

January, February, March 2022
Club Services & Information
Group Fitness Class Schedule



Health
Wellness
Community
Be ProActive

Helpful Reminders

- Change into workout shoes after entering the club
- Wipe equipment with sanitizing wipes before & after use
- Children, ages 12 & younger, may use the basketball court and swim in the lap pool with adult supervision
- Masks required in Aqua Track when Physical Therapy in session
- Headphone use is required for device listening
- Camera use is not allowed anywhere in the club
- Limit lap lane usage to 30 minutes when others waiting

Inclement Weather

Check the Madonna ProActive Facebook page and your email notifications for class cancellations due to inclement weather.



402.420.0000
www.madonnaproactive.org

Club Services & Information

Aquatics

Two lap lanes are available at all times. Sign-in is required and lane use limited to 30 minutes when 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 6 weeks. \$45 Member \$70 Guest

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

Fitness Information

FITNESS & HEALTH 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 can 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

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 through the member portal

Club Services & 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 progression of skills and exercises.

TRX BASICS

This Introductory class required for members new to TRX. TRX Basics teaches set up, safe practices and fundamental movements. TRX Basics fee is \$35 for members and guests.

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.

Private sessions: \$55-65/hour Semi-private sessions: \$80-90/hour

ADAPTIVE TRAINING

A program designed to assist people with physical limitations caused by spinal cord injuries, stroke, disease, 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 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. & older	\$5 2-12 yrs.
Punch Card:	\$50 5 visits	\$90 10 visits

NON-MEMBER GUEST PASS

ProActive is available for use by the general public. A one day pass for those 13 years and older is \$15; children, ages 2-12 years, are \$7.50. A ten visit punch card for non-members is available for \$120.

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. 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. 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. Rental lockers are available for a monthly fee and allow storage of personal items on site. Monthly Rental Fee: \$10 Half Size \$17 Full Size

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 COACHING

Individualized coaching helps with weight loss, diabetes, insulin resistance, food sensitivities or allergies, hypertension and high cholesterol. 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.

Per visit fee: \$5.50 Member	\$6.60 Guest
Monthly fee: \$30 for 1 child	\$40 for 2 children

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. Camera use not allowed anywhere in the club. Headphones are required for device listening. Refrain from talking on cell phones when using the walking track.

West 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 am-1:00 pm	Basketball
1:00-5:00 pm	Pickleball
5:00-10:00 pm	Basketball

Saturday

7:15-8:15am	H.I.I.T.
8:30 am-12:00 pm	Pickleball
12:00-3:00 pm	Basketball
3:00-5:00 pm	Pickleball
5:00-7:00 pm	Basketball

Tuesday & Thursday

5:00-7:15 am	Basketball
7:30-8:30 am	Tai Chi
8:45-9:15 am	Pickleball
9:30-10:15 am	Tai Chi
10:30 am-5:00 pm	Pickleball
5:00-10:00 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

Friday

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

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

Group Fitness Class Schedule

Monday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Katie
5:15-6:00 am	Water Explosion	Lap Pool	Int-Adv.	Leslie
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Leslie
8:30-9:30 am	Water Explosion+Core	Lap Pool	Int-Adv.	Julie
9:00-9:45 am	Joy of Stretching	Studio 2	Beg.	Joe
9:00-9:45 am	Gentle Yoga	Meditation Rm	Beg.	Melanie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Judy
9:30-10:00 am	Cycling 30	Studio 3	Beg.	Bob
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.	Greta
10:00-11:00 am	Yoga I-II**	Meditation Rm	Beg-Int.	Melanie
11:15-12:00 pm	Stretch For Life	Studio 2	Beg.	Melanie
11:15-12:00 pm	Seated Dance Blast	Studio 1	Beg.	Greta
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Amanda/Michelle
12:15-1:00 pm	Total Body Fusion	Studio 1	Int-Adv.	Eva
12:15-1:00 pm	Lifestyle Moves	Aqua Track	Beg.	Amanda/Michelle
5:00-5:45 pm	Gentle Yoga	Meditation Rm	Open	Melanie
5:30-6:15 pm	TRX Cardio*	Studio 1	Int-Adv.	Rachelle
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Michelle
6:00-7:00 pm	Yoga II-III	Meditation Rm	Int-Adv.	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	Studio 1	Int-Adv.	Ann

*TRX Basics required **Zoom option available

Tuesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	Les Mills Core/BodyFlow	Studio 2	Beg-Int.	Jenni
5:15-6:15 am	Les Mills BodyPump	Studio 1	Int-Adv.	Katie
7:30-8:30 am	Tai Chi	West Gym	Int-Adv.	Mitzi
8:00-9:00 am	Yoga I-II	Meditation Rm	Beg-Int.	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	Total Body Fusion	Studio 1	Adv.	Shannon
9:15-10:15 am	Chair Yoga	Meditation Rm	Beg-Int.	Keri
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Eva
9:30-10:15 am	Tai Chi	West Gym	Beg-Int.	Melanie
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
1:00-1:30 pm	Parkinson's BIG Grad	Meditation Rm	Beg.	Karen
4:30-5:30 pm	Yoga I-II	Meditation Rm	Beg-Int.	Andrea
5:30-6:15 pm	H.I.I.T.	Studio 1	Int-Adv.	Ann
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Dona
5:45-6:45 pm	Yoga I-II	Meditation Rm	Beg-Int.	Andrea
6:15-7:00 pm	Water Explosion	Lap Pool	Int-Adv.	Sharon
6:30-7:15 pm	Zumba**	Studio 1	Int-Adv.	Kristin

