

# August 2019 Group Fitness Class Schedule

## I AM PROACTIVE



### Join the Walking Club

- Stay on track by recording your indoor track miles
- On Track walking club log book is located on the shelf at the west end of the track.
- The highest mileage members are listed quarterly on the track leader board.

### Helpful Reminders

- Wipe down equipment with sanitizing wipes after use.
- Limit cell phone use while on the fitness floor.
- Headphone use is required for device listening.
- Camera use is not allowed anywhere in the club.
- Limit equipment and lap lane use to 30 minutes when members are waiting.

### Pool Information

- Outside food & coolers are not allowed in the pool area.
- Lifeguards hold 10-minute safety breaks each hour of open swim when on duty.
- Children 12 years and younger must be supervised by an adult 19 years or older.
- Use of noodles, kickboards & Nerf toys is permitted in the pool.



**MADONNA  
PROACTIVE**  
Medical Fitness

402.420.0000

[www.madonnaproactive.org](http://www.madonnaproactive.org)

# Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Penny
5:15-6:00 am	<b>HIIT 20/20</b>	West Gym	<b>Int-Adv.</b>	Katie
5:15-6:00 am	<b>Kickboxing</b>	Studio 1	<b>Int-Adv.</b>	Rachelle
5:15-6:00 am	<b>Power Track</b>	Aqua Track	<b>Int-Adv.</b>	Amanda
6:15-7:00 am	<b>Water Explosion</b>	Outdoor Pool	<b>Beg-Int.</b>	Amanda
8:30-9:15 am	<b>Water Explosion</b>	Outdoor Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Stretch Pain Mgmt</b>	Studio 2	<b>Beg.</b>	Joe
9:15-9:45 am	<b>Aqua Deep Core</b>	Outdoor Pool	<b>Int.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:00 am	<b>Cycling 30</b>	Studio 3	<b>Beg.</b>	Bob
9:30-10:10 am	<b>Gentle Yoga</b>	Meditation Rm.	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Pump</b>	Outdoor Pool	<b>Beg-Int.</b>	Julie
10:15-11:15 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Melanie
10:15-11:00 am	<b>Young at Heart</b>	West Gym	<b>Beg.</b>	Judy
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Betsy
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Erica
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Betsy
11:30-12:15 pm	<b>Aqua Splash</b>	Outdoor Pool	<b>Beg.</b>	Michelle
12:15-1:00 pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Eva
12:15-1:00 pm	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Michelle
5:00-5:40 pm	<b>Gentle Yoga</b>	Meditation Rm.	<b>Open</b>	Melanie
5:15-6:00 pm	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Michelle
5:30-6:30 pm	<b>Cardio Pump</b>	West Gym	<b>Int-Adv.</b>	Ann
5:45-6:45 pm	<b>Yoga II</b>	Meditation Rm.	<b>Int.</b>	Melanie
6:00-6:45 pm	<b>Fat Burner</b>	Outdoor Pool	<b>Beg-Int.</b>	Michelle
6:00-6:45 pm	<b>Cardio Fit Cycling</b>	Studio 3	<b>Int-Adv.</b>	Gary/Eva
6:30-7:15 pm	<b>Dance Blast</b>	Studio 1	<b>Beg.</b>	Sydney
6:30-7:30 pm	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Ann

Classes and instructors are subject to change at any time.

# Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Jen
5:15-6:15 am	<b>Les Mills BodyPump</b>	West Gym	<b>Beg.</b>	Katie
5:45-6:45 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Amy
6:15-7:00 am	<b>Water Explosion</b>	Outdoor Pool	<b>Beg-Int.</b>	Mary
7:30-8:15 am	<b>Tai Chi Balance</b>	Full Gym	<b>Beg.</b>	Mitzi
8:15-8:45 am	<b>Tai Chi 24</b>	Full Gym	<b>Beg.</b>	Mitzi
8:15-9:00 am	<b>RetroRobics</b>	Studio 1	<b>Beg-Int.</b>	Carmen
8:30-9:15 am	<b>TRX Bootcamp*</b>	Studio 2	<b>Int-Adv.</b>	Eva
8:30-9:25 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
9:00-9:45 am	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Julie
9:15-10:15 am	<b>Cardio Pump</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Eva
9:30-10:15 am	<b>Chair Yoga</b>	Meditation Rm.	<b>Beg.</b>	Keri
10:00-10:45 am	<b>Power Pump</b>	Outdoor Pool	<b>Beg-Int.</b>	Julie
10:30-11:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
10:45-11:00 am	<b>Strength &amp; Stretch</b>	Outdoor Pool	<b>Int.</b>	Julie
11:00-11:30 am	<b>Aqua Balance/Move.</b>	Outdoor Pool	<b>Beg.</b>	Julie
12:15-1:00 pm	<b>Back Hab</b>	Aqua Track	<b>Beg.</b>	Julie
1:15-1:45 pm	<b>Parkinson's BIG Grad</b>	Meditation Rm.	<b>Beg.</b>	Karen
2:00-2:30 pm	<b>Meditation/Relaxation</b>	Meditation Rm.	<b>Beg.</b>	Sharon
5:00-5:55 pm	<b>Basic Yoga</b>	Meditation Rm.	<b>Beg.</b>	Vanessa
5:15-6:00 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
5:30-6:15 pm	<b>H.I.I.T.</b>	West Gym	<b>Beg-Int.</b>	Staff
6:00-6:45 pm	<b>Deep Water</b>	Outdoor Pool	<b>Int.</b>	Melissa
6:00-6:45 pm	<b>TRX*</b>	Studio 1	<b>Int.</b>	Brittany
6:00-7:00 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Vanessa

\*Requires TRX Basic course

Classes and instructors are subject to change at any time.

# Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Michelle
5:15-6:00 am	<b>HIIT 20/20</b>	West Gym	<b>Int-Adv.</b>	Thena
5:15-6:00 am	<b>Power H2O</b>	Outdoor Pool	<b>Int-Adv.</b>	Linda
6:00-6:30 am	<b>TRX*</b>	Studio 1	<b>Int-Adv.</b>	Michelle
6:15-7:00 am	<b>Water Explosion</b>	Outdoor Pool	<b>Beg-Int.</b>	Linda
8:30-9:15 am	<b>Water Explosion</b>	Outdoor Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Stretch Pain Mgmt</b>	Studio 2	<b>Beg.</b>	Joe
9:15-9:45 am	<b>Aqua Deep Core</b>	Outdoor Pool	<b>Int.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Erica
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg.</b>	Amy
9:30-10:25 am	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Pump</b>	Outdoor Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Young at Heart</b>	West Gym	<b>Beg.</b>	Betsy/Judy
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Jen
10:30-11:30 am	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg-Int.</b>	Melanie
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Personal Trainer
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Betsy
11:30-12:15 pm	<b>Aqua Splash</b>	Outdoor Pool	<b>Beg.</b>	Mitzi
12:00-12:45 pm	<b>Yoga II</b>	Meditation Rm	<b>Int.</b>	Melanie
12:15-1:00 pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Shannon
12:15-1:00 pm	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Keri
5:00-5:40 pm	<b>Gentle Yoga</b>	Meditation Rm	<b>Beg.</b>	Maria
5:15-6:00 pm	<b>Track Training</b>	Aqua Track	<b>Int.</b>	Dona
5:30-6:30 pm	<b>Cardio Pump</b>	West Gym	<b>Beg-Int.</b>	Ann
5:45-6:45 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Maria
6:00-6:45 pm	<b>Cardio Fit Cycling</b>	Studio 3	<b>Int.</b>	Staff
6:30-7:15 pm	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Kristin
6:30-7:30 pm	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Karen

