

## WHAT'S HAPPENING

### AQUATICS

Child swim lesson session start Jan. 7 and end Feb. 28. Lessons are held on the west side of the lap pool and open swim is not available when lessons are in session.

### CLASS ADJUSTMENTS - NEW YEAR'S

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 held Wednesday, Jan. 2

### GROUP FITNESS NEW CLASSES

Sun.	9-10 a.m.	BodyFlow	Joel	Studio 1
Mon.	5:15-6 a.m.	Kickboxing	Rachelle	Studio 1
Mon.	5:30-6:15 p.m.	BodyFlow	Jen	Studio 1
Tue.	10:30-11 a.m.	Cycling 30	Bob	Studio 3
Tue.	6-6:45 p.m.	TRX	Brittany	Studio 1
Wed.	5:15-6 a.m.	BodyFlow	Karla	Meditation Rm.
Thu.	6-6:45 p.m.	Kickboxing	Karen	Studio 1
Fri.	6-6:30 a.m.	Tabata	Rachelle	Studio 1
Fri.	9:30-10 a.m.	Cycling 30	Staff	Studio 3
Fri.	10-10:30 a.m.	BodyFlow	Ashley	Studio 2

### GROUP FITNESS DISCONTINUED CLASSES

Tue.	11 a.m.-12 p.m.	BodyFlow
Thu.	11 a.m.-12 p.m.	BodyFlow

### MEMBER APPRECIATION DRAWING WINNER

Amy K. won the free month of dues from our Member Appreciation Day on Dec. 17. We so appreciate all of our members and being part of your wellness commitment!

### ONLINE SURVEY

Congratulations to Gina C. She won a \$25 gift card for completing the November survey! We like to hear from our members. Please complete the online survey if it shows up in your email inbox.

### TRX BASICS-NEW DAYS & TIMES

This class is required to register for any of our TRX class series, drop in classes and workshops. Participants learn safety and the fundamentals of TRX straps and will understand proper form of basic movements. Fee \$35 for members & guests.

*Class days/times/instructors available at the front desk.*

## TAI CHI FOR BETTER BALANCE



**January 8 - February 14**  
**Tuesday & Thursday**  
**9:30 - 10:45 a.m.**  
**West Gym**  
**Instructors: Melanie & Keri**  
**No cost • Sign up at front desk**

This 6 week series will focus on improving balance and provide an understanding of the fundamental 8 forms of Tai Chi. Perfect for those new to Tai Chi and helps others deepen their current practice. Moves may be done seated or standing.

## YOUNG ATHLETES STRENGTH & CONDITIONING

**8 Week Small Group Training Series** Jan. 7-Mar. 1  
4:30-5:30 p.m. Monday & Wednesday  
Optional Friday for speed, agility & plyometrics training  
Two days per week: \$150 Member / \$200 Guest  
Three days per week: \$200 Member / \$250 Guest



Develop power and strength with certified personal trainers. Young athletes can get ready for their upcoming sports season with an individualized training approach.

## WEIGHTS IN WATER

**6 Week Series** Jan. 14-Feb. 18  
**Monday 10:30-11:00 a.m. Lap Pool**

This drop-in series is free and no sign up is needed. Learn weight training movements easily performed in the water.



## INTRO TO CYCLING IS BACK!

Sunday, January 13 9-10:15 a.m.  
Instructor: Jen Sign up at front desk



## QI GONG SERIES

Learn Qi Gong and Tai Chi from nationally accredited instructor **Michael Melchizedek**

This 6 week series provides a progressive learning environment to ensure fundamental concepts and movement patterns are well understood. Series required for Tai Chi Yian class held Wednesday, 3:45 p.m.



**Monday, Jan. 14-Feb. 18 3:45-4:30 p.m.**  
**\$50 Member / \$70 Guest Sign up at front desk**



## TRX SERIES STARTING IN JANUARY

Jan. 14-Feb. 22	Mon. Wed. & Fri.	8:15-9 a.m.
Instructor: Amy	Level: Beginner	Studio 1
Jan. 15-Feb. 21	Tue. & Thu.	7:30-8:15 a.m.
Instructor: Eva	Level: Advanced	Studio 1
Jan. 17-Feb. 21	Thu.	12:15-12:45 p.m.
Instructor: Thena	Level: Beg-Int.	Studio 1

**No cost. Advance sign up is required. Completion of TRX Basic class is prerequisite to TRX series participation.**

# I AM PROACTIVE



Meet personal trainer and group fitness instructor Rachelle Hadley, whose passion is an individual's whole wellness. Rachelle started providing personal training services at ProActive in August 2018 and when she works with members, she focuses on exercise, nutrition and behavior modification through health education. This is the newest way she is providing wellness to the Lincoln community.

