

WHAT'S HAPPENING

COMMONS CAFE SERVICE

Coffee, water and speciality drinks plus prepackaged food will be available for purchase starting Monday, July 6.

GROUP FITNESS CLASSES

A modified group fitness class schedule is returning **Monday, July 13**. Yoga, cycling, aquatic and other popular classes will be available. Schedule available at the front desk.

HOLIDAY HOURS

Independence Day, Sunday, July 4
Club: 7:00 a.m. - 5:00 p.m. Pools: 7:00 a.m. - 4:30 p.m.

RENOVATION REPORT

New carpet in the lobby and on the fitness floor will be installed in July!

SWIMMING LESSONS

Aquatics supervisor Julie Gipson is planning to offer child group swim lessons in the fall. Contact Julie at 402.413.4016 for more information.

TEMPORARY CLUB HOURS

Monday-Thursday 5:00 a.m. - 8:00 p.m.
Friday 5:00 a.m. - 7:00 p.m.



OUTDOOR POOL OPEN WEEKENDS FOR CHILDREN

Saturday & Sunday Pool Hours: 7:00 a.m. - 4:30 p.m.

EXCITING NEWS! Starting Saturday, July 11, member's children and grandchildren 12 years of age and younger may use the outdoor pool on Saturday and Sunday.

Access is ONLY on the weekends. Children 12 and younger are not allowed in the club Monday-Friday. Children age 3 - 12 must wear masks to enter the club. No outside noodles or swim toys allowed. Club noodles and kickboards will be available for use.



FREQUENTLY ASKED QUESTIONS

DO I HAVE TO WEAR A MASK?

Yes, masks are required to enter and walk through the club, when moving from zone to zone and in the locker room. Masks may be removed when exercising. When in a zone, please maintain 6 feet of physical distance from others.

WHAT ARE THE REQUIREMENTS TO USE THE CLUB?

Members must be screened upon entry. Members must wear a mask when moving from one area to another. Members must wipe down equipment before and after use.

WHEN WILL GROUP FITNESS CLASSES RESUME?

Classes are scheduled to resume July 13.

WHAT IS NOT AVAILABLE IN THE LOCKER ROOMS?

The saunas, steam room and whirlpools are not open.

I'M NOT READY TO USE THE CLUB. CAN I PUT MY MEMBERSHIP ON HOLD?

Yes, a freeze option is available. Contact Member Services at 402.413.4020 or 402.413.4019 to discuss this option.

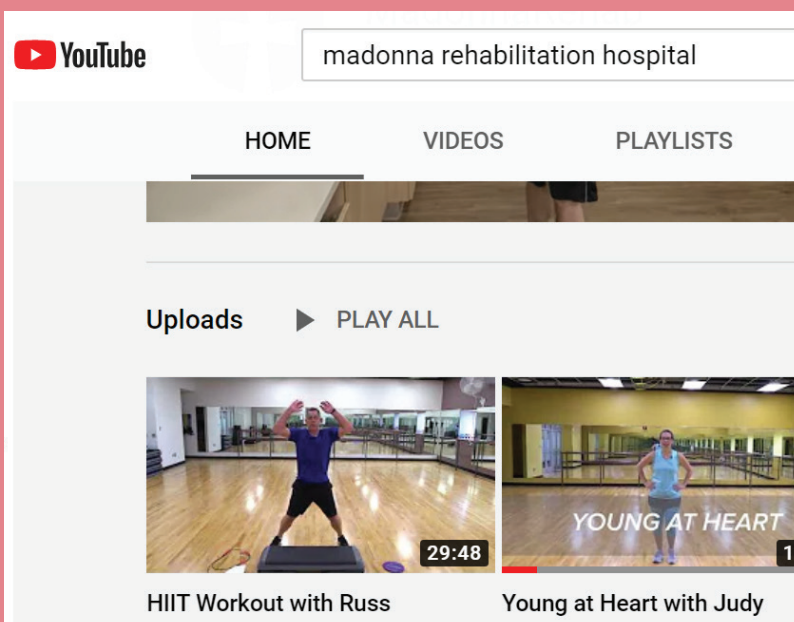
IS THERE A 30 MINUTE WORKOUT TIME LIMIT?

Sometimes. If members are waiting to use the Lap Pool, Aqua Track or cardio/strength equipment, we are asking you to limit your workout to 30 minutes. If no one is waiting, a longer work out is possible.