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# Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Jen
5:15-5:45 am	<b>Les Mills BodyPump</b>	West Gym	<b>Beg.</b>	Karla
5:45-6:15 am	<b>Les Mills CXWORX</b>	West Gym	<b>Beg.</b>	Karla
5:45-6:45 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Amy
6:15-7:00 am	<b>Water Explosion</b>	Outdoor Pool	<b>Beg-Int.</b>	Mary
7:30-8:15 am	<b>Tai Chi Balance</b>	Full Gym	<b>Beg.</b>	Mitzi
8:15-8:45 am	<b>Tai Chi 24</b>	Full Gym	<b>Beg.</b>	Mitzi
8:15-9:00 am	<b>RetroRobics</b>	Studio 1	<b>Beg-Int.</b>	Carmen
8:30-9:10 am	<b>Gentle Yoga</b>	Meditation Rm.	<b>Beg.</b>	Barbara
9:00-9:45 am	<b>EZ Moves</b>	Aqua Track	<b>Beg.</b>	Julie
9:15-10:00 am	<b>Interval Endurance</b>	Studio 1	<b>Int-Adv.</b>	Erica
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Betsy
9:30-10:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Barbara
10:00-10:45 am	<b>Power Pump</b>	Outdoor Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
10:45-11:00 am	<b>Strength &amp; Stretch</b>	Outdoor Pool	<b>Int.</b>	Julie
11:00-11:30 am	<b>Aqua Balance/Move.</b>	Outdoor Pool	<b>Beg.</b>	Julie
11:30-12:15 pm	Mat Pilates Lite (fee)	Studio 2	Open	Sarah
12:15-1:00 pm	<b>Back Hab</b>	Aqua Track	<b>Beg.</b>	Julie
1:15-1:45 pm	<b>Parkinson's BIG Grad</b>	Meditation Rm.	<b>Beg.</b>	Karen
5:00-5:55 pm	<b>Basic Yoga</b>	Meditation Rm	<b>Beg.</b>	Debra
5:15-6:00 pm	<b>Cycling/Yoga</b>	Studio 3 & 2	<b>Int.</b>	Barbara
5:15-6:00 pm	<b>Power Track</b>	Aqua Track	<b>Adv.</b>	Michelle
5:30-6:15 pm	<b>H.I.I.T.</b>	West Gym	<b>Int.</b>	Staff
6:00-6:45 pm	<b>Fat Burner</b>	Outdoor Pool	<b>Beg-Int.</b>	Michelle
6:00-6:45 pm	<b>Kickboxing</b>	Studio 1	<b>Int-Adv.</b>	Karen
6:00-7:00 pm	<b>Restorative Yoga</b>	Meditation Rm.	<b>Beg-Int.</b>	Debra
6:45-7:30 pm	<b>Les Mills BodyFlow</b>	Studio 2	<b>Open</b>	Jenni/Kristine

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# Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Penny
5:15-6:00 am	<b>HIIT 20/20</b>	Studio 1	<b>Int-Adv.</b>	Rachelle
5:15-6:00 am	<b>Power Track</b>	Aqua Track	<b>Int-Adv.</b>	Jarvis
6:00-6:30 am	<b>Tabata</b>	Studio 1	<b>Int.</b>	Rachelle
6:15-7:00 am	<b>Water Explosion</b>	Outdoor Pool	<b>Beg-Int.</b>	Jarvis
8:30-9:15 am	<b>Water Explosion</b>	Outdoor Pool	<b>Int-Adv.</b>	Mary
9:00-10:00 am	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Michelle
9:15-9:45 am	<b>Aqua Deep Core</b>	Outdoor Pool	<b>Int.</b>	Mary
9:30-10:15 am	<b>Chair Yoga</b>	Meditation Rm.	<b>Beg.</b>	Keri
9:30-10:00 am	<b>Cycling 30</b>	Studio 3	<b>Beg.</b>	Amy
10:00-10:30 am	<b>Les Mills BodyFlow</b>	Studio 2	<b>Open</b>	Ashley
10:30-11:30 am	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Keri
10:15-11:00 am	<b>Young At Heart</b>	West Gym	<b>Beg.</b>	Sydney/Shannon
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Jen
11:15-11:45 am	<b>Stretch for Life</b>	Studio 2	<b>Beg.</b>	Staff
11:30-12:15 pm	<b>Seated Dance Blast</b>	West Gym	<b>Beg.</b>	Sydney
12:00-1:00 pm	<b>Basic Yoga + Meditation</b>	Meditation Rm.	<b>Beg.</b>	Keri
12:15-1:00 pm	<b>Dynamic X Train</b>	Studio 1	<b>Int-Adv.</b>	Mary

# Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	<b>Dynamic X Train</b>	West Gym	<b>Int-Adv.</b>	Staff
8:00-8:45 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Roxie
8:30-9:30 am	<b>Les Mills BodyPump</b>	West Gym	<b>Int.</b>	Karen
9:00-9:45 am	<b>Power Track</b>	Aqua Track	<b>Int-Adv.</b>	Staff
9:15-10:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Staff
9:30-10:15 am	<b>Yoga I</b>	Meditation Rm.	<b>Beg.</b>	Staff
9:45-10:45 am	<b>Les Mills BodyFlow</b>	Studio 2	<b>Int.</b>	Karla
10:00-10:45 am	<b>Water Explosion</b>	Outdoor Pool	<b>Int-Adv.</b>	Staff
10:30-11:30 am	<b>Yoga II</b>	Meditation Rm.	<b>Int.</b>	Staff
11:00-11:30 am	<b>Aqua Walk</b>	Aqua Track	<b>Beg.</b>	Staff

# Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	<b>Cycling</b>	Studio 3	<b>Int.</b>	Staff
9:00-10:00 am	<b>Les Mills BodyFlow</b>	Meditation Rm.	<b>Open</b>	Joel
1:00-1:45 pm	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Kristin
2:15-3:00 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
4:00-5:00 pm	<b>Yoga I-II</b>	Meditation Rm.	<b>Beg-Int.</b>	Debra

## Basketball Court Reservations

Monday:	5:15-6:00 a.m. 7:00-8:30 a.m. 8:30-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	West Gym FULL COURT East Gym FULL COURT West Gym East Gym West Gym West Gym	HIIT 20/20 Pick-Up Basketball Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump
Tuesday:	5:15-6:15 a.m. 7:30-8:15 am 8:15-8:45 am 9:30-11:00 a.m. 11:00 a.m.-4:00 p.m. 5:30-6:15 p.m.	West Gym FULL COURT FULL COURT FULL COURT East Gym West Gym	Les Mills BodyPump Tai Chi Balance Tai Chi 24 Tai Chi for Better Balance Series Pickleball Play H.I.I.T.
Wednesday:	5:15-6:00 a.m. 7:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:15-4:00 p.m. 5:30-6:30 p.m. 6:30-7:30 p.m.	West Gym East Gym FULL COURT West Gym East Gym West Gym West Gym	HIIT 20/20 Pickleball Play Young At Heart Seated Dance Blast Pickleball Play Cardio Pump Les Mills BodyPump
Thursday:	5:15-6:15 a.m. 7:30-8:15 a.m. 8:15-8:45 a.m. 9:30-11:00 a.m. 11:00 a.m.-12:00 p.m. 12:00-1:00 p.m. 1:00-4:00 p.m. 5:30-6:15 p.m. 7:00-10:00 p.m.	West Gym FULL COURT FULL COURT FULL COURT East Gym FULL COURT East Gym West Gym East Gym T	Les Mills BodyPump Tai Chi Balance Tai Chi 24 Tai Chi for Better Balance Series Pickleball Play Pick-Up Basketball Pickleball Play H.I.I.T. Round Robin Pickleball Play
Friday:	7:00-8:30 a.m. 9:00-10:00 a.m. 10:15-11:00 a.m. 11:30 a.m.-12:15 p.m. 12:30-4:00 p.m.	FULL COURT West Gym FULL COURT West Gym East Gym	Pick-Up Basketball Les Mills BodyPump Young At Heart Seated Dance Blast Pickleball Play
Saturday:	7:15-8:00 a.m. 8:30-9:30 a.m. 9:30 a.m.-12:00 p.m.	West Gym FULL COURT East Gym	Dynamic X Train Les Mills BodyPump Pickleball Play
Sunday:	1:00-5:00 p.m.	East Gym	Round Robin Pickleball Play

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# Open Swim Times

## **Aqua Track**

### **Monday**

6:00 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 pm

### **Tuesday**

5:00 - 9:00 a.m.

