

January, February, March 2023

Club Services & Information

Group Fitness Class Schedule

**Friends and Family Weekends:**

January 7 & 8

March 4 & 5

May 6 & 7

July 2 & 3

September 2 & 3

November 4 & 5



**Health  
Wellness  
Community  
Be ProActive**

**Helpful Reminders**

- Change into workout shoes after entering the club
- Wipe equipment with sanitizing wipes before and after use
- Children, ages 12 & younger, may only use the basketball court and swim in the lap pool with adult supervision
- When others are waiting, limit lap lane usage to 30-minutes
- Taking unauthorized photos and videos is prohibited
- Personal listening equipment is required when using a cell phone or electronic device
- ProActive is not responsible for theft, loss or damage of personal property



**MADONNA  
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Medical Fitness

402.420.0000

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# Club Services & Information

## Aquatics

Two lap lanes are available at all times. All lap lane users must sign in to use a lane. Lane use is available on a first come/first serve basis. Limit lap lane workout to 30-minutes if others are waiting. Lane use may last longer than 30 minutes if no one is waiting.

Water shoes are required in the Aqua Track and for group fitness classes in all pools. Open swim is not available during group fitness classes and swim lesson times.

### **SWIM LESSONS**

Group swim lesson for children are offered quarterly. Lessons are 30 minutes in length for children 6 months and older.

Private and Sem-private swim lessons are available for adults and children. Contact: Aquatics Supervisor Julie Gipson at 402.413.4016 for more information.

## Fitness Information

### **HEALTH & WELLNESS COACHING**

To enhance their health and wellness success, all new Primary, Associate and Senior members receive four 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 sign up through the website or in the class location on a first come, first serve basis.

### **CLASS LEVELS**

**Beginner:** Low impact, low to middle elevation of heart rate, and/or strengthening by utilizing body weight or 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 may be used

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# Club Services & Information

**NOTE:** Studios are available for personal workouts when classes or training sessions are not in progress. 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 and in the member portal.

## **CLASS SERIES**

An offering for a set period of time that follows a theme or specific area of interest. During the series there is a progression of skills and knowledge.

## **TRX BASICS**

This introductory class is required for members new to TRX and teaches set up, safe practices and fundamental movements. TRX Basics is a 1-on-1 offering led by an experienced personal trainer.

## **YOGA SESSIONS**

Private and semi-private yoga sessions are designed for members who wish to have more individualized instruction. Speak with the yoga instructor of your choice about their availability. Sessions may be purchased at the front desk.

## **ADAPTIVE TRAINING**

A program designed to assist people with physical limitations caused by spinal cord injuries, stroke, etc., while focusing on the goal of independent exercising. Contact Fitness Manager, Carla Zedicher, 402.413.4012, to determine if this program is appropriate for you.

## **Guest Policy**

### **BRINGING A GUEST**

Members are welcome to bring guests. Guest passes and punch cards 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 waiver.

### **NON-MEMBER GUESTS**

ProActive is available for use by the general public. One day passes or a ten visit punch card for non-members may be purchased at the front desk.

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# Club Services & Information

## **FRIENDS & FAMILY WEEKENDS**

Members may enjoy ProActive with friends and family during free guest weekends held the first weekend of every other month. 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. Children 12 and younger are only permitted on the basketball court and in the pool area. Children must be supervised by an adult at least 19 years of age.

## **Lockers**

Day use lockers are complimentary and may be secured with a personal padlock. Items may not be left in the locker overnight. Half size and full size lockers are available for a monthly fee and allow storage of personal items on site.

## **Nutrition**

ProActive's Dietitian helps clients reach their maximum level of wellness, manage chronic conditions and work towards specific nutrition goals. New members receive a 30-minute complimentary session with the dietitian.

## **NUTRITION AND MEDICAL THERAPY COACHING**

Individualized coaching helps with weight loss, diabetes, insulin resistance, food sensitivities or allergies, hypertension, high cholesterol and more. It includes ongoing communication between sessions, recipes, videos, cooking tutorials and behavior goal setting. Individual and subscription-based sessions are available.

## **Play Center**

Safe and convenient babysitting service available for children ages 6 weeks to 12 years. Maximum time limit is 2 hours and members or guests must be in the club for the duration of their child's visit. Users pay a per visit fee or an unlimited monthly fee. Reservations are required for Play Center use.

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# Club Services & Information

## 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 on the basketball court with the child. Children under 13 are not allowed on the fitness floor, track, classrooms, Aqua Track, whirlpools, steam rooms or saunas.

