

WHAT'S HAPPENING

CHOLESTEROL SCREENING

Cholesterol screening appointments are available 8 - 10 a.m. on the first Wednesday of every month. Call the front desk at 402.420.0000 to schedule. Fasting for 8 - 12 hours prior to appointment time. \$20

HEALTHY HOLIDAY CHALLENGE

Week 1 Winner: Sharon M. won the self-care gift basket

Week 2 Winner: Hazell R. won the fitness gift basket.

Week 3 Winner: Boots W. won the nutrition gift basket

HOLIDAY HOURS

Christmas Eve, Dec. 24: 7 a.m. - 12 p.m.

Christmas Day, Dec. 25: Closed

New Year's Eve, Dec. 31: 5 a.m. - 5 p.m.

New Year's Day, Jan 1: 7 a.m. - 7 p.m.

Special holiday classes available.

Play Center closed on holidays

PLAY CENTER OPEN SUNDAYS

Starting Sunday, Dec. 5, the Play Center will be open for child care from 1 p.m. - 5 p.m. Reservations are required. 402.420.0000

PREDICT THE SCORE

Mary Jo O. won the free month of dues with a perfect prediction for the Nov. 20th game!

SAVE THE DATE

Registration for child group swim lessons starts January 3. The six-week session is January 24 - March 3.

SEASONAL COFFEE FLAVORS

Try the new seasonal coffee flavors: Jolly German Chocolate & Kahlua Creme
12 oz. \$1.75 16 oz. \$2.05 20 oz. \$2.25

ZUMBA IN THE EVENINGS

In December, join the dance party on Tuesdays from 6:30 to 7:15 p.m.!
Free Members | \$10 Non-members
Participate in person or via Zoom
Sign up online or at the front desk

HOLIDAY CLASS ADJUSTMENTS

Friday, Dec. 24 8:30 a.m., BodyPump Express with Carrie, Studio 1
9:30 a.m., Zumba with Kristin, Studio 1
10:30 a.m., Flow & Restore with Melanie, Meditation Room
No other land or water classes will be held.

Sunday, Dec. 26 Normal class schedule

Friday, Dec. 31 No classes before 7 a.m. or after 12 p.m.



INTRO TO MEDITATION

SATURDAY, DECEMBER 4 | 10 - 11:30 A.M.

This workshop is an introduction to the various meditation styles and techniques. Learn how to step out of your daily routine and turn your energy toward reflection. Instructor Michael Mechizedek, whose focus is Koans and Zen meditation, will share breathing and posture techniques, education and provide silent meditation periods. Sign up on the website or at the front desk by December 3.

\$10 Members | \$15 Non-members



PERSONAL TRAINING

Three 60-Minute Sessions \$150 or Three 30-Minute Sessions \$99

GUEST VISITS

Save 50% on a 5-Visit Punch Card - Purchase for \$25 plus tax

MEMBERSHIP

Add Additional Adult to Membership & Pay No Initiation Fee

PROSHOP

Save \$10 on a Duffel Bag - Purchase for \$29.99 plus tax

Holiday specials available for purchase December 1 - 31.

Limit one each per member.



open your body
and mind

BODYFLOW EXPRESS

Special LesMills BodyFlow class with Ashley

- Fridays: December 3, 10 & 17
- 10:15 - 11:15 a.m. | Studio 2
- Great opportunity to strengthen and relax
- Restore with Yoga, Pilates and Tai chi moves
- Sign up on the website or at the front desk
- Free for Members | \$30 Non-members

STRESS MANAGEMENT WORKSHOP



Over 75% of all Americans report experiencing at least one symptom of stress over the past 30 days, and 75-90% of all doctor's office visits are for stress-related ailments and complaints. This workshop is designed to show you how stress impacts the body and how to strategize to decrease the influences of stress.

Join Cardiac Rehab Nurse Nancy Connot in person or via Zoom on Wednesday, December 8 from 12-12:45 p.m.

Participants will:

- Identify causes of stress, including eustress and distress, and recognize the body's responses to stress
- Discuss ways to reduce stressors and how to cope with stress
- Practice strategies to deal with stressors and find relaxation

Sign up online or at the front desk by December 7

\$5 Members | \$10 Non-members



HEALTHY HOLIDAY HABITS

By Angelina Stovall-Amos, RDN, LMNT

The average weight gain over the holidays is around one pound. Here are my top five healthy habits to keep the scale balanced.

1. Make a list of favorite and least favorite holiday foods. Simplify the meal and lower stress by focusing only on the favorites.
2. Balance out meals with half your plate being non-starchy vegetables. These low-calorie, nutrient-dense foods will help you feel full and satisfied.
3. Continue adding movement to your day, despite the cold weather. Stay moving by finding an accountability partner to meet you at ProActive, trying a new class, setting up your home environment with bands and weights, or challenging yourself to increase weight and endurance.
4. Take time to plan. Not having a plan makes it difficult to find your way to your health goal. A plan helps keep you on track.
5. Focus on adding more of what is important to you. This could be reading, being fully present with family, or watching the fireplace with a loved one. Allowing yourself to relax decreases stress and improves thoughts and emotions.



NUTRITION BITE

December is Root Vegetable Month! To celebrate, try replacing a grain or adding a root vegetable to a meal. Some of these include: potatoes, beets, rutabaga, carrots, sweet potatoes, turnips, onions, water chestnuts, parsnips and radishes.

Did you know that turmeric, fennel, garlic and ginger are considered root vegetables? Plus, these spices can add great variety and flavor to many recipes. Try adding radishes to your plate as this powerful vegetable adds cancer-fighting and blood sugar-improving phytonutrients. Packed with antioxidant vitamin C, radishes can boost immune function and repair cellular damage from inflammation. Add thin slices to salads and sandwiches, eat them pickled, roast them, or add them to dips and spreads for crunchiness. Registered Dietitian Angelina is a great resource for more information about the benefits of root vegetables! Reach out to her at 402.413.3559

NEW TEE SHIRTS



New long sleeve and short sleeve tee shirts arriving early December!

Available in sizes XS to 2X.

Short sleeve colors: Storm Heather, Maroon, Charcoal \$15.95

Long sleeve colors: Indigo, Heather Gray, Heavy Metal \$21.95



- Complimentary Refreshments - Enjoy 6:00 - 9:00 a.m. & 4:00 - 7:00 p.m.
- Free Guest Day - Enjoy a workout with friends & family
- Ugly Sweater Day - Show off your ugly sweater and celebrate the season