9:45 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

### **Wednesday**

5:00 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

### **Thursday**

5:00 - 9:00 a.m.

9:45 a.m. - 12:15 p.m.

1:00 - 5:15 p.m.

6:00 - 9:30 p.m.

### **Friday**

6:00 a.m. - 7:30 p.m.

### **Saturday**

7:00 - 9:00 a.m.

9:45 - 11:00 a.m.

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

### **Sunday**

7:00 a.m. - 2:15 p.m.

3:00 - 6:30 p.m.

## **Lap Pool**

### **Monday**

5:00 a.m. - 9:30 p.m.

### **Tuesday**

5:00 a.m. - 9:30 p.m.

### **Wednesday**

5:00 a.m. - 9:30 p.m.

### **Thursday**

5:00 a.m. - 9:30 p.m.

### **Friday**

5:00 a.m. - 7:30 p.m.

### **Saturday**

7:00 a.m. - 6:30 p.m.

### **Sunday**

7:00 a.m. - 6:30 p.m.

Please share lap lanes with others by circle swimming or splitting the lane. If others are waiting, please limit your lane usage to 30 minutes.

Open swim is not available during swim lesson class times.

Individual use of the Aqua Track during a fitness class is not allowed. ProActive noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Water shoes are required in the Aqua Track and for group fitness classes in all pools.

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# Open Swim Times Outdoor Pool

## Monday & Wednesday

5:15-7:00 a.m. Fitness Class

**7:00 a.m.-8:30 a.m. Open Swim**

8:30-10:30 a.m. Fitness Class

**10:30-11:30 a.m. Open Swim**

11:30 a.m.-12:15 p.m. Fitness Class

**12:15-9:30 p.m. Open Swim**

6:00-6:45 p.m. Fitness Class (Mon.)

## Tuesday & Thursday

**5:00-6:15 a.m. Open Swim**

6:15-7:00 a.m. Fitness Class

**7:00-10:00 a.m. Open Swim**

10:00-11:30 a.m. Fitness Class

**11:30 a.m.-9:30 p.m. Open Swim**

6:00-6:45 p.m. Fitness Class

## Friday

**5:00-6:15 a.m. Open Swim**

6:15-7:00 a.m. Fitness Class

**7:00-8:30 a.m. Open Swim**

8:30-9:45 a.m. Fitness Class

**9:45 a.m.-7:30 p.m. Open Swim**

## Saturday

**7:00-10:00 a.m. Open Swim**

10:00-10:45 a.m. Fitness Class

**10:45 a.m.-6:30 p.m. Open Swim**

## Sunday

**7 a.m.-6:30 p.m. Open Swim**

Group fitness classes are held in the outdoor pool when weather permits. Classes are moved to the indoor pool with inclement weather. Spray features are turned off during class time.

Air temperature must reach 70 degrees by 1 p.m. or the outdoor pool may close. The pool may not re-open if closed early.

The outdoor pool is closed if lightning and thunder are occurring. Pool will re-open after the sky has been free of all lightning or thunder for 30 minutes.

Visible bodily fluids in the pool require a 24 hour shut down for treatment. Infants are required to wear swim diapers.

Children under the age of 13 must be supervised by an adult 19 years or older. Children 5 and younger must be supervised by an adult 19 years or older within arm's length of the child.

US Coast Guard or Red Cross life jackets are recommended for assistance; flotation devices including water rings or wings are not allowed.

Lifeguards hold 10-minute safety breaks each hour of open swim when on duty.

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# Club Information

## Cell Phone Use

Cell phone functions are allowed only in designated use areas. Camera use is not allowed anywhere in the club. Taking unauthorized photos is not allowed. Phone calls are allowed in the locker room and lobby only. Musics/video apps may be used with headphones on the fitness floor, walking track, pool deck, locker rooms, classrooms and gymnasium.

## Etiquette

Bring a change of shoes. Please wipe down equipment after use. Limit workout to 30 minutes when all machines are in use. Please keep cell phone use to a minimum and no cell phone use on the walking track.

