

BE PROACTIVE

August 2026 Newsletter

WHAT'S HAPPENING

ANNUAL POOL CLEANING

The Indoor Pool and Aqua Track will be closed August 17 - 31. The outdoor pool remains open during this time. All Aqua Track classes are canceled. Lap Pool classes will be held outdoors. The indoor areas will reopen on Tuesday, September 1.

HEALTH SCREENINGS

- Blood Glucose: By appointment \$15
- InBody™ : By appointment \$35

FRIENDS & FAMILY WEEKEND

Members may bring in guests for free on Saturday, August 1 and Sunday, August 2. Please check in all guests at the front desk.

GROUP FITNESS CLASSES

NEW CLASS

TRX, Fridays, 7:15 - 8 a.m.

DISCONTINUED CLASS

Mat Pilates, Sundays, 2 p.m.

AUGUST NUTRITION CHALLENGE

Eat more fiber for 14 days! Pick up your tracking card at the front desk. Turn it in by Sept. 1 to receive a free guest pass.

SEASONAL PRODUCE

August is packed with fresh, vibrant fruits and veggies - perfect for creating delicious and nutritious meals:

- Apples • Beets • Broccoli • Carrots
- Cucumbers • Eggplant • Garlic • Grapes
- Green Beans • Kale • Kohlrabi • Leeks
- Muskmelon • Onions • Peas • Peppers
- Potatoes • Squash • Sweet Corn
- Tomatoes • Watermelon • Zucchini

EMPOWERED RELIEF By Samantha Trausch, PT, DPT

Samantha Trausch is a Physical Therapist and inpatient Brain Injury Program Leader at Madonna Rehabilitation. She is a Board-Certified Clinical Specialist in Neurologic Physical Therapy, a Certified Brain Injury Specialist and a LSVT Big Certified Clinician.

As a Certified Empowered Relief Instructor, Samantha teaches the Empowered Relief class at Madonna Wellness Club. The next class offering will be Monday, September 28, 10:30 a.m. - 12:30 p.m.

Empowered Relief is an evidence based class created by pain scientists at Stanford. I was lucky enough to be trained by those scientists to teach the class and have really enjoyed seeing the benefits of the class in my own life and in the lives of many patients.

Research has shown us that learning more about pain and how it works in the body can help decrease the intensity and the impact of pain in the body. In Empowered Relief, we learn more about pain and how it impacts the body as well as working through different strategies that can be used to help manage your pain and other symptoms.

Empowered Relief includes neuroscience education, mindfulness principles and cognitive-behavioral skills (CBT) into a single two hour class to help participants gain effective skills to help steer the nervous system toward lasting relief. In the class, participants will complete a personalized plan for pain management and receive a binaural app for use.

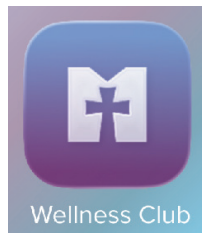
After the first class I taught, one of the participants looked at me and said "I feel more hopeful for the rest of my life" and that was when I knew I needed to find a way to share this class with others. While Empowered Relief was initially created for chronic pain management, it has also been shown to be helpful for managing pain from new or acute injuries and recovery after surgery as well. Many of the strategies can also be used to help manage stress and anxiety. One patient that came to the class after having several surgeries told me she wished she had known the information before her first surgery.

What else have participants said?

- "This is so interesting and helpful"
- "It was amazing and I would definitely recommend"
- "I feel more hopeful for the rest of my life"

If you've been dealing with pain and want to try something different, come to Empowered Relief. If you're ready to make a change and need some guidance on where to start, come learn and give it a try. Attend the upcoming September class either In-person or virtually.

DOWNLOAD THE MEMBER APP



- Check into the facility with the digital scan card
- Enroll in classes
- Register for special events and workshops
- Make payments & update account information
- Stop by the Member Services offices for assistance setting up your online member portal and app access.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

Mondays. & Wednesdays

August 3 - 26, 11:15 a.m. - 12:15 p.m.

Tuesdays & Thursdays

August 4 - 27, 10:45 - 11:45 a.m.

