WHAT'S HAPPENING

TEMPORARY CLUB HOURS
Monday-Thursday 5:00 a.m. - 8:00 p.m.
Friday 5:00 a.m. - 7:00 p.m.
Saturday & Sunday 7:00 a.m. - 5:00 p.m.

EMAIL SURVEY
Darlene F. won the $25 gift card drawing for completing the August survey. We value our members’ feedback. Please complete the survey when it comes to your inbox.

MILES CHALLENGE
Forty members participated in the August Miles Challenge. A total of 1,663 miles were tracked during the 3 week challenge! Sixteen members logged between 25-75 miles and earned $5 in club bucks. Twelve hardy challengers tallied up more than 76 miles and received $10 in club bucks. Way to go and thanks for committing to the challenge.

GROUP FITNESS CLASSES
NEW CLASSES START OCTOBER 1
Body Sculpt, 9:15-10:00 a.m., Mon., Wed., Fri., Studio 1
Cardio Pump, 5:30-6:15 p.m., Mon., Studio 1
Strength Fusion, 9:15-10:00 a.m., Tue., Thu., Studio 1
Power Pump, 9:00-9:45 a.m., Tue., Thu., Lap Pool
Dance Blast, 9:45-10:45 a.m., Sat., Studio 1

NEW CLASSES START OCTOBER 12
Dance Blast, 10:15-11:00 a.m., Mon., Wed., Fri., Studio 2
Yoga I-II, 10:30-11:30 a.m., Mon., Meditation Room
Chair Yoga, 9:30-10:15 a.m., Tue., Meditation Room
Yin Yoga, 10:30-11:30 a.m., Wed., Meditation Room
Yoga I-II, 9:30-10:30 a.m., Thu., Meditation Room

DISCONTINUED CLASS
Deep H2O, 6:15 p.m., Tue., Outdoor Pool
Lifestyle Moves, 8:00 a.m., Tue. & Thu., Aqua Track

T-SHIRT SALE OCTOBER 1 - 10
$9.95
Regularly $14.95
Save $5
REACH
COMMIT
ACHIEVE

WAY TO GO
Jennifer said, “The staff at the front entrance have all been so welcoming since reopening. Thank you so much! And I’d like to give a special shout out to Madonna’s cleaning staff. Madonna’s locker room cleanliness is a huge reason that we continue our membership. Thank you to these front line workers. Stay safe and healthy!”

Debbie said, “Melissa, the Tuesday night outdoor pool instructor, does an amazing job. I go away feeling I have had a great workout.”

Barb said, “The front desk staff - Kelly, Lisa and Robert - are all so welcoming and friendly. It is always nice to see a friendly smile. And Russ - always good for a smile and a word of encouragement. Julie Gibson has also done a great job to make sure the aquatics area is safe for the patrons and has worked hard to maintain the classes on the schedule that she can.”

“Anthony has done an excellent job moving equipment around and preparing for an alternative entrance when the remodel in the main entrance was in progress. It is evident that he truly cares about ProActive and its members. I also appreciate all of Sam’s efforts to make the club a safe environment. I’m sure this was a difficult undertaking but she did it successfully!”

Pam said, “I am one of many women and men who have enjoyed the outdoor pool since it opened this summer. Thank you for the decision to allow kids only on the weekends.”

FALL INTO RELIEF SALE
Oct. 26 - Nov. 8
20% OFF
3 Pack of 60 Minute Therapeutic & Deep Tissue Massages
Limit 1

REACH
COMMIT
ACHIEVE

The Commons Monthly Special
50% Discount On A Muffin With Large Specialty Coffee
Offer Ends 10/31/20
HAPPY ANNIVERSARY
Congratulations to the following staff celebrating their work anniversary in OCTOBER:

<table>
<thead>
<tr>
<th>STAFF</th>
<th>YEARS OF SERVICE</th>
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<tbody>
<tr>
<td>Mallori Brennan, Lifeguard</td>
<td>2</td>
</tr>
<tr>
<td>Julie Gipson, Aquatic Supervisor</td>
<td>14</td>
</tr>
<tr>
<td>Janice Parker, Group Fitness Instructor</td>
<td>14</td>
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<tr>
<td>Maria Pham, Yoga Instructor</td>
<td>22</td>
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<tr>
<td>Miranda Truka, Member Assistant</td>
<td>1</td>
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<tr>
<td>Jenna Hohenfeldt, Cardiac Nurse</td>
<td>15</td>
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More than 1 out of 4 older adults fall each year.

Physical therapists help improve strength and balance to help you avoid or recover from a fall.

MINI HABITS FOR HEALTHY LIFESTYLE CHANGES
By Angelina Stovall-Amos
Registered Dietitian Nutritionist

Whether you are an all-or-nothing person or an overwhelmed person who shuts down when it comes to health changes, you may find yourself not gaining results. Why?

Motivation is temporary and unreliable for establishing routines. Having an overwhelming amount of choices often leads to not even starting. The key to overcoming these personality traits and meeting your ultimate goal is willpower through micro changes.

Focus on one thing at a time with a deep understanding of why you are doing it. Breaking your goal down into small action steps will progress you forward to your goal. When possible, connect these action steps to something that is already a habit for you.

For example, a person may want to increase their water consumption to improve their digestion. Their first small action would be to set a cup next to their bathroom sink so it triggers them to drink a full cup of water (action) before brushing their teeth (habit).

Contact me at astovallamos@madonna.org or 402.413.3559 for a free goal tracker handout to jump start your progress. Use it to start setting your mini habits for healthy lifestyle changes!