**Zoom option available

Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:00 am	Cycling	Studio 3	Int-Adv.	Jen
5:15-6:00 am	Water Explosion	Lap Pool	Int-Adv.	Melissa
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Leslie
8:30-9:30 am	Water Explosion+Core	Lap Pool	Int-Adv.	Julie
9:00-9:45 am	Joy of Stretching	Studio 2	Beg.	Joe
9:00-10:00 am	Restorative Yin Yoga	Meditation Rm	Beg.	Melanie
9:15-10:00 am	Body Sculpt	Studio 1	Int.	Betsy
9:45-10:30 am	Power Pump	Lap Pool	Beg-Int.	Julie
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Janice
10:15-11:00 am	Young at Heart	West Gym	Beg.	Betsy
10:15-11:15 am	Restorative Yin Yoga	Meditation Rm	Beg.	Melanie
11:15-12:00 pm	Stretch For Life	Studio 2	Beg.	Shannon

Continued next page

Group Fitness Class Schedule

Wednesday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
11:15-12:00 pm	Seated Dance Blast	Studio 1	Beg.	Betsy
11:30-12:15 pm	Aqua Splash	Lap Pool	Beg.	Michelle
12:00-12:45 pm	Yoga II**	Meditation Rm	Int.	Melanie
12:15-1:00 pm	Total Body Fusion	Studio 1	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
6:00-6:45 pm	Cycling	Studio 3	Int.	Gary
6:30-7:30 pm	Restorative Yin Yoga	Meditation Rm	Beg.	Chelsey

**Zoom option available

Thursday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
5:15-6:15 am	Les Mills Core/BodyFlow	Studio 2	Beg-Int.	Karla
5:15-6:15 am	Les Mills BodyPump	Studio 1	Int-Adv.	Amber
7:30-8:30 am	Tai Chi	West Gym	Int-Adv.	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	Cardio Dance Blast	Studio 1	Beg-Int.	Carmen
9:30-10:15 am	Cycling	Studio 3	Beg-Int.	Betsy
9:30-10:15 am	Tai Chi	West Gym	Beg-Int.	Keri
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
12:15-1:00 pm	Back To Basics	Aqua Track	Beg.	Julie
1:00-1:30 pm	Parkinson's BIG Grad	Meditation Rm	Beg.	Karen
4:30-5:30 pm	Yoga I-II	Meditation Rm	Beg-Int.	Andrea
5:30-6:15 pm	H.I.I.T.	Studio 1	Int-Adv.	Russ
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Michelle
6:15-7:00 pm	Fat Burner	Lap Pool	Beg-Int.	Michelle
6:15-7:15 pm	Les Mills Core/BodyFlow	Studio 2	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	Water Explosion	Lap Pool	Int-Beg.	Sharon
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Leslie
8:00-8:45 am	TRX*	Studio 1	Int-Adv.	Amy
8:30-9:30 am	Water Explosion+Core	Lap Pool	Int-Adv.	Jarvis
9:00-10:00 am	Les Mills BodyPump	Studio 1	Int-Adv.	Michelle
9:15-10:15 am	Chair Yoga	Meditation Rm	Beg-Int.	Keri
9:30-10:15 am	Cycling	Studio 3	Int-Adv.	Amy
9:45-10:30 am	Aqua Splash	Lap Pool	Beg-Int.	Jarvis
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Sydney
10:15-11:00 am	Young at Heart	West Gym	Beg.	Shannon/Greta
10:30-11:30 am	Yoga I-II	Meditation Rm	Beg-Int.	Keri
11:15-12:00 pm	Seated Dance Blast	Studio 1	Beg.	Sydney
12:15-1:00 pm	Total Body Fusion	Studio 1	Int-Adv.	Mary

*TRX Basics required

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	Int-Adv.	Carrie
9:00-9:45 am	Fast Track	Aqua Track	Int-Adv.	Staff
9:00-10:00 am	Yoga I	Meditation Rm	Beg-Int.	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
10:30-11:30 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.	Amy/Katie
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

Open Swim Times

Aqua Track

Monday

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

1:00 - 5:30 p.m.

6:15 - 9:30 pm

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

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

Tuesday

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

1:00 - 5:30 p.m.

6:15 - 9:30 p.m.

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

Wednesday

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

1:00 - 9:30 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 - 9:30 p.m.

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

Friday

5:00 a.m. - 7:30 p.m.

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

Saturday

7:00 - 9:00 a.m.

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

Winter Lifeguard Hours:
Monday-Thursday 4 - 9:30 p.m.
Friday 4 - 7:30 p.m.

Sunday

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

3:00 - 6:30 p.m.

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

Open Swim Times

Lap Pool

Monday

6:00 - 7:15 a.m.

10:30 - 11:30 a.m.

12:15 - 6:15 p.m.

7:00 - 9:30 p.m.

Tuesday

5:00 - 9:00 a.m.

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

7:00 - 9:30 p.m.

Wednesday

6:00 - 7:15 a.m.

10:30 - 11:30 a.m.

12:15 - 9:30 p.m.

Thursday

5:00 - 9:00 a.m.

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

7:00 - 9:30 p.m.

Friday

6:00 - 7:15 a.m.

10:30 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.

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

Open swim is not available during group fitness classes and swim lesson times. Check schedule in locker room hallway for times.

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.

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

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

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

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

Play Center

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

7111 Stephanie Lane
(55th & Pine Lake Road)
402.420.0000
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**MADONNA
PROACTIVE**
Medical Fitness