

## WHAT'S HAPPENING

### AQUATICS

Child Spring Swim Lessons: April 8 - May 30  
Registration is March 18 - 24 and must be done in person.  
Lessons are once per week for eight weeks.  
\$40 Member / \$64 Guest

### BLOOD PRESSURE & CHOLESTEROL CHECKS

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

### ONLINE SURVEY

Trula J. won the \$25 gift card for completing the January survey! Our survey is a great way to TELL US what we are doing well and what we need to improve. When the survey is emailed to you, please take a moment to give us your opinion.

### WINTER WEATHER POLICY

Group fitness classes and other club services may be adjusted or cancelled for inclement weather. Closings or cancellations of club services are made at the discretion of ProActive management and not solely based on Lincoln Public Schools cancellation. For up-to-date information, please check our website and Facebook page or sign up to be on our email list.

## MADONNA Basketball MADNESS



### MARCH 19 - APRIL 8

64 Members • 6 Brackets • 1 Winner

- Shoot ONCE Each Round
  - Bracket Winner Advances to Next Round
  - Champion Wins FREE MONTH OF DUES
- |             |                |            |
|-------------|----------------|------------|
| Round One   | March 19-22    | 64 Players |
| Round Two   | March 23-26    | 32 Players |
| Round Three | March 27-30    | 16 Players |
| Round Four  | Mar. 31-Apr. 3 | 8 Players  |
| Round Five  | April 4-7      | 4 Players  |
| Final Game  | April 8        | 2 Players  |

#### SCORING:

1 Point per Check-in / 3 Shots per Round / Coin Toss for Ties  
**FREE TO PLAY • SIGN UP AT FRONT DESK**

## INTUITIVE EATING

A Non Diet Approach to Nutrition & Eating

10 Week Series: March 5 - May 7

Tuesday, 2:00 - 3:00 p.m.

Instructor: Registered Dietitian Lisa Graff

Fee: \$150 Members or Guests

If you have tried diets with no long term success, this series is the answer to healing your relationship with food.



## MEDITATION SERIES

6 Week Series: March 7 - April 11

Thursday, 3:30 - 4:00 p.m.

Instructor: Michael Mechizedek

Cost: \$20 Member / \$40 Guest

*In the stillness we become reflective.* This series is for those new to meditation or have limited experience. Different meditation styles will be explored to help you develop your practice.

## MARCH TRX SERIES

TRX BOOTCAMP WITH EVA: March 4 - 28

Tuesday & Thursday, Studio 2

8:30 - 9:15 a.m., Intermediate-Advanced Level

TRX A.M. WITH AMY: March 18 - April 26

Monday, Wednesday, Friday, Studio 1

8:15 - 9:00 a.m., Beginner-Intermediate Level

TRX CORE WITH THENA: March 20 - April 24

Wednesday, Studio 2

10:15 - 10:45 a.m., Open Level

Free • TRX Basics Required • Sign Up at Front Desk

## FUNCTIONAL DRY NEEDLING

Functional dry needling is now being offered by Daniel Crowe PT, DPT and Sara Mayers PT, DPT at TherapyPlus. This is a cash pay service available to members and non members. Where allowed by state law, dry needling is a technique physical therapists can use to treat myofascial pain or neuromusculoskeletal conditions to affect pain, movement and impairments. The technique uses a “dry” needle, one without medication, and is a solid thin filiform needle inserted through the skin into the trigger point areas of the muscle. Dry needling is not acupuncture. Research supports and shows dry needling can decrease pain, increase range of motion, normalize dysfunction, reduce muscle tension and increase blood flow to help restore function. Dry needling is only one technique physical therapists can use as part of the whole scope of a patient’s treatment plan. To see if you are a good candidate for functional dry needling contact TherapyPlus at 402.420.0004.

## WAY TO GO

Carol said “Beginner cycling class is so awesome. Amy is helpful and the class is hard and so good!”

Kendra said “Karen’s Thursday night kickboxing class is amazing! She teaches it in levels so beginners to advanced can enjoy and participate fully in class. As a newbie, I have thoroughly enjoyed her class.”

Jan said “The yoga instruction is excellent. Instructors are constantly adding new things, are clear, friendly and fun. Keri is especially proactive about ProActive!”

Linda said “Shannon, Karen and Judy are great instructors; encouraging, always helpful, always smiling. I love each class with them.”

“I enjoy Joe’s stretching class on Monday and Wednesday. He is also a great massage therapist.”

Donna said “Amanda teaches a great 5:15 a.m. Aqua Track class! The time flies and she gives us a great workout!”

## TAI CHI FOR BETTER BALANCE



6 Week Series  
March 26 - May 2  
Tuesday & Thursday  
9:30 - 10:45 a.m. Gym  
Instructors: Melanie & Keri  
No cost • Sign up at front desk

**REOCCURRING SERIES TO IMPROVE BALANCE**



## MOVEMENT & MUSIC SERIES

Dancing develops flexibility and instills confidence. Explore the enjoyable, stimulating and creative ways to move to music in this series.

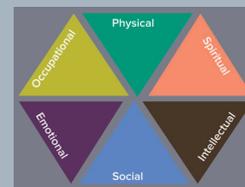
6 Week Series: March 11 - April 15  
Monday, 3:30 - 5:00 p.m., Studio 1  
Cost: \$25 Member / \$45 Guest

**Taught by Ruth Davidson Hahn who is specially trained in the Dance for PD® (Parkinson’s Disease) method.**

## STEAM & SAUNA ROOM USE

Many of us enjoy using a steam or sauna room for a cleansing sweat and other therapeutic reasons. Although the benefits are great, it is vital users understand improper use of a steam or sauna room can cause very significant and dangerous side effects. Most side effects are a result of use while dehydrated or exposure to the high temperature for too long of a time period. Below is a list of recommendations to ensure your steam or sauna room session doesn’t go from positive to negative.

- Wait at least 10 minutes after exercising before using the steam or sauna room.
- Do not use the steam or sauna room if you are pregnant, have heart or kidney disease, are on medications for cardiovascular disease or have other medical issues that might be adversely affect by high heat. Consult with your doctor prior to use.
- Limit use to 10 minutes at a time. After use, cool down slowly over a period of 5-10 minutes.
- Extended exposure to high temperatures can result in heat exhaustion, heatstroke, heart attack and on occasion, death.



## 6 DIMENSIONS OF WELLNESS

6 Week Series: March 26 - April 30  
Tuesday, 1:00 - 2:00 p.m.  
\$20 Member / \$ 30 Guest

Learn about the active process of wellness.  
Improve the mind-body-spirit aspects of your life.

## QI GONG SERIES “CHEE GUNG” SERIES

Instruction in the philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and physical health.

6 Week Series: March 25 - April 29  
Monday, 3:45 - 4:30 p.m.  
\$50 Member / \$70 Guest

