

The Source

- Madonna ProActive News -

May 2017

WHAT'S HAPPENING

Holiday Hours

Memorial Day, May 29, 5 a.m.-7 p.m.

Aquatics

The outdoor pool will be filled the first week of May, but the heaters will not be turned on until the evening temperatures are consistently 65 degrees.

Reminder – Children 12 and younger in the pool area must be supervised by an adult at least 19 years of age.

Child Group Swim Lessons are in session until June 1. Open swim is not available when swim lessons are in session. Current weekly lesson times are Mon. 4-6:30 p.m. and Tues., Wed., Thu. 4:30-7 p.m.

SAVE THE DATE – Summer Swim Lessons

July 10-August 3, lessons are 30 minutes TWICE a week for 4 weeks. Registration is June 19-25 at the front desk.

Canceled Classes

No aquatic class on Sun., May 14.

No Hip Hop Blast, Sun., 2-2:45 p.m.

New Holistic Programs

With Sharon Duffy, wellness and integrative medicine nurse

Meditation Mondays

Outside Labyrinth Walking Meditation
11-11:30 a.m., May 1, 8, 15, 22

Meditation Room Mindfulness & Relaxation
2-2:30 p.m., May 1, 8, 15, 22

3 Week Gratitude Journaling Classes
Tues., May 9, 16 & 23, 6-7 p.m.
Wed., May 10, 17 & 24, 11 a.m.-12 p.m.

NEW Monthly Arthritis Support Group

Meetings held on the first Mon. of each month, 12-1 p.m.
and the first Tues. of each month, 6-7 p.m.

MEDICAL FITNESS WEEK DRAWING WINNERS

5 Visit Punch Card – Mindy Wolfgang

Functional Movement Screening Assessment – Judy Seward

Online Meal Plan – Pat Maly

TherapyPlus Consultation – Tom Brewer

30-Minute Massage – Angela Shestak

\$50 ProActive Gift Card – Martha DeNell

Congratulations to the winners and thanks to all who participated.

WAY TO GO

Carol said, *“My appointment with Karen-new program with weights. She is awesome! She has a great program for me. She sets up a new weight program for me each 4-5 months. She has helped me so much!”*

Lacey said, *“Bob and Claire have amazing classes. I recently have lost 57 pounds and needed some strength training to start toning up. Their classes pushed me and encouraged me.”*

“I would like to commend Barbara for being an excellent yoga instructor. She arrives early and is prepared making a calm beginning. Her practice includes every part of the body. She is kind and encouraging. So glad to be in her classes at Madonna!”

“Julie Gipson makes me feel connected to ProActive and inspires me to do my best. I love her motivating instruction and commitment to improve our health.”

“I’m always happy when I walk into yoga on Saturday morning and Maria is there. She comes early and has the music on, setting a calm mood. Her routines involve the whole body-it’s wonderful!”

NEW OPTIONS



TRX is a total body suspension training system. Suspension training utilizes bodyweight exercise to develop strength, balance, flexibility and core stability simultaneously. It is a great way to change up your workout routine!

May 2-June 22

Tues. & Thur., 8:15-9 a.m. with Eva. 2 week session (4 classes), \$52

Thur., 6-6:30 a.m. with Michelle. 2 week session (2 classes), \$21

7111 Stephanie Lane ■ 55th & Pine Lake Road
402.420.0000 ■ www.madonnaproactive.org



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CHILD CAREGIVER MEMBERSHIP

Nanny/Manny memberships are available to members. There is a \$30 fee to start the membership and monthly dues are \$42 per month. The caregiver must be 19 years old to supervise children 12 and younger.

Please contact Member Services at 402.413.4019 or 402.413.4020 for more information.

PROACTIVE DANCE

Reserved seating ticket sales begin Sat., May 13, 9:30 a.m.-12:30 p.m. for the Spring Dance Concert "Frozen and Beyond" scheduled June 2, 6:30 p.m. and June 3, 2:30 p.m. at Southeast High School.



GROUP FITNESS SPOTLIGHT

tai chi FOR BALANCE

Tai Chi For Balance Demonstration

With Master Trainer Suman Barkhas, co-director of the Tai Chi Yoga Center in Eugene, Oregon

May 18, 5:30-6:30 p.m., free and open to the public.

Come explore the many benefits of Tai Chi and practice the moves. Please register at the front desk.

Try RetroRobics

This fun class is a retro-aerobic dance workout with basic to intermediate choreography. All fitness levels can enjoy this high energy blast-from-the-past cardio and dance

movement workout. 8:15-9:00 a.m., Tues. & Thurs., Beginning to Intermediate Level, Studio 3 (new location)

FUEL FOR LIFE

Do you like to eat healthy, but can't find the time to meal plan? Take the guesswork out of meal planning with Fuel for Life!

Fuel for Life online meal plans are developed by a registered dietitian with your individual nutrition needs and goals in mind. Contact Lisa Graff, MS, RD, LMNT for more information: 402.413.3559 or lgraff@madonna.org.

It's almost swimsuit season-start it off right with online meal planning!

\$120 for the first month. Apply today at the front desk!



Lisa recommends you try the three new Source Eat Fit items available at ProActive: Buffalo Chicken Wrap; Chicken, Bacon, Ranch Wrap and Chicken, Bacon, Ranch Salad. All are packed with protein and great options for a meal on the go!

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