

WHAT'S HAPPENING

ANNUAL POOL CLEANING

The indoor pool area will be closed August 22nd - September 5th for cleaning, painting and resurfacing. The Aqua Track will be unavailable during this time. The outdoor pool will be open and accessible from the men's and women's locker rooms. The family changing rooms will not be available during this time.

CHOLESTEROL SCREENING

Wednesday, August 3rd, 8 - 10 a.m.
Monitoring cholesterol is important in reducing the risk of coronary heart disease. Call the front desk to schedule. Fast 8 - 12 hours prior. \$20

GROUP FITNESS CLASS CHANGES

New Class:

Ageless Grace, Wed., 11:15 a.m., starts August 17th

Discontinued Class:

TRX Cardio, Mon., 5:30 p.m.,
Seated Dance Blast, Wed., 11:15 a.m., ends August 10th

LOCKER ROOM WHIRLPOOLS

The whirlpools in the men's and women's locker rooms will be closed for resurfacing August 17th-22nd.

SAVE THE DATE

Child Group Swim Lessons
6-week session: Sept. 12th - Oct. 20th
Registration begins August 30th

WHIRLPOOL, SAUNA & STEAM ROOM ETIQUETTE REMINDERS

Shower before using the whirlpool. Swim wear is required in the whirlpool. Swim wear or towel is required in the steam room and sauna. Shaving is not permitted in these areas. Children under 13 years of age are not permitted in the whirlpools, steam room, or sauna. Be considerate of other users' personal space in these areas.

WORKOUT AWARENESS

By General Manager Samantha Kelly, MS

Six Signs to End Your Workout Early

Your body communicates with you all the time and it is important to listen to it during exercise. Changes in how you feel and new or unusual symptoms are a few ways your body communicates with you. Some symptoms indicate to slow down during a workout or to stop immediately. If you experience any of the following while exercising, it is a sign to end the workout early, ask staff for help and possibly visit your healthcare provider.

Are you feeling

1. Faint, dizzy or light-headed
2. Nauseous, have chills, hands are clammy or a sudden onset headache.
3. Heart is racing or stays elevated at rest
4. Shortness of breath or gasping for air
5. Muscle cramps, especially in legs
6. A combination of #1-5 and/or chest pain and tightness - stop immediately! Ask for help as this could be a heart attack!

These are various symptoms of illness, dehydration, heat exhaustion, electrolyte imbalance, low blood sugar or asthma. They are also symptoms of underlying blood pressure or heart issues. Madonna ProActive has health care and fitness professionals on-site to assist with questions. Staff are CPR certified and available in case of emergencies. While we can assist with questions and help in the moment, if any of these symptoms are noticed throughout time, it could be a result of something more serious. It is always a good idea to consult with your physician or health care provider with concerns.

Expert Tip: After exercise a person's blood pressure naturally lowers for a short period of time. Sitting in the sauna, whirlpool or steam room after a workout can exacerbate the drop in blood pressure. This can lead to extreme dizziness, being light headed and even fainting!



AQUA SPLASH SERIES

Trudy, ProActive's new water instructor, leads this low-impact class that is designed for all fitness levels. It includes cardiovascular, strengthening, stretching and balancing exercises for a total body workout. Free for members.

Tuesdays & Thursdays: August 2nd - September 1st | 8:00a – 8:45 a.m.



INSULIN RESISTANCE A Functional Medicine Perspective

Stroke, heart disease, fatty liver, dementia, cancer, arthritis and other health conditions all have insulin resistance in common. Attend this workshop to discover insulin's role in the body, how insulin resistance is related to health and disease and how to restore insulin sensitivity. Presented by Jessica Masin, Functional Medicine Health Coach, on Monday, August 8th, 12:00 - 1:00 p.m. Free for members. In-person and virtual option available.

