

# October - December 2020 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 room
- Masks may be removed when exercising
- Maintain 6 feet of physical distance from others
- Wipe equipment with sanitizing wipes before and after use
- Group fitness sign up available 20 minutes prior to class start time
- 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 are waiting



**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>	Katie
5:30-6:15 am	<b>Water Explosion</b>	Aqua Track	<b>Int-Adv.</b>	Lauren
7:15-8:00 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Mary
8:30-9:15 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:15 am	<b>Gentle Yoga</b>	Studio 2	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Young at Heart</b>	Studio 1	<b>Beg.</b>	Judy
10:15-11:00 am	<b>Dance Blast</b> (starts 10/12)	Studio 2	<b>Beg-Int.</b>	Jen
10:30-11:30 am	<b>Yoga I-II</b> (starts 10/12)	Meditation Rm	<b>Beg-Int.</b>	Melanie
11:30-12:15 pm	<b>Seated Dance Blast</b>	Studio 1	<b>Beg.</b>	Greta
11:30-12:15 pm	<b>Aqua Splash</b>	Lap Pool	<b>Beg.</b>	Amanda
5:00-5:30 pm	<b>Gentle Yoga</b>	Studio 2	<b>Open</b>	Melanie
5:30-6:15 pm	<b>Cardio Pump</b>	Studio 1	<b>Int-Adv.</b>	Staff
5:30-6:15 pm	<b>Hydo Interval Track</b>	Aqua Track	<b>Int.</b>	Michelle
5:45-6:45 pm	<b>Yoga i-II</b>	Studio 2	<b>Beg-Int.</b>	Melanie
6:00-6:45 pm	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Gary
6:15-7:00 pm	<b>Fat Burner</b>	Lap Pool	<b>Beg-Int.</b>	Michelle

Madonna ProActive strives to create a safe and clean environment. Increased cleaning is done and physical distancing is maintained during group fitness classes.

## Class Information:

- Must sign up at front desk for a class pass
- Drop pass in basket near entrance when arriving
- First come, first serve; no “call ahead”
- May sign up 20 minutes prior to class start
- May not sign up a friend/fellow member
- Must wipe equipment down before & after use
- Mask policy applies when entering/exiting the studio
- Mask may be removed once in studio

# Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	<b>CXWORX/BodyFlow</b>	Studio 2	<b>Beg-Int.</b>	Jenni
7:30-8:15 am	<b>Tai Chi</b>	Studio 1	<b>Beg.</b>	Mitzi
8:30-9:15 am	<b>Yoga I</b>	Studio 2	<b>Beg.</b>	Keri
9:00-9:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
9:15-10:00 am	<b>Strength Fusion</b>	Studio 1	<b>Int.</b>	Erica
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Eva
9:30-10:15 am	<b>Chair Yoga</b> (starts 10/13)	Meditation Rm	<b>Beg.</b>	Keri
10:00-10:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
12:15-1:00 pm	<b>Back To Basics</b>	Aqua Track	<b>Beg.</b>	Julie
5:00-6:00 pm	<b>Yoga I-II</b>	Studio 2	<b>Beg.</b>	Amy
5:30-6:15 pm	<b>H.I.I.T.</b>	Studio 1	<b>Beg-Int.</b>	Ann/Russ
5:30-6:15 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona

# Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Staff
5:30-6:15 am	<b>Water Explosion</b>	Aqua Track	<b>Int-Adv.</b>	Melissa
7:15-8:00 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Mary
8:30-9:15 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Betsy
9:30-10:15 am	<b>Restorative Yoga</b>	Studio 2	<b>Beg.</b>	Melanie
9:45-10:30 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Dance Blast</b> (starts 10/14)	Studio 2	<b>Beg-Int.</b>	Jen
10:15-11:00 am	<b>Young at Heart</b>	Studio 1	<b>Beg.</b>	Betsy
10:30-11:30 am	<b>Yin Yoga</b> (starts 10/14)	Meditation Rm	<b>Int.</b>	Melanie
11:30-12:15 pm	<b>Seated Dance Blast</b>	Studio 1	<b>Beg.</b>	Betsy
11:30-12:15 pm	<b>Aqua Splash</b>	Lap Pool	<b>Beg.</b>	Michelle
5:30-6:15 pm	<b>Cardio Pump</b>	Studio 1	<b>Beg-Int.</b>	Ann
6:00-6:45 pm	<b>Cycling</b>	Studio 3	<b>Int.</b>	Gary

# Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	<b>CXWORX/BodyFlow</b>	Studio 2	<b>Beg-Int.</b>	Karla
7:30-8:15 am	<b>Tai Chi</b>	Studio 1	<b>Beg.</b>	Mitzi
8:30-9:15 am	<b>Gentle Yoga</b>	Studio 2	<b>Beg.</b>	Barbara
9:00-9:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
9:15-10:00 am	<b>Strength Fusion</b>	Studio 1	<b>Int.</b>	Erica
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Staff
9:30-10:15 am	<b>Yoga SlowFlow</b> (starts 10/15)	Meditation Rm	<b>Beg-Int.</b>	Barbara
10:00-10:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
10:15-11:00 am	<b>Complete Core</b>	Studio 1	<b>Beg-Int.</b>	Judy
12:15-1:00 pm	<b>Back To Basics</b>	Aqua Track	<b>Beg.</b>	Julie
5:00-6:00 pm	<b>Yoga I-II</b>	Studio 2	<b>Beg.</b>	Staff
5:30-6:15 pm	<b>H.I.I.T.</b>	Studio 1	<b>Beg-Int.</b>	Ann/Russ
5:30-6:15 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Michelle
6:15-7:00 pm	<b>Fat Burner</b>	Lap Pool	<b>Beg-Int.</b>	Michelle

# Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Roxie
5:30-6:15 am	<b>Water Explosion</b>	Aqua Track	<b>Int-Beg.</b>	Liz
7:15-8:00 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Mary
8:30-9:15 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Mary
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Michelle
9:30-10:15 am	<b>Chair Yoga</b>	Studio 2	<b>Beg.</b>	Keri
9:45-10:30 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Mary
10:15-11:00 am	<b>Dance Blast</b> (starts 10/16)	Studio 2	<b>Beg-Int.</b>	Jen
10:15-11:00 am	<b>Young at Heart</b>	Studio 1	<b>Beg.</b>	Gerta
10:30-11:30 am	<b>Yoga I-II</b> (starts 10/16)	Meditation Rm	<b>Beg-Int.</b>	Keri
11:30-12:15 pm	<b>Seated Dance Blast</b>	Studio 1	<b>Beg.</b>	Sydney

# Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	<b>H.I.I.T.</b>	Studio 1	<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>	Studio 1	<b>Beg-Int.</b>	Staff
9:00-9:45 am	<b>Fast Track</b>	Aqua Track	<b>Int-Adv.</b>	Staff
9:30-10:30 am	<b>Yoga I</b>	Studio 2	<b>Beg.</b>	Staff
9:45-10:30 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Staff
10:00-10:45 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Staff

# Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
1:00-1:45 pm	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Staff
2:15-3:00 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
3:30-4:30 pm	<b>Yoga I-II</b>	Studio 2	<b>Beg-Int.</b>	Staff

## CLASS LOCATION CAPACITY

**Aqua Track = 10**

**Lap Pool Open Area = 12**

**Coed Whirlpool = 4**

**Studio 1 = 12**

**Studio 2 = 9**

**Meditation Room = 9**

**Studio 3 = 9**

- Must sign up at front desk for a class pass
- First come, first serve; no "call ahead"
- May sign up 20 minutes prior to class start
- May not sign up a friend/fellow member

# Open Swim Times

## Aqua Track

### Monday

6:15 a.m. - 5:30 p.m.

6:15 - 7:30 pm

### Tuesday

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

1:00 - 5:30 p.m.

6:15 - 7:30 p.m.

### Wednesday

6:15 a.m. - 7:30 p.m.

### Thursday

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

1:00 - 5:30 p.m.

6:15 - 7:30 p.m.

### Friday

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

### Saturday

7:00 - 9:00 a.m.

9:45 a.m. - 4:30 p.m.

### Sunday

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

3:00 - 4:30 p.m.

Aqua Track capacity is 10.

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

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.

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 whirlpools.

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 - 7:30 p.m.

Friday 4 - 6:30 p.m.

Saturday and Sunday 1 - 4:30 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 - 7:30 p.m.

### Tuesday

5:00 - 9:00 a.m.

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

### Wednesday

5:00 - 7:15 a.m.

10:30 - 11:30 a.m.

12:15 - 7:30 p.m.

### Thursday

5:00 - 9:00 a.m.

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

6:15 - 7:30 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. - 4:30 p.m.

### Sunday

7:00 a.m. - 4:30 p.m.

**Open area capacity is 12.**

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.

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# Club Information

## Aquatics

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

Children under 13 may only use the indoor lap pool on weekends.

## 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 & gym.

## Etiquette

Bring a change of shoes. Please wipe down equipment before and 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.

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# Club Information

## **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.

## **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. 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.

## **FRIENDS & FAMILY WEEKENDS**

Enjoy ProActive with your friends and family during free guest weekends 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.

## **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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### **Temporary Club Hours**

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

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

Monday-Friday	7 am - 4 pm
Saturday-Sunday	7 am - 5 pm

### **Pool Hours**

Monday-Thursday	5 am - 7:30 pm
Friday	5 am - 6:30 pm
Saturday-Sunday	7 am - 4:30 pm

### **Lifeguard Hours**

Monday-Thursday	4 pm - 7:30 pm
Friday	4 pm - 6:30 pm
Saturday-Sunday	1 pm - 4:30 pm

### **Play Center**

Temporarily Closed

### **Soteria Massage & Bodywork**

Monday-Saturday By Appointment

7111 Stephanie Lane  
(55th & Pine Lake Road)  
402.420.0000

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