdoor Pool | Int. | Julie |
| 9:15-10:00 am | Body Sculpt | Studio 1 | Int. | Erica |
| 9:30-10:15 am | Cycling | Studio 3 | Beg. | Amy |
| 9:30-10:25 am | Restorative Yoga | Meditation Rm. | Beg. | Melanie |
| 9:45-10:30 am | Power Pump | Outdoor Pool | Beg-Int. | Julie |
| 10:15-11:00 am | Young at Heart | West Gym | Beg. | Betsy/Judy |
| 10:15-11:00 am | Dance Blast | Studio 1 | Beg-Int. | Jan |
| 10:30-11:30 am | Restorative Yoga | Meditation Rm. | Beg-Int. | Melanie |
| 11:15-11:45 am | Stretch for Life | Studio 2 | Beg. | Personal Trainer |
| 11:30-12:15 pm | Seated Dance Blast | West Gym | Beg. | Betsy |
| 11:30-12:15 pm | Aqua Splash | Outdoor Pool | Beg. | Mitzi |
| 12:00-12:45 pm | Yoga II | Meditation Rm | Int. | Melanie |
| 12:15-1:00 pm | Dynamic X Train | Studio 1 | Int-Adv. | Shannon |
| 12:15-1:00 pm | EZ Moves | Aqua Track | Beg. | Keri |
| 5:00-5:40 pm | Gentle Yoga | Meditation Rm | Beg. | Maria |
| 5:15-6:00 pm | Track Training | Aqua Track | Int. | Dona |
| 5:30-6:30 pm | Cardio Pump | West Gym | Beg-Int. | Ann |
| 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 | Dance Blast | Studio 1 | Beg-Int. | Kristin |
| 6:30-7:30 pm | Les Mills BodyPump | West Gym | Int. | Karen |

Thursday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|----------------|-------------------------------|----------------|-----------------|----------------|
| 5:15-6:00 am | Cycling | Studio 3 | Int. | Jen |
| 5:15-6:15 am | Les Mills BodyPump | West Gym | Beg. | Karla |
| 5:45-6:45 am | Yoga I-II | Meditation Rm. | Beg-Int. | Amy |
| 6:15-7:00 am | Water Explosion | Outdoor Pool | Beg-Int. | Mary |
| 7:30-8:15 am | Tai Chi Balance | West Gym | Beg. | Mitzi |
| 8:15-8:45 am | Tai Chi 24 | West Gym | Beg. | Mitzi |
| 8:15-9:00 am | RetroRobics | Studio 1 | Beg-Int. | Carmen |
| 8:30-9:10 am | Gentle Yoga | Meditation Rm. | Beg. | Barbara |
| 8:30-9:15 am | TRX Bootcamp* | Studio 2 | Int-Adv. | Eva |
| 9:00-9:45 am | EZ Moves | Aqua Track | Beg. | Julie |
| 9:15-10:00 am | Interval Endurance | Studio 1 | Int-Adv. | Erica |
| 9:30-10:15 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 Pump | Outdoor Pool | Beg-Int. | Julie |
| 10:15-11:00 am | Complete Core | Studio 1 | Beg-Int. | Judy |
| 10:45-11:00 am | Strength & Stretch | Outdoor Pool | Int. | Julie |
| 11:00-11:30 am | Aqua Balance/Move. | Outdoor 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 | Cycling/Yoga | Studio 3 & 2 | Int. | Barbara |
| 5:15-6:00 pm | Power Track | Aqua Track | Adv. | Michelle |
| 5:30-6:15 pm | H.I.I.T. | West Gym | Int. | Staff |
| 6:00-6:45 pm | Fat Burner | Outdoor Pool | Beg-Int. | Michelle |
| 6:00-6:45 pm | Kickboxing | Studio 1 | Int-Adv. | Karen |
| 6:00-7:00 pm | Restorative Yoga | Meditation Rm. | Beg-Int. | Debra |
| 6:45-7:30 pm | Les Mills BodyFlow | Studio 2 | Open | Jenni/Kristine |

*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 | HIIT 20/20 | Studio 1 | Int-Adv. | Rachelle |
| 5:15-6:00 am | Power Track | Aqua Track | Int-Adv. | Jarvis |
| 6:00-6:30 am | Tabata | Studio 1 | Int. | Rachelle |
| 6:15-7:00 am | Water Explosion | Outdoor Pool | Beg-Int. | Jarvis |
| 8:30-9:15 am | Water Explosion | Outdoor Pool | Int-Adv. | Mary |
| 9:00-10:00 am | Les Mills BodyPump | West Gym | Int. | Michelle |
| 9:15-9:45 am | Aqua Deep Core | Outdoor Pool | Int. | Mary |
| 9:30-10:15 am | Chair Yoga | Meditation Rm. | Beg. | Keri |
| 9:30-10:00 am | Cycling 30 | Studio 3 | Beg. | Amy |
| 10:00-10:30 am | Les Mills BodyFlow | Studio 2 | Open | Ashley |
| 10:30-11:30 am | Yoga I-II | Meditation Rm. | Beg-Int. | Keri |
| 10:15-11:00 am | Young At Heart | West Gym | Beg. | Sydney/Shannon |
| 10:15-11:00 am | Dance Blast | Studio 1 | Beg-Int. | Jen |
| 11:15-11:45 am | Stretch for Life | Studio 2 | Beg. | Staff |
| 11:30-12:15 pm | Seated Dance Blast | West Gym | Beg. | Sydney |
| 12:00-1:00 pm | Basic Yoga + Meditation | Meditation Rm. | Beg. | Keri |
| 12:15-1:00 pm | Dynamic X Train | Studio 1 | Int-Adv. | Thena |

