

January, February, March 2021
Club Services & Information
Group Fitness Class Schedule

I AM PROACTIVE

REACH - COMMIT - ACHIEVE

Helpful Reminders

- Masks are required to enter and walk through the club, when moving from zone to zone and in the locker rooms
- Masks may be removed when exercising
- Maintain 6 feet of physical distance from others
- Wipe equipment with sanitizing wipes before and after use
- Children 12 and younger are only permitted on the basketball court and in the pool area 6-9 pm Monday-Thursday, 6-7 pm Friday and 7 am-7 pm Saturday and Sunday
- Group fitness signup available 20 minutes prior to class start
- Masks required in Aqua Track when physical therapy in session
- 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 pool use to 30 minutes when others waiting



**MADONNA
PROACTIVE**
Medical Fitness

402.420.0000

www.madonnaproactive.org

Club Services & Information

Aquatics

Two lap lanes are available at all times. Sign in required and lane use limited to 30 minutes if others are waiting. One person/family per lap lane; same household members may share a lane.

SWIM LESSONS

Group swim lessons are available for children. The lessons are 30 minutes in length for 8 weeks. \$45 Member \$70 Guest

Private swim lessons are available for adults and children. Contact Aquatics Supervisor Julie Gibson at 402.413.4016 for more information.

Fitness Information

FITNESS & HEALTHING COACHING

To enhance their health and wellness success, all new Primary, Associate and Senior members receive three complimentary coaching sessions with fitness professionals.

GROUP FITNESS CLASSES

Group fitness classes are included with the cost of membership. To participate in a class, members and guests must sign up at the front desk on a first come, first serve basis. No advance reservations are allowed. Individuals may sign up 20 minutes prior to class start; signing up a friend/fellow member is not allowed. Class equipment must be wiped down before and after use. Mask must be worn to enter or exit the studio; mask may be removed once in studio.

Class location capacities:

Aqua Track - 10 Lap Pool Open Area - 10 Coed Whirlpool - 4
Locker Room Sauna, Steam Room & Whirlpool - 1 West Gym - 18
Studio 1 - 10 Studio 2 - 9 Studio 3 - 9 Meditation Room - 9

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 cardio intensity; mid-range to heavier weight equipment will be utilized

Club Services & Information

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 progression of skills and exercises. There may be a cost for class series.

TRX BASICS

Introductory class required for members new to TRX. Introduces safe practices and fundamental movements. TRX Basics fee is \$35 for members and guests. Class times available at the front desk.

YOGA SESSIONS

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.

Private hour sessions: \$55-65

Semi-private hour sessions: \$80-90

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 Fitness Manager Carla Zedicher at 402.413.4012 to determine if this program is appropriate for you.

Guest Policy

MEMBERS BRINGING A GUEST

Members are welcome to bring guests. Guest passes are available for purchase at the front desk. 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.

One Day Pass: \$10 - 13 yrs. & up \$5 - 2-12 yrs.

Punch Card: \$50 - 5 visits \$90 - 10 visits

Club Services & Information

Guest Policy

NON MEMBER GUEST PASS

ProActive is available for use by the general public. A one day visit for anyone 13 years and older is \$15 plus tax; children, ages 2-12 years, is \$7.50 plus tax. A ten visit punch card is available to the general public for \$120 plus tax.

FRIENDS & FAMILY WEEKENDS

Members may enjoy ProActive with friends and family during free guest weekends held the first weekend of every other month. Check at the front desk for dates. Guests must accompany a member during the free weekend. There is no limit to the number of guests with a member. Members must check their guests in at the front desk.

CHILDREN & GRANDCHILDREN

Members' children and grandchildren, 12 years of age and younger, are free when they accompany a member and are not charged a guest fee. Children under the age of 13 are only permitted on the basketball court and the indoor lap pool/outdoor pool. Children must be supervised by an adult, 19 years of age or older, in the permitted areas.

Lockers

Day use lockers are complimentary and items may be secured with a personal padlock. Items may not be left in the locker overnight. Rental lockers are available for a monthly fee and allow members to store personal items on site.

Locker Monthly Rental Fee: \$10 Half Size \$17 Full Size

Nutrition

Registered Dietitian Nutritionist Angelina Stovall-Amos helps clients reach their maximum level of wellness, manage chronic conditions and work toward specific nutrition goals. New members receive a 30-minute complimentary session with Angelina.

