

WHAT'S HAPPENING

AQUATICS

The next child swim lesson session is Jan. 7 - Feb. 28. **Registration is December 10-16 in person at the front desk.** Lessons are held on the west side of the lap pool and open swim is not available when lessons are in session.

BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available Dec. 19, 7-9 a.m. Register at the front desk by Dec. 18.

CLASS ADJUSTMENTS - CHRISTMAS

No group fitness classes on Monday, Dec. 24
No 5-8 a.m. LAND classes on Wednesday, Dec. 26
5:15 & 6:15 a.m. WATER classes will be held Wed., Dec. 26

CLASS ADJUSTMENTS - NEW YEAR'S

No group fitness classes on Monday, Dec. 31
No group fitness classes on Tuesday, Jan. 1
No 5-8 a.m. LAND classes on Wednesday, Jan. 2
5:15 & 6:15 a.m. WATER classes will be held Wed., Jan. 2

HOLIDAY HOURS

Christmas Eve, Dec. 24 7 a.m.-2 p.m.
Christmas Day, Dec. 25 CLOSED
New Year's Eve, Dec. 31 7 a.m.-5 p.m.
New Year's Day, Jan. 1 7 a.m.-7 p.m.
Play Center is closed on holidays.

ONLINE SURVEY

Congratulations to Richard W. He won a \$25 gift card for completing the October survey! We like to hear from our members. Please complete the ProActive's online survey if it shows up in your inbox.

WINTER WEATHER POLICY

When Lincoln Public Schools close for inclement weather, the following ProActive services are not available that day: Group Fitness Classes, Swim Lessons, Play Center, Cardiac Rehab and Soteria Massage.

INTRO TO CYCLING

Monday, Dec. 10 9:30-10:45 a.m.
NO COST
Location: Studio 3
Instructor: Bob



Did you miss the November offering?
Sign up for December's class soon - space is limited!

Learn how to properly fit yourself on our cycling bikes. Become familiar with the bike console and how to track your numbers during class. A beginner level class will be part of this introduction so you can get the feel for the cycling class format.

YOGA FOR CYCLERS



Sunday, Dec. 2 10-11:15 a.m.
\$5 Member \$10 Guest
Location: Meditation Room
Instructor: Barbara

This class will focus on yoga movements that benefit all cyclers. Learn movements to open up muscle groups and joints involved with cycling. Participants will come away knowing how to support cycling with yoga!



GET STARTED PERSONAL TRAINING PACKAGE

Three 60 Minute Sessions \$135
OR
Three 30 Minute Sessions \$90

ACCOUNTABILITY PERSONAL TRAINING PACKAGE

Six 60 Minute Sessions \$300

SOTERIA MASSAGE & BODYWORK PACKAGE

Purchase \$100 Gift Card & Receive FREE \$10 Gift Card
No Limit

REWARD PERSONAL TRAINING PACKAGE

Twelve 60 Minute Sessions & a 60 Minute Massage \$600

GUEST VISIT PACKAGE

Five Visit Punch Card \$25
Limit one punch card per member

Holiday Packages Available Nov. 23-Dec. 31
Limit one personal training package per member.

FIT FEST GARAGE SALE



THANK YOU to all who purchased fitness equipment during our Fit Fest garage sale in October. We cleared out equipment that had seen better days and raised \$961.50 for Madonna Foundation's St Benedict Fund. **WOOT WOOT - great job members!** The St. Benedict Fund provides emergency financial assistance for basic needs such as medical equipment, food, clothing, rent, housing, utilities or gas to Madonna Rehabilitation Hospital patients in need.



MADONNA EMPLOYEE COOKBOOK

This collection of recipes is a bargain for \$12 AND all proceeds go to the St. Benedict Fund! What a meaningful and special gift - buy yours at the front desk!

Tai Chi Teacher Training

Learn Tai Chi Yian to teach others!



DATES

1st Seminar: January 5, 2019
2nd Seminar: March 2, 2019
3rd Seminar: May 11, 2019
4th Seminar: July 6, 2019

TIME

9 a.m. - 1 p.m.

