

## WHAT'S HAPPENING

### HOLIDAY HOURS

Labor Day, Monday, September 7

Club: 7:00 a.m. - 7:00 p.m. Pools: 7:00 a.m. - 6:30 p.m.

**No group fitness classes held on Labor Day.**

### AQUATICS

Indoor pool area will be open September 2. More open times are available in the Aqua Track. Pick up the new schedule at the front desk.

Group swim lessons for children start Septembt 14 and end November 5. Sessions are held Monday-Thursday evening in the outdoor or indoor pool.

### 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

Dale G. won the \$25 gift card drawing for completing the July survey. We value our members' feedback. Please complete the survey when it comes to your inbox.

### POOL CELEBRATION DRAWING WINNERS

Thank you to all who attend the pool celebration! Ben T. and Betty G. won swim goggles, Kim M. won a lap counter and Dianna J. won a swim cap.

## GROUP FITNESS CLASSES

### NEW CLASSES

Water Explosion, 7:15 - 8:00 a.m., Mon., Wed. & Fri., Pool, Beginner-Intermediate Level

Hydo Interval Track, 5:30 - 6:15 p.m., Mon. Aqua Track, Intermediate Level

### NEW TIME

Water Explosion, 5:30 - 6:15 a.m., Mon., Wed. & Fri., Pool

Yoga I-II, 3:30 - 4:30 p.m. Sunday, Studio 2

### DISCONTINUED CLASS

CXWORX/BodyFlow, 11 a.m.-12 p.m., Saturday

## LABOR DAY SALE

Cloth Masks On Sale

September 7 - 14

**\$4 For One or \$7 For Two**

**Black & Dark Gray Available**



## FRIENDS + FAMILY WEEKEND

### Free Guest Weekend For Our Members

**SATURDAY, SEPT. 5 & SUNDAY, SEPT. 6**

- Guests must be accompanied by a member during the free weekend
- No limit to number of guests with member
- Member & guest are required to check in at the front desk

## WAY TO GO

Dee Said, "My trainer, Jason Cooper, is always encouraging, supportive and is great at setting up exercise routines that are just right for me."

Betty said, "All of you are great - I don't know everyone's name but appreciate your smiles and helpfulness - Kelly at the front desk, Julie at the pool, Nina keeping everything clean and tidy, Daniel and Ryan in physical therapy, Susan in membership to name a few."

"I have been overly impressed by Samantha's leadership so far. The best example I have is the manner in which she prepared to reopen ProActive including her communication with members regarding the refresh project."

Phil said, "Jessica Madsen, even on weekends, when she is not training, is always busy cleaning, tidying up areas and is always willing to assist clients with questions, always trying to make this place better. Her expertise in training is phenomenal."

Beth said, "Amy Sauer was great before Covid in her morning class and has been great with zoom during Covid."

Diane said, "There are many great staff members, but Kelly at the front desk might well be my favorite. In the past I've done physical training with Karen and she, as well, is a charm!"

Rena said, "Love Julie's water classes! She's so encouraging no matter what level of experience you are at. So enthusiastic about your health and ways to improve yourself everyday."

Beth said, "Jenni and Karla, who teach Body Flow, make me feel very comfortable even when I can't do all of the moves!"



## FITNESS GARAGE SALE

Used Fitness Equipment For Purchase Sept. 8 - 14

Out with the old so NEW can be purchased • Get a bargain & stock your home gym • All sales final

## AQUA TRACK USE



- Capacity: 4 current & 4 center
- Sign in at lifeguard desk
- 30 minute limit if members waiting
- **Members must wear a mask any time physical therapy in session**

### OPEN TIMES:

#### Monday

5:00 a.m. - 5:30 p.m.

6:15 - 7:30 p.m.

#### Tuesday

5:00 - 8:00 a.m.

8:45 a.m. - 12:15 p.m.

3:00 - 5:30 p.m.

6:15 - 7:30 p.m.

#### Wednesday

5:00 a.m. - 7:30 p.m.

#### Thursday

5:00 - 8:00 a.m.

8:45 a.m. - 12:15 p.m.

1:00 - 5:30 p.m.

6:15 - 7:30 p.m.

#### Friday

5:00 a.m. - 6:30 p.m.

#### Saturday

7:00 - 9:00 a.m.

9:45 a.m. - 4:30 p.m.

#### Sunday

7:00 a.m. - 2:15 p.m.

3:00 - 4:30 p.m.

## FREQUENTLY ASKED QUESTIONS

### Why are staff wearing eye protection?

This precaution is based on CDC guidelines and recommendations from Madonna Rehabilitation Hospital's infection prevention team.

### Can I use the club if I have a positive COVID test?

Members who have a positive COVID test result may not enter the club until at least 10 days after start of symptoms or test date if no symptoms.

### When can I bring a guest?

Starting September 1, paid guest visits, passes and punch cards may be used by guests for entrance into ProActive.

### When will the indoor pool area be open?

September 2

## HAPPY ANNIVERSARY

Congratulations to the following staff celebrating their work anniversary in **SEPTEMBER**:

STAFF MEMBER	YEARS OF SERVICE
Jessica Brennan, Lifeguard	1
Barbie Bruss, Group Fitness Instructor	8
Sarah Dimon, Group Fitness Instructor	8
Joel Halpine, Group Fitness Instructor	2
Daniel Heiser, Fitness Trainer	1
Melanie Kluever, Yoga Instructor	11
Susan Kunkee, Customer Service Supervisor	8
Ashley Lyon, Group Fitness Instructor	2
Renee Malone, Customer Service Assistant	6
Carey Nesmith, Play Center Attendant	5
Anton Olbricht, Member Assistant	5
Aimee Parker, Group Fitness Instructor	14
Sheryl Pflug, Cardiac Registered Nurse	14
Sarah Rasby, Yoga Instructor	1
Kathy Sanderson, Play Center Attendant	1
Michelle Schmidt, Group Fitness Instructor	14
Bridget Schultz, Customer Service Assistant	1
Angelina Stovall-Amos, Registered Dietitian	1



## WORKING WITH ANGELINA, PROACTIVE'S DIETITIAN NUTRITIONIST

Nervous to talk about your eating habits? Do you think all I say is "eat more vegetables"? Here's what it is REALLY like to meet with me, a Registered Dietitian Nutritionist. (Spoiler alert: I will most likely say you need to eat more vegetables at some point!)

I'm not the food police nor a micro-manager. I will, however, equip you with the confidence and tools you need to successfully eat for energy and health. You'll leave your free, 30-minute nutrition session with at least one action item to work on and you will better understand your goals and the baseline of your health status.

Investing in nutrition coaching sessions with me means you will have a goal tracker with 1-3 actionable things to complete. This is how you move toward your ultimate health goal. As your nutrition coach, you'll have my full support as we work together, including questions between sessions, recipes, sleep and stress management techniques and more!

I personalize our time together to meet your needs: whether you're a visual, auditory or hands-on learner, need in-person or telehealth sessions or want to work with the calories your body needs vs. the magical "1200 calorie weight loss program".

If this makes sense to you, let's get started! Schedule your free member nutrition session today with the front desk or by emailing me at [astovallamos@madonna.org](mailto:astovallamos@madonna.org). I can't wait to meet with you!