Club Services & Information

NUTRITION COACHING

Nutrition coaching helps with weight loss, diabetes, insulin resistance, food sensitivities or allergies, hypertension and high cholesterol. The Nutrition Coaching Program is for healthy people with a goal to lose weight, prevent disease and have accountability. It includes ongoing communication between sessions, recipes, videos, cooking tutorials and behavior goal setting.

Monthly Nutrition Program Options:

\$100 - 30-min. weekly sessions \$60 - 30-min. bi-weekly session

Play Center

The Play Center is a safe and convenient baby-sitting service for members and guests. It is available for children ages 6 weeks to 12 years. The maximum time limit for a visit is 2 hours and members or guests must be in the club for the duration of their child's visit.

Per visit fee: \$5.50 Member \$6.50 Guest

Monthly fee: \$30 for 1 child \$40 for 2 children

Hours: Monday-Friday 8:30 am-12:30 pm

Monday-Thursday 4:00-7:00 pm

Saturday 8:00 am-12:00 pm

Sunday 1:00-5:00 pm

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.

Etiquette

Maintain 6 feet of distance between yourself and others. Wear your mask when entering the club, moving from zone to zone and in the locker room. Wipe down equipment before and after use. Limit workout to 30 minutes when all machines or lap lanes are in use.

Change into your workout shoes after entering the club. Use your membership card to scan in at the front desk. Camera use not allowed anywhere in the club. Headphones are required for device listening.

No talking on your cell phone when using the walking track.

Group Fitness Class Schedule

Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Katie
5:30-6:15 am	Water Explosion	Aqua Track	Int-Adv.	Lauren/Michelle
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Mary
8:30-9:15 am	Water Explosion	Lap Pool	Int-Adv.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Judy
9:30-10:15 am	Gentle 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.	Judy
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Jen
10:30-11:30 am	Yoga I-II	Meditation Rm	Beg-Int.	Melanie
11:15-12:00 pm	Stretch For Life	Studio 2	Beg.	Daniel
11:30-12:15 pm	Seated Dance Blast	Studio 1	Beg.	Greta
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Amanda/Michelle
11:45-12:00 pm	Breath & Meditation	Meditation Rm	Open	Melanie
12:00-12:45 pm	Total Body Fusion	Studio2/3	Int-Adv.	Eva
12:15-1:00 pm	Lifestyle Moves	Aqua Track	Beg.	Amanda/Michelle
5:00-5:30 pm	Gentle Yoga	Meditation Rm	Open	Melanie
5:30-6:15 pm	Cardio Pump	Studio 1	Int-Adv.	Rachelle
5:30-6:15 pm	Hydo Interval Track	Aqua Track	Int.	Michelle
5:45-6:45 pm	Yoga I-II	Meditation Rm	Beg-Int.	Melanie
6:00-6:45 pm	Cycling	Studio 3	Int-Adv.	Gary
6:15-7:00 pm	Fat Burner	Lap Pool	Beg-Int.	Michelle
6:30-7:30 pm	Les Mills BodyPump	West Gym	Int-Adv.	Ann

Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	CXWORX/BodyFlow	Studio 2	Beg-Int.	Jenni
5:15-6:15 am	Les Mills BodyPump	Studio 1	Int-Adv.	Katie
7:30-8:15 am	Tai Chi	Studio 1	Beg.	Mitzi
8:30-9:15 am	Kickboxing Fusion	Studio 2	Int-Adv.	Rachelle
8:30-9:15 am	Yoga I	Meditation Rm	Beg.	Keri

Tuesday-Continued

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
9:00-9:45 am	Power Pump	Lap Pool	Beg-Int.	Julie
9:15-10:00 am	Strength Fusion	Studio 1	Int.	Erica
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
10:15-11:00 am	Complete Core	Studio 1	Beg-Int.	Judy
12:15-1:00 pm	Back To Basics	Aqua Track	Beg.	Julie
5:00-6:00 pm	Yoga I-II	Meditation Rm	Beg.	Amy
5:30-6:15 pm	H.I.I.T.	Studio 1	Beg-Int.	Ann/Russ
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Dona

Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Jen
5:30-6:15 am	Water Explosion	Lap Pool	Int-Adv.	Melissa
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Mary
8:30-9:15 am	Water Explosion	Lap Pool	Int-Adv.	Julie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Betsy
9:30-10:30 am	Restorative Yoga	Meditation Rm	Beg.	Melanie
9:45-10:30 am	Power Pump	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Jen
10:15-11:00 am	Young at Heart	West Gym	Beg.	Betsy
10:45-11:45 am	Yin Yoga	Meditation Rm	Int.	Melanie
11:15-12:00 pm	Stretch For Life	Studio 2	Beg.	Shannon
11:30-12:15 pm	Seated Dance Blast	Studio 1	Beg.	Betsy
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Michelle
12:00-12:45 pm	Total Body Fusion	Studio 2/3	Int-Adv.	Shannon
12:15-1:00 pm	Lifestyle Moves	Aqua Track	Beg.	Michelle
5:30-6:15 pm	Cardio Pump	Studio 1	Beg-Int.	Ann
6:00-6:15 pm	Breath & Meditation	Meditation Rm	Open	Sarah
6:00-6:45 pm	Cycling	Studio 3	Int.	Gary
6:30-7:30 pm	Yin Restorative	Meditation Rm	Beg.	Sarah

Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	CXWORX/BodyFlow	Studio 2	Beg-Int.	Karla
5:15-6:15 am	Les Mills BodyPump	Studio 1	Int-Adv.	Amber
7:30-8:15 am	Tai Chi	Studio 1	Beg.	Mitzi
8:30-9:15 am	Gentle Yoga	Meditation Rm	Beg.	Barbara
9:00-9:45 am	Power Pump	Lap Pool	Beg-Int.	Julie
9:15-10:00 am	Strength Fusion	Studio 1	Int.	Erica
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Staff
9:30-10:15 am	Yoga SlowFlow	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
12:15-1:00 pm	Back To Basics	Aqua Track	Beg.	Julie
5:00-6:00 pm	Yoga I-II	Meditation Rm	Beg.	Staff
5:30-6:15 pm	H.I.I.T.	Studio 1	Beg-Int.	Staff
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Michelle
6:15-7:00 pm	Fat Burner	Lap Pool	Beg-Int.	Michelle
6:30-7:30 pm	CXWORX/BodyFlow	Studio 1	Beg-Int.	Kristine

Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Roxie
5:15-6:00 am	H.I.I.T.	Studio 1	Int.	Rachelle
5:30-6:15 am	Water Explosion	Aqua Track	Int-Beg.	Liz
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Mary
8:15-9:00 am	TRX	Studio 1	Beg-Int.	Amy
8:30-9:15 am	Water Explosion	Lap Pool	Int-Adv.	Mary
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Michelle
9:15-10:00 am	Cycling	Studio 3	Beg-Int.	Amy
9:30-10:15 am	Chair Yoga	Meditation Rm	Beg.	Keri
9:45-10:30 am	Power Pump	Lap Pool	Beg-Int.	Mary
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Jen
10:15-11:00 am	Young at Heart	West Gym	Beg.	Greta
10:30-11:30 am	Yoga I-II	Meditation Rm	Beg-Int.	Keri
11:30-12:15 pm	Seated Dance Blast	Studio 1	Beg.	Sydney
12:00-12:45 pm	Total Body Fusion	Studio 2/3	Int-Adv.	Mary

Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	H.I.I.T.	West Gym	Int-Adv.	Staff
8:00-8:45 am	Cycling	Studio 3	Int.	Roxie
8:30-9:30 am	Les Mills BodyPump	Studio 1	Beg-Int.	Staff
9:00-9:45 am	Fast Track	Aqua Track	Int-Adv.	Staff
9:30-10:30 am	Yoga I	Meditation Rm	Beg.	Staff
9:45-10:30 am	Dance Blast	Studio 1	Beg-Int.	Staff
10:00-10:45 am	Water Explosion	Lap Pool	Int-Adv.	Staff
10:45-11:45 am	Yoga II-III	Meditation Rm	Int-Adv.	Staff

Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	Cycling	Studio 3	Int-Adv.	Staff
9:00-10:00 am	Les Mills BodyFlow	Studio 2	Beg-Int.	Joel
1:00-1:45 pm	Dance Blast	Studio 1	Beg-Int.	Staff
2:15-3:00 pm	Hydro Interval Track	Aqua Track	Int.	Dona
3:30-4:30 pm	Yoga I-II	Meditation Rm	Beg-Int.	Lauren