WHEN WILL I BE ABLE TO BRING A GUEST?

This will be part of a future phase of operation and a date has not been determined.

VIRTUAL WORKOUTS



YouTube channel page for 'madonna rehabilitation hospital'. The page shows navigation tabs for HOME, VIDEOS, and PLAYLISTS. Under the 'Uploads' section, two video thumbnails are visible: 'HIIT Workout with Russ' (29:48) and 'Young at Heart with Judy' (10:00).

Are you missing group fitness classes and your favorite instructor? Go to www.youtube.com/user/MadonnaRehab to find our virtual workout offerings. Judy, Russ, Mel, Julie and Keri are all there to help you workout at home.

Go to TherapyPlus' Facebook page and check out the **Madonna Minute**, a new series of online health and wellness segments! These videos show you some of the ways TherapyPlus can help you get back to feeling better, including our RunWell program. Proper running form, inside or outside, is crucial to avoiding strains, sprains and overuse injuries. Watch how our therapists combine expertise and technology to assess and develop a treatment plan for runners.

Please note the Madonna Minute videos are not intended as medical advice and do not replace treatment from a licensed health care professional. Talk to your physician if you have concerns about your overall health or call TherapyPlus at 402.420.0004 to determine if our services are right for you.

HAPPY ANNIVERSARY

Congratulations to the following staff celebrating their work anniversary in **APRIL & MAY**:

STAFF MEMBER	YEARS OF SERVICE
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APRIL

Michelle Bergen, Group Fitness Instructor	3
Mary Davidson, Group Fitness Instructor	2
Ben Dorsey, Lifeguard	3
Sharon Duffy, Integrative Med, Coordinator	27
Amanda Lichti, Group Fitness Instructor	6
Mary Livengood, Group Fitness Instructor	1
Elizabeth Schaefer, Group Fitness Instructor	2
Barb Schultz, Group Fitness Instructor	6
Anthony Sobotka, Personal Trainer	14
Melissa Tvrdy, Member Assistant	2
Andrea Wrather, Group Fitness Instructor	1

MAY

Phyllis Boshae, Group Fitness Instructor	13
Jason Cooper, Personal Trainer	9
Mary Douglass, Group Fitness Instructor	1
Dona Drohman, Group Fitness Instructor	12
Jarvis Green, Personal Trainer	1
Jennifer Huff, Group Fitness Instructor	2
Shea Koolen, Lifeguard	1
Molly Lienemann, Lifeguard	2
Cassie Pomajzl, Play Center Attendant	5
Carmen Skare, Group Fitness Instructor	6

HAPPY ANNIVERSARY

Congratulations to the following staff celebrating their work anniversary in **JUNE & JULY**:

STAFF MEMBER	YEARS OF SERVICE
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JUNE

Carol Anderson, Group Fitness Instructor	2
Kelly Cody, Front Desk Assistant	9
Karla Halpine, Group Fitness Instructor	2
Adila Hurko Duzic, Play Center Attendant	2
Samantha Kelly, General Manager	4
Callie Kohl, Lifeguard	2
Michael Melchizedek, Group Fitness Instr.	2
Eliabeth Miller, Group Fitness Instructor	3
Kathleen Packard, Group Fitness Instructor	2
Mike Powell, Front Desk Assistant	8
Martha Walstad, Lifeguard	1
Stephanie Padilla, Cardiac Rehab Nurse	22
Monica Vandergriend, Cardiac Rehab Nurse	14

JULY

Amy Cole, Group Fitness Instrucotr	1
Rachelle Hadley, Personal Trainer	1
Karen O'Shea, Personal Trainer	6
Amy Sauer, Group Fitness Instructor	9

WAY TO GO

Shared by a member at the screening table:

“Commendable job to whoever came up with all the plans on how things would run here in the opening phase, kudos to all. I was afraid to come back but gave it a try today and was thoroughly impressed. I am so excited to be back and feel safe while working out.”



NEW SHORT SLEEVE TEES

I AM PROACTIVE

REACH - COMMIT - ACHIEVE

\$14.95

Available in tan, turquoise, mint, charcoal gray and indigo blue. Sizes: XS to 3X

SAVE THE DATE

- **Member Appreciation Gift Giveaway** **August 3 - 9**
- **Workout Challenge** **August 10 - 31**
- **Outdoor Pool Party** **August 21**

Watch for more details coming in July!