## Etiquette

Wipe down equipment before and after use. Limit workout to 30 minutes when all machines or lap lanes are in use. Change into workout shoes after entering the club. Use membership card to scan in at the front desk. Taking unauthorized photos and videos is prohibited. Personal listening devices are required for cell phone or device listening.

## Gym Reservations

Monday & Wednesday	5:00-8:00 am	Basketball
	8:00-10:00 am	Pickleball
	10:15-11:00 am	Young At Heart
	11:15 a.m.-1:00 pm	Basketball
	1:00-5:00 pm	Pickleball
	5:00-10:00 pm	Basketball/Pickleball
Tuesday & Thursday	5:00-7:15 am	Basketball
	7:30-10:45 am	Tai Chi
	11:00 am-12:00 pm	Pickleball
	12:00-1:00 pm	Basketball
	1:00-5:00 pm	Pickleball
	5:00-7:00 pm	Basketball/Pickleball
	7:00 - 10:00 pm	Wheelchair Basketball
Friday	5:00-8:00 am	Basketball
	8:00-10:00 am	Pickleball
	10:15-11:00 am	Young At Heart
	11:15 a.m.-1:00 pm	Basketball
	1:00-5:00 pm	Pickleball
	5:00-8:00 pm	Basketball/Pickleball
Saturday	7:15-8:15 am	H.I.I.T.
	8:30 am-7:00 pm	Basketball/Pickleball
Sunday	7:00 am-7:00 pm	Basketball/Pickleball

Schedule subject to change. Reserved times may be used for other activity if court not in use. Please be respectful of all court users.

# Group Fitness Class Schedule

## Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Katie
5:15-6:00 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Sharon
7:00-7:45 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Sharon
8:30-9:30 am	<b>Water Explosion+Core</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Joy of Stretching</b>	Studio 2	<b>Beg.</b>	Joe
9:00-9:45 am	<b>Gentle Yoga</b>	Meditation Rm	<b>Beg.</b>	Melanie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Judy
9:30-10:00 am	<b>Cycling 30</b>	Studio 3	<b>Beg.</b>	Bob
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>	Gym	<b>Beg.</b>	Judy
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Greta
10:00-11:00 am	<b>Yoga I-II**</b>	Meditation Rm	<b>Beg-Int.</b>	Melanie
11:15-12:15 pm	<b>Stretch and Core</b>	Meditation Rm	<b>Beg-Int.</b>	Melanie
11:15-12:00 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/Michelle
12:15-1:00 pm	<b>Lifestyle Moves</b>	Aqua Track	<b>Beg.</b>	Amanda/Michelle
5:00-5:45 pm	<b>Gentle Yoga</b>	Meditation Rm	<b>Open</b>	Melanie
5:30-6:15 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Michelle
5:30-6:15 pm	<b>Total Body Fusion</b>	Studio 1	<b>Int-Adv.</b>	Amy
6:00-7:00 pm	<b>Yoga II-III</b>	Meditation Rm	<b>Int-Adv.</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
6:30-7:30 pm	<b>Les Mills BodyPump</b>	Studio 1	<b>Int-Adv.</b>	Ann

\*\*Zoom option available

## Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	<b>Les Mills BodyBalance</b>	Studio 2	<b>Beg-Int.</b>	Jenni
5:15-6:15 am	<b>Les Mills BodyPump</b>	Studio 1	<b>Int-Adv.</b>	Becky
7:30-8:30 am	<b>Tai Chi</b>	Gym	<b>Int-Adv.</b>	Mitzi
8:00-9:00 am	<b>Yoga I-II</b>	Meditation Rm	<b>Beg-Int.</b>	Keri

# Tuesday-Continued

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	<b>Aqua Splash</b>	Lap Pool	<b>Beg-Int.</b>	Trudy
9:00-9:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
9:15-10:00 am	<b>Cardio Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Carmen
9:15-10:15 am	<b>Chair Yoga</b>	Meditation Rm	<b>Beg-Int.</b>	Keri
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Eva
9:30-10:30 am	<b>Tai Chi</b>	Gym	<b>Beg-Int.</b>	Melanie
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
1:00-1:30 pm	<b>Parkinson's BIG Grad</b>	Studio 1	<b>Beg.</b>	Karen
4:30-5:30 pm	<b>Yoga I-II</b>	Meditation Rm	<b>Beg-Int.</b>	Andrea
5:30-6:15 pm	<b>H.I.I.T.</b>	Studio 1	<b>Int-Adv.</b>	Eva/Ann
5:30-6:15 pm	<b>Hydro Interval Track</b>	Aqua Track	<b>Int.</b>	Dona
6:00-7:00 pm	<b>Yoga II-III</b>	Meditation Rm	<b>Int-Adv.</b>	Chelsey
6:15-7:00 pm	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Sharon
6:30-7:15 pm	<b>Zumba**</b>	Studio 1	<b>Int-Adv.</b>	Kristin