LOCATION

Studio 2

DETAILS

- Sign up at the front desk!
- Learn & explore fundamentals of Tai Chi Yian
- Understand physical & mental benefits
- Feel comfortable performing & teaching Tai Chi Yian
- Plus more!

COST

- \$500 (Entire Certification - \$100.00 savings!)
- \$150 (Per Seminar Payment Option)

NATIONALLY ACCREDITED TAI CHI INSTRUCTOR

Michael Melchizedek

TRX YOGA SERIES



Monday, Jan 7-26

7:30-8:30 p.m.

\$20 Member

\$30 Non Member

\$10 Member & prior TRX

Yoga participant

Location: Studio 1

Take your yoga practice to the next level! This 4 week series will focus on improving balance and core strength. The use of TRX straps aids core development and gives you a great sense of balance in certain yoga poses.

TRX Basics class is required prior to the start of this series.

WAY TO GO

Pat said, "Judy is always so positive and we look forward to her teaching the Young at Heart class. She offers a variety of exercise and challenges us!"

Elizabeth said, "Amy (TRX) is an excellent trainer. Really learned a lot in 6 weeks."

Karen said, "Ann and Karen are amazing!! The kickboxing classes are really challenging but they are a lot of fun and I would love to see them in the schedule again."

Barb said, "Love Ann's classes -- she is so caring and friendly and makes workout fun while working us very hard!"

"Russ is one of the main reasons I continue working out here. He's one of the most charismatic and genuine people I've ever met. Always has a smile on his face and always has a positive influence on my workouts because of his attitude."

An Interview with Tai Chi Instructor Michael Melchizedek

How did your life path bring you to Tai Chi?

Aside from an introductory workshop in college, I attended a weekend training seminar later in life and immediately rekindled my interest. After training for two years, I began teaching while being certified by the American Tai Chi and Qi Gong Association and then became a professional member of the National Qigong Association.

What are the most important components to being a Tai Chi instructor?

Teaching Tai Chi must be earned, and attendance at training must be consistent, sincere and focused. The emphasis is to help candidates become successful teachers and to teach with accuracy and professional integrity. Training provides the opportunity to refine an instructor's own practice in addition to teaching techniques, didactic methods and logistics, such as finding teaching environments, setting up classes and giving presentations.

What do you enjoy most in teaching Tai Chi?

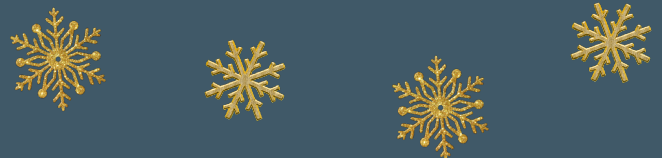
To me, Tai Chi affords meaningful practice that involves purposeful movement while at the same time offering both mental and physical wellness. While practicing this soft, non-combative and peaceful style of martial art, it puts emphasis on maintaining harmonious relationships with others while strengthening a healthy balance in life.

What is the greatest benefit of practicing Tai Chi?

Unlike other physical exercises, Tai Chi is regarded as a mind-body activity that strengthens inner power as well as physical sustainability and health throughout each day. Tai Chi as a healing art can be practiced with the following goals: 1) a strong aid to any healing process and 2) an increase in vitality and health as a preventive measure. My motto is fittingly: "A Little Tai Chi A Day Keeps The Doctor Away."

What is the best way to describe Tai Chi?

Tai Chi emphasizes soft and gentle movements to promote stress relief, mood enhancement and a relaxed temperament. Main goals are self-healing and inner development. Step by step, students will find their own path in building better strength and confidence – leading towards a healthy body, a happy spirit and a more fulfilling life.



MEMBER APPRECIATION DAY

Monday, December 17

Complimentary Refreshments

9-11 a.m. & 5-7 p.m.

Free Dues Drawing

UGLY SWEATER DAY

Staff will be sporting their ugly sweaters on **Monday, Dec. 17**. Be sure and stop at the front desk to vote for your favorite! **And if you wear an ugly sweater to work out, you could win a surprise prize!**