\$80 Members \$200 Non-members

INTRO TO TAI CHI BASICS

Tuesday, August 4, 12 - 1:30 p.m.

\$10 Members \$20 Non-members

AQUA ZUMBA FOUR-WEEK SERIES

Wednesdays, August 5 - 26

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

NUTRITION WORKSHOP

MEAL PREP LIKE A PRO: SIMPLE & HEALTHY VEGETABLES

Tuesday, August 25, 1 - 2 p.m.

\$15 Members \$30 Non-members

SMR + CARS FOR THE LOWER BODY WORKSHOP - TWO OPTIONS

Friday, August 21, 4:30 - 6 p.m.

Thursday, August 27, 10:30 a.m. - 12 p.m.

\$15 Members \$30 Non-members

HEALTH COACHING 101 WORKSHOP

Saturday, August 22, 10 - 11 a.m.

Free Members & Non-members

WAY TO GO!

"Michelle is a heck of an instructor and makes her aqua track classes fun and challenging. Her ability to adapt to the crowd is awesome." [Scott M.](#)

"Sammi at the front desk is AMAZING. She is so positive, kind and friendly. She always welcomes us in with such joy and enthusiasm. Darren Jack is also fantastic. I've worked with him for personal training and group classes and always get so much out of working with him. Very friendly, personable, professional and encouraging. I LOVE taking Zumba or Aqua Zumba classes with Kristin. She's phenomenal. She always makes class so fun and I get exercise without even feeling like I had to work! (But I do!)" [Tiffany D.](#)

"Truly all of the front desk employees are so welcoming." [Steve S.](#)

"Carla helped me schedule my initial orientation appointments and she was incredibly flexible with my crazy schedule at the time. I joined a class of hers weeks later, and she asked me how my daughter's dance recital was. How kind of her to remember that detail, given the time that had passed and how many members she must help every day. Darren also did a great job of helping me get comfortable with the weight machines. I was so intimidated by lifting until I met with him, and he mentioned his Strength 45 classes. I now try to attend regularly as I really enjoy the training and his playlists are the best! Rachelle was so knowledgeable during my health coaching session. She's fantastic! Wendy is an incredible Pilates instructor. I leave her barre classes feeling like I got such a good workout!" [Sheena M.](#)

"Instructor Amy is a wonderfully enthusiastic and supportive instructor that makes me feel confident, strong and capable!" [Trina U.](#)

"Carson, Wendy, Melanie and Carla have all been wonderful in what they teach and how they care for each of us. I appreciate their attention to our needs and professional way with which they approach all that they do." [Helen F.](#)

"Whenever I have a question I call the front desk. I always hope that Liz answers. She is so nice, kind, helpful and knows the answer to just about everything! Liz is a great asset to the organization and Madonna is lucky to have her as part of the team!" [Theresa H.](#)

CELEBRATE HERBS

August 29 is Celebrate More Herbs, Less Salt Day!

This fresh chimichurri sauce is a delicious way to add flavor without reaching for the salt shaker! It creates bold flavor from herbs instead of sodium. Drizzle it over grilled vegetables, chicken, fish or whole grains for an easy flavor boost that supports a heart-healthy eating pattern. Plus, it comes together in just 5 minutes! For the freshest and healthiest option, buy your herbs from your local farmers market. Looking for personalized nutrition guidance? Our Registered Dietitian can help you build a nutrition plan that fits your lifestyle.

FRESH CHIMICHURRI SAUCE



 **PREP TIME**
5 Minutes

 **SERVES**
Four

INGREDIENTS

- ½ bunch fresh parsley
- ½ bunch fresh cilantro
- 1 clove garlic
- 1 tsp. red pepper flakes (optional)
- 2 Tbsp. white vinegar
- 2 Tbsp. olive oil
- ¼ cup water (optional)

DIRECTIONS

1. Wash parsley and cilantro. Shake to remove excess water. Place parsley, cilantro, garlic, red pepper flakes (if using) and vinegar in food processor. Process until finely chopped.
2. Add oil. Process until well combined.
3. If too thick, add water 1 Tbsp. at a time until sauce reaches the consistency of applesauce.
4. Store in refrigerator up to 3 days. Freeze up to 3 months.