

WHAT'S HAPPENING

AQUATICS

CHILD group swim lessons: January 23rd - March 2nd.

ADULT group swim lessons: February 3rd - March 10th.

Registration opens January 2nd.

Members \$50 | Non-members \$90

CHOLESTEROL SCREENING

Wednesday, January 4th, 8:00 - 10:00 a.m.

Monitoring cholesterol is important in reducing the risk of coronary heart disease. Call 402.420.0000 to schedule your appointment. \$25

FREE GUEST WEEKEND FOR MEMBERS

Saturday, January 7th & Sunday, January 8th. Check in guests at the front desk.

GROUP FITNESS CLASSES

Discontinued classes:

Total Body Fusion, MWF, 12:15 p.m.

Agelss Grace, W, 11:15 a.m.

Time change:

Water Explosion, MWF, 7:00 - 7:45 a.m.

New Class:

Seated Dance Blast, W, 11:15 a.m.

New Location:

Tai Chi, TH, 9:30 a.m., Gym

HOLIDAY HOURS

Sunday, January 1st: 7:00 a.m. - 7:00 p.m.

Play Center & Soteria closed.

No group fitness classes.

Monday, January 2nd Classes:

8:30 a.m. Water Explosion

9:00 a.m. Joy of Stretching

9:00 a.m. Gentle Yoga

9:15 a.m. Body Sculpt

9:30 a.m. Cycle 30

9:45 a.m. Power Pump

10:00 a.m. Yoga I-II

10:15 a.m. Young at Heart

10:15 a.m. Dance Blast

11:15 a.m. Stretch and Core

11:30 a.m. Aqua Splash

12:15 a.m. Lifestyle Moves

No other land or water classes held.

CLUB ETIQUETTE

Happy New Year! With another year starting and many new faces, it is a great time for club etiquette reminders. Together we create a healthier, cleaner and safer environment.

1. With each visit, check-in using a scan card at the front desk.
2. Be respectful of fellow members and guests.
3. Wipe down equipment before/after use.
4. Return equipment to the location you retrieved it.
5. Do not drop or slam weights.
6. When performing multiple sets on strength-training equipment, be courteous and allow other members to cut in between sets. Especially during busy times.
7. When others are waiting, limit use of cardio equipment to 30 minutes.
8. Children, 12 and younger, may not use exercise equipment or be upstairs. They may be in the gymnasium or pool when accompanied by an adult.
9. Cell phones may be used for music with headphones. No unauthorized photos or videos allowed. Take phone calls in locker room or lobby.
10. Proper attire and footwear are required throughout the facility.
11. In poor weather conditions, bring a change of shoes.
12. Swim wear is required in the whirlpool.
13. Swim wear or towel is required in steam room and dry sauna.
14. Secure valuable items in a locker.
15. Daily lockers are complimentary, remove items before leaving. Long-term lockers are available with a monthly fee.

The information provided, plus additional guidelines, can be found in the member handbook. Thank you for your help maintaining a great facility!

HEALTHY EATING HABITS

By Lisa Graff, Registered Dietitian Nutritionist

The New Year is a great time to reset and root yourself in healthy eating habits that will keep you feeling happy and healthy. Build fruits and veggies into your daily routine to boost your energy, your mood and your immune system! Aim for four servings of fruit each day. A serving of fruit looks like one medium-sized whole fruit (like an apple) or ½ cup of fresh, canned or frozen fruit. Aim for five servings of veggies each day. A serving of veggies looks like one cup fresh leafy greens, or ½ cup of fresh, frozen or canned veggies.

Here's a sample menu for a day of healthy eating:

Breakfast: One slice whole grain toast with one tbsp. nut butter topped with ½ banana, sliced; ½ cup Greek yogurt topped with ¼ cup granola and ½ cup berries (two servings fruit), 450 calories.

Snack: ½ cup celery sticks with one tablespoon nut butter (one serving vegetable), 100 calories.

Lunch: Power bowl with two cups leafy greens topped with one, 1.3 ounce pouch tuna (seasoned), ¼ cup chickpeas, ½ cup quinoa, ½ cup sliced cucumber and one ounce feta cheese; and one apple (three servings vegetables; one serving fruit), 450 calories.

Snack: One string cheese and one ounce whole grain crackers, 200 calories

Dinner: Three-ounce grilled chicken breast, one cup roasted broccoli and cauliflower, ½ cup brown rice, and two cuties (two servings vegetables, one serving fruit), 400 calories.

