

WHAT'S HAPPENING

BLOOD PRESSURE & CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available March 18, 7:00 - 9:00 a.m. Register at the front desk by March 17.

GROUP FITNESS

NEW CLASS

Fast Track, Wednesday, 5:15 - 6:00 a.m., Aqua Track, Int-Adv.

CANCELED CLASS

Power H2O, Wednesday, 5:15 a.m.

SPECIAL RESERVATIONS

Special events or programming require short term reservations of club space. Upcoming reservations include:

- March 1 - 18: Full Basketball Court, Monday & Wednesday, 1:15 - 2:15 p.m.
- March 12: Aqua Track, 6:30 - 7:00 p.m.
- March 13: Lap Pool, 4:30 - 5:30 p.m.
- Mar. 16 - Apr. 24 Studio 1, Monday, Wednesday, Friday, 8:15 - 9:00 a.m.
- March 23: Full Basketball Court, 1:30 - 2:30 p.m.



GROUP SWIM LESSONS

In Person Registration: March 9-15

SESSION DATES:

MARCH 23 - MAY 14

The 30 minute lessons are held once per week for 8 weeks. Days & times available at the front desk. \$45 Member / \$70 Guest

HAPPY ANNIVERSARY

Congratulations to the following staff celebrating their work anniversary in March:

STAFF MEMBER	YEARS OF SERVICE
Lisa Simmons, Customer Service Assistant	14
Cassidy Diekmann, Lifeguard	2
Karen Shanks, Group Fitness Instructor	2
Greta Glenn, Group Fitness Instructor	1
Linda Stansbury, Group Fitness Instructor	1

WELLNESS WEDNESDAYS



Wednesdays: March 11, 18 & 25

11:00 a.m. - 12:00 p.m., Education Room

Explore Weekly Wellness Topics

- March 11: Are You Wired & Tired
- March 18: Mindfulness Meditation
- March 25: Resiliency - The Power To Bounce Back Better

Free for members & their guest. Sign up at front desk.



PRIVATE SWIM LESSON SALE MARCH 1 - MAY 31

- Save \$5.00 per lesson: \$20 per lesson for members
- No minimum purchase
- Help your child stay current with their skills
- 30 minute lessons are one-on-one with swim instructor
- All lessons must be completed by May 31
- Register & purchase at front desk
- Instructor schedules lesson day & time with family



A MESSAGE FROM MATT KASIK

ProActive General Manager

Members & Friends,

In April, I will begin a new role as Executive Director of Region V Services. My last day at Madonna will be March 31.

While I am excited about this new role and opportunity, I am certainly saddened to leave ProActive. I have thoroughly enjoyed getting to know so many of you. I have been privileged to be a part of your fitness journey and humbled to have seen your dedication each day.

I am happy to announce Samantha Kelly will be the next ProActive General Manager. Sam has served as ProActive's Fitness Manager for the past four years and has been responsible for enhancements and improvements in the programs we offer. Her leadership has excelled beyond just the fitness aspects of ProActive, as she has worked to increase clinical offerings, member retention and community outreach. I am very excited for the future of ProActive. I know with Sam's leadership ProActive will remain a premier destination for health and wellness.

WEIGHT LOSS CHALLENGE



Get Ready To Live Your Best Summer

- 8 Week Challenge: **March 30 - May 24**
- Provides Accountability:
 - Weekly Weigh-Ins: Monday 6:30-7:30 a.m.
 - 11:00 a.m.-12:00 p.m. / 6:00-7:00 p.m.
- Dietitian & Trainer Expertise:
 - Group Coaching Sessions: Wednesday
 - 11:00-11:30 a.m. & 6:00-6:30 p.m.
- Helpful Support:
 - Accountability Book / Body Measurements
 - Daily Challenges / Recipes
- Prizes: Four \$100 Scheels or Trader Joe's Gift Card
 - Prize Categories
 - 1. Participation Points
 - 2. Biggest Weight Loss Percentage
 - 3. Most Club Check-Ins
 - 4. Largest Body Fat % Change
- Fee: \$30 Per Member & Receive A Free Tee Shirt

FRIENDS + FAMILY WEEKEND

Free Guest Weekend For Our Members

MARCH 7 + 8

FOOD CHOICES & COLON CANCER By Angelina Stovall-Amos, Registered Dietitian Nutritionist

March is Colon Cancer Awareness Month. It's wise to get screened starting at age 50. It can be as simple as picking up a free FOBT kit this month at your local pharmacy. You can also decrease risk for colorectal cancer through your food choices. Find ways to increase your fruits, vegetables and whole, intact grains to help you reach 25+ grams of fiber per day. This could mean adding blueberries to steel-cut oats in the morning. Decrease red, grilled and processed meats. Instead, choose lean proteins such as beans and poultry. Marinate meat if you choose to grill. Need more tips? Schedule a consultation with Registered Dietitian Nutritionist Angelina Stovall-Amos for a dietary assessment today. And remember, colon cancer is preventable, treatable and beatable!

Find Angelina's recipe recommendation for Black Bean Salad here:
<https://cookieandkate.com/black-bean-salad-recipe/>

BASKETBALL CHALLENGE

MARCH 19 - APRIL 6

FREE TO PLAY

SIGN UP AT FRONT DESK



64 Members • 6 Rounds • 1 Winner

- Shoot Once Each Round
- Three Shots For Round Score
- Round Winner Advances (Coin Toss For Ties)
- Champion Wins \$50 Gift Card

Round One	March 19-22	64 Players
Round Two	March 23-26	32 Players
Round Three	March 27-30	16 Players
Round Four	Mar. 31-Apr. 2	8 Players
Round Five	April 3-5	4 Players
Final Game	April 6	2 Players



WAY TO GO

"I retired this past fall and I wanted to lose a little weight, improve my balance, posture and strength for starters. After a month, I was hooked and started seeing improvements. Because of ProActive I feel and look the best I have in 20 years."

Jim G., member since November 2019

Stacey said, "Shannon is an excellent instructor. She is motivating, challenging, always brings a new routine and new music to class. Her classes are HARD but she welcomes every level."

"Barbara is professional and has such a pleasing demeanor. Her style between "gentle" and "power" yoga is perfect."

Mary and Rhonda said, "Greta was fabulous in Young at Heart!"