Rachelle is also the director of volunteers at Clinic with a Heart in addition to helping members achieve their fitness goals at ProActive. Rachelle has been an aerobics instructor at Saint Paul United Methodist Church, taught aerobics to the parents of students enrolled in the West Lincoln Community Learning Center and provided fitness activities at Nebraska Wesleyan University.

Here is what Rachelle says about her newest class offerings:  
*"I've discovered with early morning fitness members, their workout mentality is to get to the gym EARLY, do the workout in the most EFFECTIVE way possible and get DONE so they can start the day. Kickboxing is a great way to serve this need and I've had the pleasure of teaching a kickboxing series on Monday at 5:30 a.m. for several months. It was so much fun that I offered to teach it as a regular class on Monday at 6-6:45 am and this new kickboxing class starts January 7th. If you like to start your day with a KICK, join me. I'm also excited to announce I've added another way to accomplish your early morning workout-TABATA! Starting January 4th, your 6 a.m. Tabata class on Friday will be your new 30 minute jam. It will make you sweat, it will be quick and you will get a good, hard workout done by 6:30 a.m. This class will feature a format of 20 seconds of 4 different exercises that target all muscle groups with 10 seconds of rest in between for a total of 16 minutes. You will have one full 16 minute Tabata set and a half 8 minute Tabata set, plus warm up and cool down periods. It is the MOST efficient way to burn those unwanted calories and tone at the same time. The music and energetic atmosphere will provide a workout you will never want to miss - PROMISE!"*

## WAY TO GO

David said, "Anthony has helped me get on track with staying in shape and Sharon has provided a nice mix of personal growth classes that I enjoy."

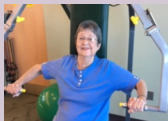
Carol said, "Bob gave an awesome class on beginner cycling, it was really good. Learned a lot!"

"Renee and Kelly are so sweet to me."

Kris said, "Really appreciate the 5:45 a.m. yoga class. It's a blessing to have that as an option and Amy is a great teacher!"

Kitty said, "Julie is so qualified and caring in the aqua classes. She teaches, counsels and when not doing this, she is cleaning!"

Congratulations to Linda Wilson who spent her 80th birthday in November working with personal trainer Jessica Madsen. Linda is giving herself the birthday gift of health and wellness!



## INTRO TO FOAM ROLLING

Saturday, January 19 • 11:30 a.m.-12:30 p.m.  
 Studio 1 • Instructor Jennifer Londre



Learn how to incorporate foam rolling into an exercise regime. Foam rolling increases flexibility, joint range of motion and relieves muscle tension. Learn proper technique in this FREE demonstration. Sign up at the front desk-limited spots available.

## SAVE THE DATE

*DYNAMIC DUO*  
**FITNESS**  
 Partner Weight Loss  
 Challenge



### DETAILS

January 28 - March 25

\$50 per Two-Member Team

Form your own team or pairing provided

Eight Weekly Weigh-Ins at Fitness Help Desk

Monday: 6:30-7:30 a.m. / 11 a.m-12 p.m. / 6:00-7:00 p.m.

Personal Trainer & Dietitian Weekly Group Counseling Sessions

Thursday: 11-11:30 a.m. / 6-6:30 p.m.

Tips and motivation in private Dynamic Duo Facebook group

Free Tee Shirt & Leader Board Tracking

### PRIZES

\$100 Scheels Gift Card in 4 Categories

- Most Weight Loss
- Biggest Weight Loss Percentage
- Most Club Check-Ins
- Largest Body Fat % Change

## AQUATICS OPEN HOUSE

Thursday, January 17

Lap Pool & Aqua Track

9-11:30 a.m. & 5:15-6:45 p.m.

Curious about water classes and want to learn more about water workouts? Attend this open house to learn about different classes, meet instructors and ask questions. Bring your swimsuit and water shoes. Class participation not required but definitely encouraged.

## JOIN US FOR OUR **LesMills** LAUNCH EVENT



BodyFlow

BodyPump

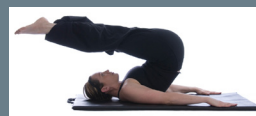
CXWORX

Saturday, Jan. 26

8:30-11:30 a.m.

Gym

Join us for the newest release of LesMills choreography. Try 3 different workouts: BodyPump, BodyFlow & CXWORX. FREE GUEST DAY - bring a friend or family member and experience a great workout together!



## YOGA FOR CYCLERS

Movements that Benefit Cyclers

Tuesday, Jan. 29  
 6-7:15 p.m.

\$ 5 Member  
 \$10 Guest

Sign Up @  
 Front Desk



## COMING IN FEBRUARY - NEW YEAR YOGA SERIES

Saturday, February 9-March 16

12-1:15 p.m.

\$25 Member / \$45 Guest

For those new to yoga or anyone wanting to build their practice.