\*\*Zoom option available

# Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Jen
5:30-6:00 am	<b>H.I.I.T. Express</b>	Studio 1	<b>Int-Adv.</b>	Rachelle
5:15-6:00 am	<b>Water Explosion</b>	Lap Pool	<b>Int-Adv.</b>	Sharon
7:00-7:45 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Sharon
8:30-9:30 am	<b>Water Explosion+Core</b>	Lap Pool	<b>Int-Adv.</b>	Julie
9:00-9:45 am	<b>Joy of Stretching</b>	Studio 2	<b>Beg.</b>	Joe
9:00-10:00 am	<b>Restorative Yin Yoga</b>	Meditation Rm	<b>Beg.</b>	Melanie
9:15-10:00 am	<b>Body Sculpt</b>	Studio 1	<b>Int.</b>	Amy
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>	Studio 1	<b>Beg-Int.</b>	Janice
10:15-11:00 am	<b>Young at Heart</b>	Gym	<b>Beg.</b>	Shannon
10:15-11:15 am	<b>Restorative Yin Yoga</b>	Meditation Rm	<b>Beg.</b>	Melanie

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# Group Fitness Class Schedule

## Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
11:15-12:15 pm	<b>Stretch and Core</b>	Studio 2	<b>Beg-Adv.</b>	Shannon
11:15-12:00 pm	<b>Seated Dance Blast</b>	Studio 1	<b>Open</b>	Sydney
11:30-12:15 pm	<b>Aqua Splash</b>	Lap Pool	<b>Beg.</b>	Michelle
12:00-12:45 pm	<b>Yoga II**</b>	Meditation Rm	<b>Int.</b>	Melanie
12:15-1:00 pm	<b>Lifestyle Moves</b>	Aqua Track	<b>Beg.</b>	Michelle
5:30-6:15 pm	<b>Total Body Fusion</b>	Studio 1	<b>Int-Adv.</b>	Ann
6:00-6:45 pm	<b>Cycling</b>	Studio 3	<b>Int.</b>	Gary
6:30-7:30 pm	<b>Restorative Yin Yoga</b>	Meditation Rm	<b>Beg.</b>	Chelsey

\*\*Zoom option available

## Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	<b>Les Mills BodyBalance</b>	Studio 2	<b>Beg-Int.</b>	Karla
5:15-6:15 am	<b>Les Mills BodyPump</b>	Studio 1	<b>Int-Adv.</b>	Amber
7:30-8:30 am	<b>Tai Chi</b>	Gym	<b>Int-Adv.</b>	Mitzi
8:00-8:45 am	<b>Aqua Splash</b>	Lap Pool	<b>Beg-Int.</b>	Trudy
8:30-9:15 am	<b>Gentle Yoga</b>	Meditation Rm	<b>Beg.</b>	Amy
9:00-9:45 am	<b>Power Pump</b>	Lap Pool	<b>Beg-Int.</b>	Julie
9:15-10:00 am	<b>Cardio Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Carmen
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Beg-Int.</b>	Eva
9:30-10:30 am	<b>Tai Chi</b>	Gym	<b>Beg-Int.</b>	Keri
9:30-10:30 am	<b>Yoga I-II</b>	Meditation Rm	<b>Beg-Int.</b>	Amy
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
1:00-1:30 pm	<b>Parkinson's BIG Grad</b>	Studio 1	<b>Beg.</b>	Karen
4:30-5:30 pm	<b>Yoga I-II</b>	Meditation Rm	<b>Beg-Int.</b>	Andrea
5:30-6:15 pm	<b>H.I.I.T.</b>	Studio 1	<b>Int-Adv.</b>	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
6:15-7:15 pm	<b>Les Mills BodyBalance</b>	Studio 2	<b>Beg-Int.</b>	Kristine