West Gym Reservations

Monday, Wednesday, Friday

5:00-8:00 am	Basketball
8:00-10:15 am	Pickleball
10:15-11:00 am	Young At Heart
11:00 am-1:00 pm	Basketball
1:00-4:00 pm	Pickleball
4:00-CLOSE	Basketball

Tuesday, Thursday

5:00-8:00 am	Basketball
8:00-11:00 am	Pickleball
11:00 am-1:00 pm	Basketball
1:00-4:00 pm	Pickleball
4:00-9:00 pm	Basketball

Saturday

7:00-9:00 am	Basketball
9:00 am-12:00 pm	Pickleball
12:00-3:00 pm	Basketball
3:00-5:00 pm	Pickleball
5:00-7:00 pm	Basketball

Sunday

7:00-9:00 am	Basketball
9:00 am-12:00 pm	Pickleball
12:00-3:00 pm	Basketball
3:00-5:00 pm	Pickleball
5:00-7:00 pm	Basketball

Schedule subject to change. Equipment available for check out at the front desk. Reserved times may be used for other activity if not in use for the scheduled play. Please be respectful of all court users. West gym capacity is 18.

Open Swim Times

Aqua Track

Monday

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

1:00 - 5:30 p.m.

6:15 - 8:30 pm

Aqua Track capacity is 10.

Sign in at the lifeguard desk and limit workout to 30 minutes if others are waiting.

Tuesday

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

1:00 - 5:30 p.m.

6:15 - 8:30 p.m.

Masks must be worn any time a physical therapy session is in the Aqua Track.

Physical therapy sessions and group fitness classes have priority of use in the Aqua Track if capacity is reached.

Wednesday

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

1:00 - 8:30 p.m.

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

Thursday

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

1:00 - 5:30 p.m.

6:15 - 8:30 p.m.

Evaluations for cleanliness and water balance are done every 4 hours on all 2 pools and whirlpools.

Friday

6:15 a.m. - 6:30 p.m.

Saturday

7:00 - 9:00 a.m.

9:45 a.m. - 6:30 p.m.

ProActive noodles and kickboards are for classes, lap swimming, therapy and exercise purposes only. Recreational use of exercise equipment is not allowed.

Sunday

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

3:00 - 6:30 p.m.

Lifeguard Hours:
Monday-Thursday 4 - 8:30 p.m.
Friday 4 - 6:30 p.m.
Saturday and Sunday 1 - 6:30 p.m.

Open Swim Times

Lap Pool

Monday

5:00 - 7:15 a.m.

10:30 - 11:30 a.m.

12:15 - 6:15 p.m.

7:00 - 8:30 p.m.

Tuesday

5:00 - 9:00 a.m.

10:45 a.m. - 8:30 p.m.

Wednesday

6:15 - 7:15 a.m.

10:30 - 11:30 a.m.

12:15 - 8:30 p.m.

Thursday

5:00 - 9:00 a.m.

10:45 a.m. - 6:15 p.m.

7:00 - 8:30 p.m.

Friday

5:00 - 7:15 a.m.

10:30 a.m. - 6:30 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.

Open area capacity is 10.

One person/family per lap lane.
Same household members may share a lane.

Lane users must sign in at table.
Limit lane usage to 30 minutes if others are waiting

Open swim is not available during swim lesson class times.
Check schedule in locker room hallway.

Open swim for children under the age of 13 is only available on weekends. Children 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 Hours

Monday-Thursday	5 am - 9 pm
Friday	5 am - 7 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 - 8:30 pm
Friday	5 am - 6:30 pm
Saturday-Sunday	7 am - 6:30 pm

Lifeguard Hours

Monday-Thursday	4 pm - 8:30 pm
Friday	4 pm - 6:30 pm
Saturday-Sunday	1 pm - 6:30 pm

Play Center

Monday-Friday	8:30 am - 12:30 pm
Monday-Thursday	4 pm - 7 pm
Saturday	8 am - 12 pm
Sunday	1 pm - 5 pm

Soteria Massage & Bodywork

Monday-Saturday By Appointment

7111 Stephanie Lane
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**MADONNA
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