

WHAT'S HAPPENING

BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available July 17, 7-9 a.m. Register at the front desk by July 16.

FRIENDS & FAMILY WEEKEND

Bring guests for free on Saturday, July 6 & Sunday, July 7

Guest must accompany the member and there is no limit to the number of guests visiting. Member and guest are required to check in at the front desk.

GROUP FITNESS CHANGES

Discontinued Classes

TRX, Wednesday, 6:00 a.m.

TRX Bootcamp, Thursday, 8:15 a.m.

HOLIDAY GROUP FITNESS ADJUSTMENTS

No classes on Thursday, July 4

No early morning classes on Friday, July 5. Classes with 8:00 a.m. or later start time will occur as normal.

HOLIDAY HOURS, INDEPENDENCE DAY, JULY 4

Club: 7:00 a.m. - 5:00 p.m. Pools: 7:00 a.m. - 4:30 p.m.

Play Center: Closed

ONLINE SURVEY

Mary S. won the \$25 gift card for completing the May survey! We value our member's feedback and appreciate when you take the time to give us your opinion. Watch your inbox for our next survey.

SWIM LESSONS

Lessons are July 8 - August 1. Open swim in the indoor lap pool is not available during class times.

MEDITATION PRACTICES

WORKSHOP

SATURDAY, JULY 13

10 A.M. - 2 P.M.

- An introduction to various meditation styles & techniques
- Learn to step out of daily routines & turn energy toward reflection
- Explore & practice various meditation styles
- Discover the physical & mental health benefits of meditation
- Includes breathing & posture techniques & education

Register Deadline: July 10 Cost: \$40 Member / \$80 Guest

KIDS YOGA SERIES



According to the American Journal of Occupational Therapy, the benefits of daily yoga for kids are pretty amazing, including:

- Increased Self Confidence
- Improved Mood
- Stress Reduction
- Decreased Anxiety
- Improved Concentration
- Decreased Hyperactivity
- Improved Emotional Balance

Join us to help your child learn yoga techniques and have lots of fun!

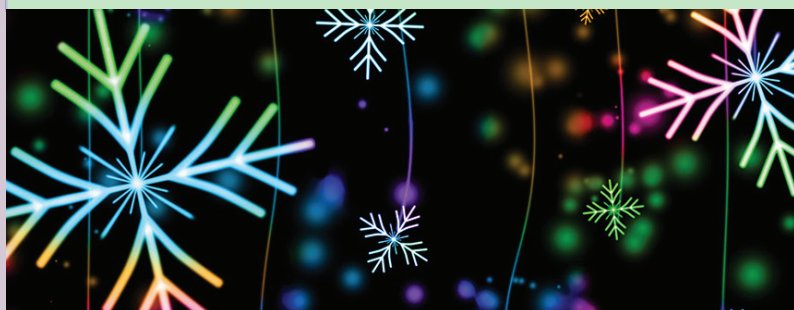
4 Week Series: July 18 - August 8

Thursday, Meditation Room

4 - 8 year olds: 10:45 - 11:30 a.m.

9 - 13 year olds: 11:45 a.m.-12:45 p.m.

Cost: \$25 for one child / \$40 for two children



DANCE BLAST PARTY

Come Celebrate Christmas in July

Saturday, July 27 • 9:45 - 11:45 a.m. • Gym

Holiday Music & Fun • Door Prizes

Free For Members & Their Guest



WELLNESS WEDNESDAYS

Explore Wellness Topics With Sharon Duffy

DATES AND TIME:

July 10, 17 & 24, 11:00 a.m. - 12:00 p.m.

JULY TOPICS:

Following The Road To Resiliency
Stress & Disease - Which Comes First
Mindfulness: Living In The Moment

REGISTRATION:

Sign up at the front desk for each weekly presentation.
Free for members & their guest.



