

JULY, AUGUST, SEPTEMBER 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 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

Friends and Family Weekends

July 2 & 3

September 3 & 4

November 5 & 6

Members may bring in guests for free.



**MADONNA
PROACTIVE**
Medical Fitness

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.

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

SWIM LESSONS

Group swim lesson for children are offered quarterly. Lessons are 30 minutes in length for children 6 months and older.
\$45 Member \$70 Non-member

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

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.

Club Services & Information

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. \$35 Members

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, 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 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. 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 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.

Per visit fee: \$5.50 Member \$6.60 Non-member

Monthly fee: \$30 for 1 child, \$40 for 2 children, \$50 for 3 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. 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 | Full Court | Basketball |
| | 8:00-10:00 am | East Gym | Pickleball |
| | 10:15-11:00 am | Full Court | Young At Heart |
| | 11:15 a.m.-1:00 pm | Full Court | Basketball |
| | 1:00-5:00 pm | Full Court | Pickleball |
| | 5:00-10:00 pm | Full Court | Basketball/Pickleball |
| Tuesday & Thursday | 5:00-7:15 am | Full Court | Basketball |
| | 7:30-10:30am | West Gym | Tai Chi |
| | 7:30-11:00 am | East Gym | Pickleball |
| | 11:00 a.m.-1:00 pm | Full Court | Basketball |
| | 1:00-5:00 pm | Full Court | Pickleball |
| | 5:00-10:00 pm | Full Court | Basketball/Pickleball |
| Friday | 5:00-8:00 am | Full Court | Basketball |
| | 8:00-10:00 am | East Gym | Pickleball |
| | 10:15-11:00 am | Full Court | Young At Heart |
| | 11:15 a.m.-1:00 pm | Full Court | Basketball |
| | 1:00-5:00 pm | Full Court | Pickleball |
| | 5:00-8:00 pm | Full Court | Basketball/Pickleball |
| Saturday | 7:15-8:15 am | Full Court | H.I.I.T. |
| | 8:30 am-7:00 pm | Full Court | Basketball/Pickleball |
| Sunday | 7:00 am-7:00 pm | Full Court | 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 | 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 and Core | Meditation Rm | Beg-Int. | 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. | Eva/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 | Cardio Dance Blast | Studio 1 | Beg-Int. | Carmen |
| 9:15-10:15 am | Chair Yoga | Meditation Rm | Beg-Int. | Keri |
| 9:30-10:15 am | Cycling | Studio 3 | Beg-Int. | Eva |
| 9:30-10:30 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 | Studio 1 | 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 |
| 6:00-7:00 pm | Yoga II-III | Meditation Rm | Int-Adv. | Chelsey |
| 6:15-7:00 pm | Water Explosion | Lap Pool | Int-Adv. | Melissa/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 |
| 5:30-6:00 am | H.I.I.T. Express | Studio 1 | Int-Adv. | Rachelle |
| 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/Amy |
| 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/Shannon |
| 10:15-11:15 am | Restorative Yin Yoga | Meditation Rm | Beg. | Melanie |
| 11:15-12:00 pm | Stretch and Core | Studio 2 | Beg-Adv. | Shannon |

Continued next page

Group Fitness Class Schedule

Wednesday

| TIME | CLASS | LOCATION | LEVEL | INSTRUCTOR |
|----------------|---------------------------------------|---------------|-----------------|------------|
| 11:15-12:00 pm | Seated Dance Blast (ends 8/10) | Studio 1 | Beg. | Staff |
| 11:15-12:00 pm | Ageless Grace (starts 8/17) | Studio 1 | Open | Lauren |
| 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 | Total Body Fusion | Studio 1 | Int-Adv. | 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. | Amy |
| 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. | Mary |
| 9:30-10:30 am | Tai Chi | West Gym | Beg-Int. | Keri |
| 9:30-10:30 am | Yoga I-II | Meditation Rm | Beg-Int. | Amy |
| 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 | Studio 1 | 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 | Beg-Int. | 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 |
| 8:00-9:00 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. | Andrea |

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

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

***All open swim times are subject to change.**

Lap Pool

Monday

6:00 - 7:15 am

10:30 - 11:30 am

12:15 - 6:15 pm

7:00 - 9:30 pm

Tuesday

5:00 - 9:00 am

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

7:00 - 9:30 pm

Wednesday

6:00 - 7:15 am

10:30 - 11:30 am

12:15 - 9:30 pm

Thursday

5:00 - 9:00 am

10:45 am- 6:15 pm

7:00 - 9:30 pm

Friday

6:00 - 7:15 am

10:30 am - 7:30 pm

Saturday

7:00 - 10:00 am

10:45 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

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

Open Swim Times*

Outdoor Pool

Monday

6:00 - 7:15 am
10:30 - 11:30 am
12:15 - 6:15 pm
7:00 - 9:30 pm

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

Lap pool classes move to the outdoor pool, weather permitting. Open swim is not available during group fitness classes and swim lesson times.

Tuesday

5:00 - 9:00 am
10:45 am - 6:15 pm
7:00 - 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.

Wednesday

6:00 - 7:15 am
10:30 - 11:30 am
12:15 - 9:30 pm

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

Thursday

5:00 - 9:00 am
10:45 am - 6:15 pm
7:00 - 9:30 p.m.

Recreational swimming is not allowed in the outdoor or indoor pool during safety breaks. Individuals 18 and older are allowed to swim during breaks.

Friday

6:00 - 7:15 am
10:30 am - 7:30 pm

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

Saturday

7:00 - 10:00 am
10:45 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

The outdoor pool area is cleared during lightning and thunderstorms. It is strongly suggested swimmers also exit the indoor pool area during lightning and thunderstorms.

***All open swim times are subject to change.**

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 |

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 |

Summer Lifeguard Hours*

| | |
|-----------------|--------------------|
| Monday-Thursday | 12:30 pm - 9:30 pm |
| Friday | 12:00 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

7111 Stephanie Lane
(55th & Pine Lake Road)
402.420.0000
www.madonnaproactive.org



**MADONNA
PROACTIVE**
Medical Fitness