

WHAT'S HAPPENING

BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available September 18 7:00 - 9:00 a.m. Register at the front desk by September 17.

GROUP FITNESS CHANGES

New Classes Starting In September

Les Mills BodyFlow, Wednesday, 5:15 – 6:00 a.m.
Meditation Room, Open Level
Water Explosion, Tuesday & Thursday, 7:15 – 8:00 a.m.
Lap Pool, Beginner-Intermediate Level
Water Yoga, Sunday, 3:00 - 3:45 p.m.
Aqua Track, Beginner Level
Yoga II, Monday, 8:30 – 9:25 a.m.
Meditation Room, Intermediate Level

New Classes Starting In October

Barre, Monday & Wednesday, 11:15 a.m. – 12:00 p.m.
Studio 1, Intermediate Level, Prerequisite: Barre Basics
Barre, Thursday, 7:00 – 7:45 p.m.
Studio 1, Intermediate Level, Prerequisite: Barre Basics

Discontinued Classes

Kickboxing, Monday, 5:15 a.m.
Tabata, Friday, 6:00 a.m.
Water Explosion, Tues. & Thur., 6:15 a.m.

HOLIDAY HOURS

Club Hours: 7:00 a.m. - 7:00 p.m.
Indoor & Outdoor Pools: 7:00 a.m. - 6:30 p.m.
No group fitness classes. Play Center closed.

SWIM LESSONS

Group lessons are September 9 - October 1. Open swim in the lap pool is not available during lesson times.

TAI CHI: 6 WEEK FALL SERIES SEPTEMBER 10 - OCTOBER 17

TUESDAY WITH MELANIE

- Tai Chi Balance 9:30 - 10:10 a.m.
- Tai Chi Flow 10:15 - 11:00 a.m.

THURSDAY WITH KERI

- Tai Chi Balance 9:30 - 10:10 a.m.
- Seated Tai Chi 10:15 - 11:00 a.m.

FREE FOR MEMBERS / REGISTER FOR EACH CLASS



ESSENTIAL OILS WORKSHOP

In this workshop, you will learn what essential oils are and how to use them. Also discover the benefits of essential oils and experiment with blending oils for your own aromatherapy. You will take home the blend you create in a roll-on or spray.

SATURDAY • SEPTEMBER 14 • 11:30 A.M. - 12:30 P.M.
\$20 MEMBER / \$40 GUEST • REGISTER BY SEPT. 12



TAILGATE CELEBRATION SEPTEMBER 16 - 19

- **PLAY THE CORNHOLE GAME**
Play each day at the front desk to win a prize
Toss 4 bags & your total points determine your prize
- **SCORE PREDICTION DRAWING**
Guess the final score of the NEBRASKA - ILLINOIS game to win FREE DUES
- **FOOD FOR FUN**
Enjoy tailgate snacks each day & pick up great tailgate recipes



INTRO TO CYCLING SEPTEMBER 30 9:00 - 9:30 a.m.

- Learn how to properly fit yourself on the cycling bikes
- Become familiar with the bike console and how to track numbers during class
- Experience a 30 minute beginner level class at 9:30 a.m.
- Free for members / Sign up at front desk

WAY TO GO

Pam said, "Dona, the Aqua Track instructor is great!"

"Kelly always greets me with a big smile and calls me by name," said Ed.

Shaylee said, "Karen, BodyPump teacher, always gives me a great workout and has an awesome attitude!"

Kathy said, "My water instructors, Julie, Michelle and Melissa challenge us to reach our full capacity in workouts. I enjoy the differences in my yoga and Tai Chi instructors Melanie and Keri. Their techniques allow me to go within my own self - a very personal experience!"

Pauline said, "I took many water aerobic classes with Julie. SHE IS AN AWESOME instructor!"

Terry said, "I have recently been working with Karen O'Shea in establishing a strength routine for me. She was very caring in establishing what my wants and goals were and did a good job creating a routine that was helpful for me. She has been delightful to work with and I am glad she was recommended to me."

"Jim is super at the front. Water aerobic instructors Linda, Amanda, Mary and Jarvis are great at 6:15," said Theresa.

"I especially appreciate the yoga teachers. If I had to single one out, it would be Amy Sauer. Because of the timing, I can no longer take her yoga class, but because of her I learned the considerable benefits of yoga and I take two to three classes a week."

Patty said, "Carey has created a wonderful atmosphere in the play center. All the children greet each other, play together and are kind to each other. I don't see the same thing in other places I take my granddaughter."

Kay said, "6:15 a.m. water aerobic instructors have such great classes! It is nice to have different workouts and each one SO good!"

"Many thanks to Nina for keeping things SO clean!"

FRIENDS + FAMILY WEEKEND SEPT. 7 + 8

Working out can be more fun with a friend, and this weekend your friends and family can come with you to ProActive and work out for free! Enjoy the pools, group fitness classes and state-of-the-art equipment. No limit to the number of guests a member may bring in but please check your guests in at the front desk.

The next Friends & Family weekend is November 2 & 3.



BARRE BASICS Drop-In Class Requirement

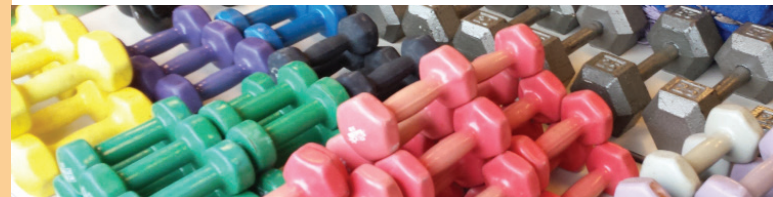
New drop-in Barre classes starting October!
Barre Basics is a prerequisite for drop-in classes.

- Learn the fundamentals of BARRE fitness & practice moves safely
- Review proper form & learn modifications of basic movements

THURSDAY, SEPTEMBER 19 7:00 - 8:00 p.m.

SATURDAY, SEPTEMBER 21 8:00 - 9:00 a.m.

\$25 FEE • SIGN UP BY 5 P.M. DAY PRIOR TO CLASS



FITNESS GARAGE SALE SEPTEMBER 2 - 8

- Used fitness equipment available for purchase
- Proceeds go to St. Benedict Fund which provides emergency financial assistance to Madonna Rehabilitation Hospital patients
- All sales final



HOLISTIC CLASSES

With

SHARON DUFFY, Coordinator
Holistic Health & Integrative
Medicine

LUNCH & LEARN: Self Care For The Caregiver
Tuesday, September 24 11:00 a.m. - 1:00 p.m.
Free For Members & Their Guest

When life is challenging and demands are overwhelming, practicing good self-care is key. Complimentary lunch provided by CountryHouse Residences for Memory Care. Registration deadline is September 20

STRESS & DISEASE: Which Comes First
Wednesday, September 25 11:00 a.m. - 12:00 p.m.
Free For Members & Their Guest

Mind body medicine is a holistic approach which honors a person's capacity for self-knowledge and healing. Sharon discusses the practice of meditation and how its use can release internal healing processes. Registration deadline is September 23.