# Friday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Roxie
5:15-6:00 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Sharon
7:00-7:45 am	<b>Water Explosion</b>	Lap Pool	<b>Beg-Int.</b>	Sharon
8:00-8:45 am	<b>TRX*</b>	Studio 1	<b>Int-Adv.</b>	Amy
8:30-9:30 am	<b>Water Explosion+Core</b>	Lap Pool	<b>Int-Adv.</b>	Michelle
9:00-10:00 am	<b>Les Mills BodyPump</b>	Studio 1	<b>Int-Adv.</b>	Michelle
9:15-10:15 am	<b>Chair Yoga</b>	Meditation Rm	<b>Beg-Int.</b>	Keri
9:30-10:15 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Amy
9:45-10:30 am	<b>Aqua Splash</b>	Lap Pool	<b>Beg-Int.</b>	Michelle
10:15-11:00 am	<b>Dance Blast</b>	Studio 1	<b>Beg-Int.</b>	Sydney
10:15-11:00 am	<b>Young at Heart</b>	Gym	<b>Beg.</b>	Shannon/Greta
10:30-11:30 am	<b>Yoga I-II</b>	Meditation Rm	<b>Beg-Int.</b>	Keri
11:15-12:00 pm	<b>Seated Dance Blast</b>	Studio 1	<b>Beg.</b>	Sydney

\*TRX Basics required

# Saturday

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

# Sunday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	<b>Cycling</b>	Studio 3	<b>Int-Adv.</b>	Amy/Katie
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>	Meditation Rm	<b>Beg-Int.</b>	Andrea

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# Open Swim Times

## Aqua Track

### Monday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:15 - 9:30 pm

### Tuesday

5:00 am - 12:15 pm

1:00 - 5:30 pm

6:15 - 9:30 pm

### Wednesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

### Thursday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:15 - 9:30 pm

### Friday

5:00 am - 7:30 pm

### Saturday

7:00 - 9:00 am

9:45 am - 6:30 pm

### Sunday

7:00 am - 2:15 pm

3:00 - 6:30 pm

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

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 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.

Staff may prohibit any behavior deemed unsafe. Outside food and drinks (other than bottled water) are not allowed in the pool area.

All open swim times are subject to change.

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# Open Swim Times

## Lap Pool

### Monday

6:00 - 7:00 am

10:30 - 11:30 am

12:15 - 6:15 pm

7:00 - 9:30 pm

All lap lane users must sign in to use a lane. Lane use is available on a first come/first serve basis.

Limit lap lane workout to 30-minutes if others are waiting. Lane use may last longer than 30 minutes if no one is waiting.

### Tuesday

5:00 - 8:00 am

10:45 am - 6:15 pm

7:00 - 9:30 pm

Open swim is not available during group fitness classes and swim lesson times.

### Wednesday

6:00 - 7:00 am

10:30 - 11:30 am

12:15 - 9:30 pm

Children 12 years and younger must be supervised by an adult 19 years or older. Infants are required to wear swim diapers. Children under 13 are not allowed in the hot tubs, Aqua Track, steam rooms or saunas.

### Thursday

5:00 - 8:00 am

10:45 am - 6:15 pm

7:00 - 9:30 p.m.

US Coast Guard or Red Cross life jackets are recommended for assistance. Flotation devices that can pop, including water rings or wings, are not allowed.

### Friday

6:00 - 7:00 am

10:30 am - 7:30 pm

All open swim times are subject to change.

### Saturday

7:00 - 10:00 am

10:45 am - 6:30 pm

### Sunday

7:00 am - 6:30 pm

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### **Club Hours**

Monday-Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 8:00 pm
Saturday-Sunday	7:00 am - 7:00 pm

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

Monday-Friday	7:00 am - 4:00 pm
Saturday-Sunday	7:00 am - 7:00 pm

### **Membership Office Hours**

Monday-Thursday	9:00 am - 7:00 pm
Friday	9:00 am - 6:00 pm
Saturday	9:00 am - 4:00 pm
Sunday	11:00 am - 4:00 pm

### **Pool Hours**

Monday-Thursday	5:00 am - 9:30 pm
Friday	5:00 am - 7:30 pm
Saturday-Sunday	7:00 am - 6:30 pm

### **Winter Lifeguard Hours\***

Monday-Thursday	4:00 pm - 9:30 pm
Friday	4:00 pm - 7:30 pm
Saturday-Sunday	1:00 pm - 6:30 pm

\*Lifeguard hours subject to change

### **Play Center Hours\***

Monday-Friday	8:30 am - 12:30 pm
Monday-Thursday	4:00 pm - 8:00 pm
Saturday	8:00 am - 12:00 pm
Sunday	1:00 pm - 5:00 pm

\*Reservations required

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