

November & December 2022 Club Services & Information Group Fitness Class Schedule

Friends and Family Weekends

November 5 & 6 January 7 & 8 March 4 & 5
Members may bring in guests for free.



**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
PROACTIVE**
Medical Fitness

402.420.0000

www.madonnaproactive.org

Club Services & Information

Aquatics

Three lap lanes are available Monday - Thursday, except during group fitness class times. Two lap lanes are available during group fitness classes and on Friday, Saturday and Sunday. 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

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.

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.

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 8:00-10:00 am 10:15-11:00 am 11:15 a.m.-1:00 pm 1:00-5:00 pm 5:00-10:00 pm	Basketball Pickleball Young At Heart Basketball Pickleball Basketball/Pickleball	Schedule subject to change. Reserved times may be used for other activity if court not in use.
Tuesday	5:00-7:15 am 7:30-10:45 am 11:00 am-12:00 pm 12:00-1:00 pm 1:00-5:00 pm 5:00-7:00 pm 7:00 - 10:00 pm	Basketball Tai Chi Pickleball Basketball Pickleball Basketball/Pickleball Wheelchair Basketball	Please be respectful of all court users.
Thursday	5:00-7:15 am 7:30-8:30 am 8:45-11:00 am 11:00 a.m.-1:00 pm 1:00-5:00 pm 5:00-10:00 pm	Basketball Tai Chi Pickleball Basketball Pickleball Basketball/Pickleball	
Friday	5:00-8:00 am 8:00-10:00 am 10:15-11:00 am 11:15 a.m.-1:00 pm 1:00-5:00 pm 5:00-8:00 pm	Basketball Pickleball Young At Heart Basketball Pickleball Basketball/Pickleball	
Saturday	7:15-8:15 am 8:30 am-7:00 pm	H.I.I.T. Basketball/Pickleball	
Sunday	7:00 am-7:00 pm	Basketball/Pickleball	

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.	Sharon
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Sharon
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	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	Lifestyle Moves	Aqua Track	Beg.	Amanda/Michelle
5:00-5:45 pm	Gentle Yoga	Meditation Rm	Open	Melanie
5:30-6:15 pm	Hydro Interval Track	Aqua Track	Int.	Michelle
5:30-6:15 pm	Total Body Fusion	Studio 1	Int-Adv.	Amy
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

**Zoom option available

Tuesday

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

Tuesday-Continued

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
8:00-8:45 am	Aqua Splash	Lap Pool	Beg-Int.	Trudy
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	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.	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.	Sharon
7:15-8:00 am	Water Explosion	Lap Pool	Beg-Int.	Sharon
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.	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	Gym	Beg.	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	Ageless Grace	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 BodyBalance	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	Gym	Int-Adv.	Mitzi
8:00-8:45 am	Aqua Splash	Lap Pool	Beg-Int.	Trudy
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.	Eva
9:30-10:30 am	Tai Chi	Studio 2	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 BodyBalance	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.	Sharon
8:00-8:45 am	TRX*	Studio 1	Int-Adv.	Amy
8:30-9:30 am	Water Explosion+Core	Lap Pool	Int-Adv.	Michelle
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.	Michelle
10:15-11:00 am	Dance Blast	Studio 1	Beg-Int.	Sydney
10:15-11:00 am	Young at Heart	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

*TRX Basics required

Saturday

TIME	CLASS	LOCATION	LEVEL	INSTRUCTOR
7:15-8:15 am	H.I.I.T.	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.	Ann
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

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

Tuesday

5:00 am - 12:15 pm

1:00 - 5:30 pm

6:15 - 9:30 pm

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

Wednesday

5:00 am - 12:15 pm

1:00 - 9:30 pm

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

Thursday

5:00 am- 12:15 pm

1:00 - 5:30 pm

6:15 - 9:30 pm

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

Friday

5:00 am - 7:30 pm

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 am

9:45 am - 6:30 pm

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

Sunday

7:00 am - 2:15 pm

3:00 - 6:30 pm

All open swim times are subject to change

Open Swim Times

Lap Pool

Monday

6:00 - 7:15 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

Three lap lanes are available Monday - Thursday, except during group fitness class times. Two lap lanes are available during group fitness classes and on Friday, Saturday and Sunday.

Wednesday

6:00 - 7:15 am

10:30 - 11:30 am

12:15 - 9:30 pm

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

Thursday

5:00 - 8:00 am

10:45 am - 6:15 pm

7:00 - 9:30 p.m.

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.

Friday

6:00 - 7:15 am

10:30 am - 7:30 pm

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.

Saturday

7:00 - 10:00 am

10:45 am - 6:30 pm

Sunday

7:00 am - 6:30 pm

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

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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