Saturday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|----------------|---------------------------|----------------|-----------------|------------|
| 7:15-8:15 am | Dynamic X Train | West Gym | Int-Adv. | Staff |
| 8:00-8:45 am | Cycling | Studio 3 | Int. | Roxie |
| 8:30-9:30 am | Les Mills BodyPump | West Gym | Int. | Karen |
| 9:00-9:45 am | Power Track | Aqua Track | Int-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 |
| 9:45-10:45 am | Les Mills BodyFlow | Studio 2 | Int. | Karla |
| 10:00-10:45 am | Water Explosion | Outdoor Pool | Int-Adv. | Staff |
| 10:30-11:30 am | Yoga II | Meditation Rm. | Int. | Staff |
| 11:00-11:30 am | Aqua Walk | Aqua Track | Beg. | Staff |

Sunday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|---------------|-----------------------------|----------------|-----------------|------------|
| 8:00-8:45 am | Cycling | Studio 3 | Int. | Staff |
| 9:00-10:00 am | Les Mills BodyFlow | Meditation Rm. | Open | Joel |
| 1:00-1:45 pm | Dance Blast | Studio 1 | Beg-Int. | Kristin |
| 2:15-3:00 pm | Hydro Interval Track | Aqua Track | Int. | Dona |
| 4:00-5:00 pm | Yoga I-II | Meditation Rm. | Beg-Int. | Debra |

Basketball Court Reservations

| | | | |
|------------|--|--|---|
| Monday: | 5:15-6:00 a.m. 7:00-8:30 a.m. 8:30-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m. | West Gym FULL COURT East Gym FULL COURT West Gym East Gym West Gym West Gym | HIIT 20/20 Pick-Up Basketball Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump |
| Tuesday: | 5:15-6:15 a.m. 7:30-8:15 am 8:15-8:45 am 9:30-11:00 a.m. 11:00 a.m.-4:00 p.m. 5:30-6:15 p.m. | West Gym FULL COURT FULL COURT FULL COURT East Gym West Gym | Les Mills BodyPump Tai Chi Balance Tai Chi 24 Tai Chi for Better Balance Series Pickleball Play H.I.I.T. |
| Wednesday: | 5:15-6:00 a.m. 7:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m. | West Gym East Gym FULL COURT West Gym East Gym West Gym West Gym | HIIT 20/20 Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump |
| Thursday: | 5:15-6:15 a.m. 7:30-8:15 a.m. 8:15-8:45 a.m. 9:30-11:00 a.m. 11:00 a.m.-12:00 p.m. 12:00-1:00 p.m. 1:00-4:00 p.m. 5:30-6:15 p.m. 7:00-10:00 p.m. | West Gym FULL COURT FULL COURT FULL COURT East Gym FULL COURT East Gym West Gym East Gym T | Les Mills BodyPump Tai Chi Balance Tai Chi 24 Tai Chi for Better Balance Series Pickleball Play Pick-Up Basketball Pickleball Play H.I.I.T. Round Robin Pickleball Play |
| Friday: | 7:00-8:30 a.m. 9:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:30-4:00 p.m. | FULL COURT West Gym FULL COURT West Gym East Gym | Pick-Up Basketball Les Mills BodyPump Young At Heart Seated Dance Blast Pickleball Play |
| Saturday: | 7:15-8:00 a.m. 8:30-9:30 a.m. 9:30 a.m.-12:00 p.m. | West Gym FULL COURT East Gym | Dynamic X Train Les Mills BodyPump Pickleball Play |
| Sunday: | 1:00-5:00 p.m. | East Gym | Round Robin Pickleball Play |

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.

3:00 - 6:30 p.m.

Lap Pool

Monday

5:00 a.m. - 9:30 p.m.

Tuesday

5:00 a.m. - 9:30 p.m.

Wednesday

5:00 a.m. - 9:30 p.m.

Thursday

5:00 a.m. - 9:30 p.m.

Friday

5:00 a.m. - 7:30 p.m.

Saturday

7:00 a.m. - 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.

Open swim is not available during swim lesson class times.

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 & Wednesday

5:15-7:00 a.m. Fitness Class

7:00 a.m.-8:30 a.m. Open Swim

8:30-10:30 a.m. Fitness Class

10:30-11:30 a.m. Open Swim

11:30 a.m.-12:15 p.m. Fitness Class

12:15-9:30 p.m. Open Swim

6:00-6:45 p.m. Fitness Class (Mon.)

Tuesday & Thursday

5:00-6:15 a.m. Open Swim

6:15-7:00 a.m. Fitness Class

7:00-10:00 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.

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.

Club Information

Cell Phone Use

Cell phone functions are allowed only in designated use areas. Camera use is not allowed anywhere in the club. Taking unauthorized photos is not allowed. Phone calls are allowed in the locker room and lobby only. Musics/video apps may be used with headphones on the fitness floor, walking track, pool deck, locker rooms, classrooms and gymnasium.

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 descriptions are available at the front desk.

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 progressions of skills and exercises. There may be a nominal cost for class series.

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.

Club Information

5 class punch card \$20 Member, \$25 Non Member

Thu., 11:30-12:15 p.m., Studio 2

PICKLEBALL

Pickleball courts and nets are available in the gym for play during designated times on the basketball court schedule. Paddles are available for check out at the front desk. 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 Member or Guest**

Class days and times available at the front desk.

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 | 12:30 - 8:30 pm |
| Friday | 12:30 - 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 |
| Saturday | 8 am - 12:30 pm |
| Sunday | 1 pm - 5 pm |

Soteria Massage & Bodywork Hours

| | |
|-----------------|----------------|
| Monday-Saturday | By Appointment |
|-----------------|----------------|

7111 Stephanie Lane
(55th & Pine Lake Road)
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