DAR CAMPBELL'S STORY

For many years, Dar was in good health during her time as a ProActive member. In 2017 she experienced health issues that left her feeling dizzy and off balance which progressively worsened. She had difficulty

doing daily tasks and walking. Dar found out she was suffering from Vestibular Balance Disorder, a disorder that affects the brain and how it processes information involved with controlling balance and eye movements. She was struggling to maintain her active lifestyle. "I went from walking four miles every day to barely walking two blocks. I lost my confidence and quit going to the gym. I started to feel my body weaken. I got dizzy bending down to tie my shoes. I was feeling so weak I didn't want to get out of bed."

Dar said with the support of her husband, she was ready and anxious to find some relief. She began physical therapy at Madonna's TherapyPlus clinic for four months until she felt comfortable enough to get back into the gym. Now, a year later she is back at ProActive where she is putting all her energy into Tai Chi. Tai Chi's purpose is to help find balance, focusing on energy and having the body flow smoothly. "I had fallen through the cracks, but Tai Chi helped me get back up. I connected with my instructor Melanie, who provided a friendly and supportive teaching style which the entire class enjoys. I've gained muscle tone and 10 healthy pounds back. It's taken a year but I did it. I was stuck moving through my health issues, but I started healing through Tai Chi. It makes me feel free."

Dar said after class she uses ProActive's open gym to practice walking backwards and balancing movements for at least an hour. She loves the energy and motivation she gets from Tai Chi and wants to someday teach a class of her own. "Tai Chi has been wonderful for me. Tai Chi gave me my confidence back and ProActive gave me the courage and environment."

TAI CHI SERIES

Tai Chi For Better Balance July 9 - 25

3 week series on Tuesday & Thursday, 9:30 - 10:10 a.m.

Tai Chi Flow July 9 - 25

3 week series on Tuesday, 10:15 - 11:00 a.m.

Seated Tai Chi July 9 - 25

3 week series on Thursday, 10:15 - 11:00 a.m.

FREE FOR MEMBERS • REGISTER FOR SERIES AT FRONT DESK

TAI CHI CLASSES

Tai Chi Balance

On going class on Tuesday & Thursday, 7:30 - 8:15 a.m.

Tai Chi 24

Ongoing class on Tuesday & Thursday, 8:15 - 8:45 a.m.

FREE FOR MEMBERS • DROP IN CLASSES, NO SIGN UP



VACATION MILES CHALLENGE AUGUST 1 - 31, 2019

- Record your daily workout miles for the month of August in the log book at the Fitness Help Desk
 - Watch your progress on the challenge leader board
 - YOUR TOTAL MILES EARN A PRIZE
 - 50-150 Miles - \$5 Gift Card
 - 151 - 250 Miles - \$10 Gift Card & 5 Visit Punch Card
 - 251 - 400 Miles - \$10 Gift Card & 10 Visit Punch Card
- Sign up at the front desk • \$10 Fee*



TRX YOGA SERIES

- 3 Week Series July 9 - 23
- Tuesday, 11:15 a.m. - 12:15 p.m.
- \$15 Member / \$30 Guest
- TRX Basics Required
- Register by July 5

Explore yoga poses with the cross-training of TRX

WAY TO GO

Tim said, "Anthony Sobotka was attentive when I was in rehab, and he was my personal trainer before and since. Great guy, extremely responsive and helpful."

Natalie said, "I think Matt has accomplished much for the betterment of Proactive since he started here."

Deb said, "Jim is always welcoming early in the morning. Joe Fairbanks is such a great massage therapist and I am a regular customer."

Staci said, "Brittney leads the Tuesday night TRX class and I love it."

Jan said, "Ryan is a great therapist and he always keeps track of you and asks how you are doing. Also, Mitzi the Tai Chi teacher always keeps us learning new things and has lots of knowledge."

"Judy Fulton consistently provides challenging classes and changes it up. Cole Maranville is always helpful and Shannon Gifford does a great job."

Molly said, "Karen is a great personal trainer."