LES MILLS LAUNCH

SATURDAY, AUGUST 20TH - STUDIO 1

BODYPUMP

8:00 - 8:45 a.m. BodyPump Express

Instructors: Carrie & Katie

BODYBALANCE

9:00 - 9:30 a.m. BodyBalance Express

Instructors: Amber & Jenni

CORE

10:45 - 11:15 a.m. CORE

Instructors: Kristine, Jenni & Amber

New movements, new music, same format. Come ready to train and experience these high-energy, high-results classes!

WAY TO GO

Member Paul said, "My professional trainer Rachelle has had a tremendous impact on my weekly workout routine. She has helped me with options to meet my goals, as well as encouraging me to push harder than even I think possible, I can certainly attest to the positive improvements in my overall physical condition."

A member said, "I have taken Yoga and Tai Chi classes with Melanie and she is a remarkable teacher! She not only knows the subject of her classes, she explains things so clearly and communicates in such a way that I am encouraged and strengthened each time I leave one of her classes."

A member said, "Julie is an inspiration. Gives us lots of ideas on how to move at home. She pushes us, but says we should know our limits too and do what we can."

Member Barb said, "Fitness instructors Ann, Russ, Shannon, Eva and Amy are the best. They challenge us and make it fun at the same time. We feel like family!"

Melissa said, "Andrea, who teaches Tuesday/Thursday 4:30 p.m. yoga is excellent. She remembers names, gives plenty of options and makes everybody feel welcome. She is wonderful."



KETO 101 WORKSHOP

Presented by Lisa Graff

Registered Dietitian Nutritionist

Tuesday, August 23rd | 12:30 - 1:30 p.m.

The Keto 101 workshop will provide insight into the ketogenic diet, the science behind it and practical ideas for implementing a ketogenic eating plan.

Participants will learn the keto basics and understand what being in ketosis means for the body. Discover the benefits and risks of a keto diet plan and create a keto meal plan.

\$5 Members | \$15 Non-members

Sign up online or at the front desk | Join live, virtually or receive a recording



WHAT IS LIVING WELL?

Coming in September

Next month, Madonna ProActive will offer the six-week Living Well workshop endorsed by the Nebraska Department of Health and Human Services Chronic Disease Prevention and Control Program. Living Well helps participants take control of their health using small steps toward positive changes and healthier living. It is beneficial for anyone suffering from any type of chronic disease and/or caregivers for someone with a chronic condition.

Workshop instructors, Lisa Graff, RDN, and Rachelle Hadley, CHC, have completed the Living Well specialized training to provide education, guidance and specific steps to help you take control of your health by making small steps toward positive change and healthier living. Workshops are interactive and participants share their experiences and provide support to each other.

Stanford University developed Living Well is an evidence-based program. That means that a study was done with about 1,000 people who had heart disease, lung disease, history of stroke, or arthritis. These people were followed for three years. The study looked at:

- Changes in pain, fatigue, shortness of breath, and depression.
- Visits to physicians and emergency rooms, and hospital admissions.
- Level of confidence in managing health conditions.
- Use of self-management behaviors in taking medications, doing exercise, eating healthy foods, using community resources and communicating with doctors.
- Managing stress.

The results of the study show that people who attended the Living Well workshop did better in all areas than those who did not attend the workshop.

Some examples of chronic conditions are heart/lung/kidney disease, high blood pressure, cancer, arthritis, diabetes, depression, irritable bowel syndrome and anxiety. These conditions may cause pain, fatigue, loss of sleep and more. To live a healthy life with a chronic health condition means working at overcoming the physical and emotional problems caused by the health condition.

Living Well is a fun workshop with a lot of activities done in groups. You will learn how to solve problems, deal with pain and fatigue and manage depression. Discover how to have healthy eating habits, better communicate with others and use medications correctly. Living Well will help you work better with your health care teams.

For more information about the Living Well workshop, contact Carla Zedicher, 402.413.4012 or czedicher@madonna.org.