Want help crafting a healthy eating plan? Meet with Dietitian Lisa in 2023!

SPECIAL EVENTS

AQUA ZUMBA

Wednesdays, January 4th - 25th

6:30 - 7:15 p.m.

Make a splash with high-energy Zumba moves and low-impact aqua fitness.

Members \$5 | Non-members \$15

LES MILLS CORE

Saturdays, January 7th - 28th

10:45 - 11:30 a.m.

Join Kristine to improve your core in this 30-minute class that build strengths.

Free for members.

TRX BOOTCAMP

Mondays & Wednesdays

January 9th - February 15th

8:00 - 8:45 a.m.

Twelve small group TRX training sessions with interval-based challenges.

Members \$30 | Non-members \$90

PRE-MARATHON EDUCATION

Sundays, January 8th - 22nd

2:00 - 3:30 p.m.

For runners of all levels considering half/full marathon participation.

Members \$30 | Non-members \$45

INTRODUCTION & BEGINNING YOGA

Wednesdays, January 11th - 25th

5:45 - 6:15 p.m.

Benefits of yoga include improvements in strength, balance and flexibility.

Members \$12 | Non-member \$50

MEAL PREP Workshop & Cooking Demo

Wednesday, January 18th

12:00 - 1:00 p.m.

Learn strategies to create a meal plan.

Recipe samples provided.

Members \$15 | Non-member \$30

LES MILLS LAUNCH

Saturday, January 28th

8:00 - 8:50 a.m. BodyPump

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

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

New movements, music and challenges

Free for members and their guests.

INTRO TO CYCLING

Saturday, January 28th

9:30 - 10:30 a.m.

Learn the indoor cycling bike and experience a 30-minute ride in this free class.

TREADMILL INTERVAL TRAINING

Four-Week Series: January 9th - February 4th

In this running series, you meet in a small group once a week for treadmill instruction and workout completion. Participants then complete the workout three times independently.

This is a great way to start and improve your running performance. You will have structure, receive guidance and support and challenge yourself. Participants will increase their endurance, efficiency, strength and enhance their overall fitness.

Weekly workouts will include dynamic warm-up and cool down, interval training with speed, hills and sprints plus cross training exercises to improve strength and flexibility. No running experience needed.

Session Times:

- Mondays: 5:30 - 6:30 a.m. or 4:30 - 5:30 p.m.
- Wednesdays: 6:15 - 7:15 p.m.
- Saturdays: 9:00 - 10:00 a.m.

Members \$35 | Non-members \$70 | Sign up online or at the front desk.

PARTNER ACCOUNTABILITY CHALLENGE

IT'S TIME TO A.C.T.T. - ACTION, CONNECTION, TEAM TRAINING

Five-Week Partner Team Challenge: January 16th - February 19th

Two-person team must complete a minimum of two workouts per week together. Teams that train together beyond two workouts per week are entered into a drawing for three 60-minute tandem training sessions (\$300 value). Additional team workouts earn extra drawing entries!

Need a partner? Request to be matched or bring in a guest. Non-member fee includes a 10-visit guest punch card. All group fitness classes and special events attended together count as a team workout. Participants receive a 10% discount on all special events and tandem personal training sessions discounted 20% for teams. Members \$30 | Non-members \$150
Free T-shirt | Sign up online or at the front desk.

DIABETES PREVENTION PROGRAM

Prevent T2 Workshop Series Starts January 24th

One in three adults has diabetes. You are at risk of type 2 diabetes if you have prediabetes, have a family history of type 2 diabetes or have a personal history with gestational diabetes. These risk factors make you a terrific candidate for this year-long prevention program to minimize your risks of type 2 diabetes.

How does Prevent T2 work? Participants receive education and resources to create sustainable lifestyle and behavior change. They work with lifestyle coaches, exchange practical ideas and strategies to eat healthier, maintain physical activity and reduce stress. You stay motivated by tracking weekly and monthly successes. Weight loss occurs when changes are implemented.

Prevent T2 meets weekly on Tuesdays, 6:00-7:00 p.m., for six months and then monthly for the following six months.
Members \$250 | Non-members \$400 | Sign up online or at the front desk.
For more information contact Fitness Manager Carla Zedicher at 402.413.4012 or czedicher@madonna.org.