## Fitness Information

### **ADAPTIVE TRAINING**

This program is designed to assist people with physical limitations, caused by spinal cord injuries, stroke, disease, etc., while focusing on the goal of exercising independently. Please contact Samantha Kelly at 402.413.4012 to determine if this program is appropriate for your needs and available appointment times.

### **CLASS LEVELS**

**Beginner:** Low impact, low to middle elevation of heart rate, and strengthening utilizing light free weights.

**Intermediate:** Low impact, mid-level cardiovascular elevation of heart rate and/or mid-level usage of strength equipment.

**Advanced:** Mid to high impact level plus longer duration and higher intensity of the cardiovascular component. Mid-range to heavier weight equipment will be utilized.

**NOTE:** Classes with a range indicate the instructor adjusts for levels of fitness. When no class is in session, classrooms are available for personal workouts. Sound systems are for staff use only. Classes and instructors are subject to change at any time. Class descriptions are available at the front desk.

### **CLASS SERIES**

A short term group fitness offering for a set period of time. Series follow a theme or specific area of interest. During the series there is a progressions of skills and exercises. There may be a nominal cost for class series.

### **MAT PILATES LITE** (extra fee)

Designed for the non-athlete or individual who is new to Pilates or may need some modifications for an orthopedic or medical condition.

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# Club Information

5 class punch card \$20 Member, \$25 Non Member

Thu., 11:30-12:15 p.m., Studio 2

## **PICKLEBALL**

Pickleball courts and nets are available in the gym for play during designated times on the basketball court schedule. Paddles are available for check out at the front desk. When playing, please be respectful of other basketball court users.

## **TRX BASICS** (extra fee)

Introductory class required for members new to TRX. Introduces safe practices and fundamental movements. **\$35 Member or Guest**  
Class days and times available at the front desk.

## **YOGA SESSIONS** (extra fee)

Private and semi private yoga sessions are designed for members who wish to have more specific instruction from a yoga instructor. Speak with the yoga instructor of your choice about their availability. Pricing and purchasing options available at the front desk.

## **Guest Policy**

Members are welcome to bring guests. Guest passes are available for purchase at the Front Desk. Guests must sign a waiver of liability to access the facility. Minors are not permitted to bring other minors as guests. A parent or legal guardian of any guest under 19 years of age must sign the guest pass waiver. NOTE: Member's children and grandchildren, 12 and under, are free when they accompany a member.

## **Health & Wellness**

### **BLOOD PRESSURE CHECKS & \$20 CHOLESTEROL CHECKS**

Reservations must be made at the front desk for the cholesterol test and fasting for 8-10 hours prior to the test is recommended.

### **NURSE CONSULTATION CLINIC**

Brief 10 minute meeting with Sharon Duffy, RN, MS, CRRN at no charge to discuss health concerns. Extended 30 minute assessment and consultation sessions are available for \$15 fee.

## **Safety Reminders**

Children under 13 must be accompanied by an adult at least 19 years old and the adult must be in the pool or basketball court with the child. Children under 13 are not allowed on the fitness floor, upstairs track, classrooms, Aqua Track, whirlpools, steam rooms or saunas.

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### **Club Hours**

Monday-Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday-Sunday	7 am - 7 pm

### **Senior Plus Option-Usage Hours**

Monday-Friday	7 am - 4 pm
Saturday-Sunday	7 am - 7 pm

### **Pool Hours**

Monday-Thursday	5 am - 9:30 pm
Friday	5 am - 7:30 pm
Saturday-Sunday	7 am - 6:30 pm

### **Lifeguard Hours**

Monday-Thursday	12:30 - 8:30 pm
Friday	12:30 - 7:30 pm
Saturday-Sunday	1 pm - 6:30 pm

### **Play Center Hours**

Monday-Thursday	8:30 am - 1:30 pm 4 pm - 8 pm
Friday	8:30 am - 1:30 pm
Saturday	8 am - 12:30 pm
Sunday	1 pm - 5 pm

### **Soteria Massage & Bodywork Hours**

Monday-Saturday	By Appointment
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7111 Stephanie Lane  
(55th & Pine Lake Road)  
402.420.0000

[www.madonnaproactive.org](http://www.madonnaproactive.org)



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