

September-October 2019
Group Fitness Class Schedule

I AM PROACTIVE

**FALL INTO
FITNESS**



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



**MADONNA
PROACTIVE**
Medical Fitness

402.420.0000

www.madonnaproactive.org

Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Penny
5:15-6:00 am	HIIT 20/20	West Gym	Int-Adv.	Katie
5:15-6:00 am	Power Track	Aqua Track	Int-Adv.	Amanda
6:15-7:00 am	Water Explosion	Lap Pool	Beg-Int.	Amanda
8:30-9:15 am	Water Explosion	Lap Pool	Int-Adv.	Julie
8:30-9:25 am	Yoga II	Meditation Rm.	Int.	Melanie
9:00-9:45 am	Stretch Pain Mgmt	Studio 2	Beg.	Joe
9:15-9:45 am	Aqua Deep Core	Lap Pool	Int.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Judy
9:30-10:00 am	Cycling 30	Studio 3	Beg.	Bob
9:30-10:20 am	Gentle Yoga	Meditation Rm.	Beg.	Melanie
9:45-10:30 am	Power Pump	Lap Pool	Beg-Int.	Julie
10:30-11:30 am	Yoga I-II	Meditation Rm.	Beg-Int.	Melanie
10:15-11:00 am	Young at Heart	West Gym	Beg.	Judy
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Betsy
11:15-11:45 am	Stretch for Life	Studio 2	Beg.	Erica
11:15-12:00 pm	Barre** (starts Oct.)	Studio 1	Int.	Eva
11:30-12:15 pm	Seated Dance Blast	West Gym	Beg.	Betsy
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Michelle
12:15-1:00 pm	Dynamic X Train	Studio 1	Int-Adv.	Eva
12:15-1:00 pm	EZ Moves	Aqua Track	Beg.	Michelle
5:00-5:40 pm	Gentle Yoga	Meditation Rm.	Open	Melanie
5:15-6:00 pm	Power Track	Aqua Track	Adv.	Michelle
5:30-6:30 pm	Cardio Pump	West Gym	Int-Adv.	Ann
5:45-6:45 pm	Yoga II	Meditation Rm.	Int.	Melanie
6:00-6:45 pm	Fat Burner	Lap Pool	Beg-Int.	Michelle
6:00-6:45 pm	Cardio Fit Cycling	Studio 3	Int-Adv.	Gary/Eva
6:30-7:15 pm	Dance Blast	Studio 1	Beg.	Sydney
6:30-7:30 pm	Les Mills BodyPump	West Gym	Beg-Int.	Ann

**Requires Barre Basics course

Classes and instructors are subject to change at any time.

Tuesday

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

*Requires TRX Basics course

Classes and instructors are subject to change at any time.

Wednesday

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

*Requires TRX Basics course

**Requires Barre Basics course

Thursday

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

**Requires Barre Basics course

Classes and instructors are subject to change at any time.

Friday

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

Saturday

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

Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	Cycling	Studio 3	Int.	Staff
9:00-10:00 am	Les Mills BodyFlow	Meditation Rm.	Open	Joel
1:00-1:45 pm	Dance Blast	Studio 1	Beg-Int.	Kristin
2:15-3:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
3:00-3:45 pm	Water Yoga	Aqua Track	Beg.	Debra
4:00-5:00 pm	Yoga I-II	Meditation Rm.	Beg-Int.	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. 6:30-8:00 p.m.. 8:00-10:00 p.m.	West Gym FULL COURT FULL COURT FULL COURT East Gym FULL COURT East Gym West Gym FULL COURT 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. Power Soccer (Sept. 5-Oct. 31) 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

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.

3:45 - 6:30 p.m.

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

Evaluations for cleanliness and water balance are done every 4 hours on all 3 pools and all 3 whirlpools.

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.

Lifeguard Hours:

Monday-Thursday, 4:00-8:30 p.m.

Friday, 4:00-7:30 p.m.

Saturday and Sunday, 1-6:30 p.m.

Open Swim Times

Lap Pool

Monday

5:00-6:15 a.m.
7:00-8:30 a.m.
10:30-11:30 a.m.
12:15-4:30 p.m.
7:15-9:30 p.m.

Tuesday

5:00-10:00 a.m.
11:30 a.m.-4:30 p.m.
7:15-9:30 p.m.

Wednesday

7:00 a.m.-8:30 a.m.
10:30-11:30 a.m.
12:15-4:30 p.m.
7:15-9:30 p.m.

Thursday

5:00-10:00 a.m.
11:30 a.m.-4:30 p.m.
7:15-9:30 p.m.

Friday

5:00-6:15 a.m.
7:00-8:30 a.m.
9:45 a.m.-7:30 p.m.

Saturday

7:00-10:00 a.m.
10:45 a.m.-6:30 p.m.

Sunday

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

The west lap lane is reserved 8:30-9:15 a.m. on Monday, Wednesday and Friday for group fitness class use.

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.

Children under the age of 13 must be supervised by an adult 19 years or older in the pool area.

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.

Club Information

Cell Phone Use

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. Music/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 you.

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.

BARRE BASICS (extra fee)

Introductory class required for members new to BARRE. Introduces safe practices and fundamental movements. **\$25 Member or Guest**
Class days and times 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 progression of skills and exercises. There may be a nominal cost for class series.

Club Information

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.

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 for the monthly cholesterol test. Fasting for 8-10 hours prior to the test is recommended. Days and times available at the front desk.

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.

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	4:00 - 8:30 pm
Friday	4:00 - 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)
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