

BE PROACTIVE

May 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS

DISCONTINUED CLASSES

Cycling, Monday & Wednesday, 6:00 p.m.

NEW CLASSES

Cycle 30!, Monday, 8:45 - 9:15 a.m.

Cycle 30!, Friday, 8:45 - 9:15 a.m.

NEW DAY

Seated & Strong, Friday, 11:15 a.m. moves to Wednesday, 11:15 a.m.

HEALTH SCREENINGS

- Cholesterol: Wednesday, May 7th
8:00 - 10:00 a.m. \$25
- Blood Glucose, \$15 by appointment
- InBody Body Composition Analysis,
\$35 by appointment.

HOLIDAY HOURS

Memorial Day, May 26th, 5 a.m. - 8 p.m.

Holiday Classes:

- Cycling, 9:30 a.m.
- Young @ Heart, 10:15 a.m.
- Yoga, 10:30 a.m.
- Strength 4 Seniors, 11:15 a.m.

MASSAGE SPECIALS

10% Discount on a Single Massage & Free Three-Visit Guest Punch Card with \$75 Gift Card Purchase. Ends May 15th.

PROACTIVE KIDS

Activity-based fitness program for kids 2 - 10 years old. Saturdays, 9:00 - 10:30 a.m. in May. \$49 Reserve your child's spot by contacting Carla at 402.413.4012 or czedicher@madonna.org

HEALTH COACHING ON SALE

May 15th - June 30th: Save 10% on the introductory 3-pack of health coaching sessions. Enroll in the BeWell monthly coaching and training subscription and save 10% on your first three months!

QUICK & "EASY" 30-MINUTE WORKOUT

By Ryan Burger, CSCS, PTA

With a combination of pushing and pulling, this workout hits all of your major muscle groups. Ideally, you perform one exercise right after the other with the least amount of rest needed. It will improve not only your strength but also your endurance, stability and mobility.

PUSHUP These can be on the floor (hands and toes or hands and knees) or, if that is too difficult, use a counter top or wall. Perform 10 pushups.

SQUAT If you are using kettlebells or dumbbells, hold them at shoulder height or right under your chin. Bend your knees and push your hips back as far down as your knees allow. Always look straight ahead. The goal is 10 reps.

ROW Using 1 dumbbell or kettlebell, step into a lunge position with one knee bent in front and the other straight behind you. Place the forearm of the arm without the weight on the front thigh and perform the row with the other hand. Perform 10-15 reps on each side.

LUNGE You can use 1 or 2 dumbbells or kettlebells with this exercise. Hold them like you would for squats. Stand tall, take a big step forward and bend both knees straight down as far as you are comfortable for the front lunge. Push back up and immediately, with the same leg, step out to the side for a side lunge – bend the knee you are stepping with and keep the other knee straight. Push back up and immediately, with the same leg, step backward bending both knees straight down. Push back up and repeat with the other leg. Go for a total of 5 rounds with each leg

BURPEE Squat down, place your hands on the floor, kick both legs back so your body is straight like you are going to do a pushup, jump both knees back up toward your chest, stand and jump. Repeat 10 times.

PRESS OVERHEAD Hold weight in each hand at shoulder height with one foot slightly more forward than the other. Press one hand overhead, come down and repeat with the other hand. Perform 10 times each side.

When doing these exercises, if you feel are unsure or unsteady, it is okay to not use weight. Your body weight can help you get the technique down so you are safe. Keep your abs tight and try to breathe normally throughout the exercises. Set yourself a goal of doing these exercises 2-3 times per week and try to do 3-5 rounds each workout. You may need to modify the movements for arthritis or other considerations.

LIVE WELL WITH DIABETES

SIX-WEEK SERIES: MAY 8TH - JUNE 12TH

Thursdays, 10:00 a.m. - 12:00 p.m. | \$60 Members \$100 Non-members

This group education workshop is designed for individuals with type 2 diabetes and/or their caregivers. In the two hour weekly gathering, participants learn how to better manage their health, receive support for continuing normal activities and discuss emotions that arise from having a chronic health condition. The skills learned are especially useful for individuals with more than one chronic health condition. Topics include: healthy eating, symptom management, menu planning and working with providers. **SPECIAL OFFER: The \$60 fee will be reimbursed for participants who attend all sessions.**

SPECIAL EVENTS

FOOT FORM & FUNCTION WORKSHOP

Saturday, May 31st, 10:00 - 11:00 a.m.
\$25* Members \$60* Non-member
*Includes RAD Roller massage balls

YOGA FOR FEET

FOUR-WEEK SERIES: TWO OPTIONS

Thursdays, May 8th - 29th
9:45 - 11:00 a.m.
Saturdays, May 10th - 31st
2:00 - 3:15 p.m.
\$12 Members \$60 Non-members

STRENGTH 4 SENIORS

FOUR-WEEK SERIES: TWO OPTIONS

Mons. & Weds., 11:15 a.m. - 12:15 p.m. or
Tues. & Thurs., 10:45 - 11:45 a.m.
May 5th - 29th
\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays
May 6th - 29th, 8:15 - 9:00 a.m.
\$40 Members \$120 Non-members

PREVENT T2: DIABETES PREVENTION YEAR-LONG PROGRAM

Begins Wednesday, May 7th
12:30 - 1:30 p.m.
\$350 Members \$450 Non-members

KNOW YOUR MACROS

NUTRITION WORKSHOP

Tuesday, May 20th, 1:00 - 2:00 p.m.
\$15 Members \$30 Non-members

REST, RESET & CELEBRATE

YOGA CLASS

Sunday, May 18th, 5:00 - 6:15 p.m.
\$15 Members \$ 35 Non-members

JOINT MOBILITY & RANGE OF MOTION CARS WORKSHOP

Friday, May 9th, 5:30 - 6:45 p.m.
\$10 Members \$30 Non-members

TRX BASICS

GROUP CLASS

Thursday, May 15th, Two Options:
3:00 - 4:00 p.m. or 6:30 - 7:30 p.m.
\$10 Members \$25 Non-members

EXERCISE AS STEWARDSHIP

By Jason Cooper, CSCS, NSCA-CPT, Fitness Trainer

When we talk about stewardship, we often mention finances, time, talent, property and environmental resources. Each of these requires thoughtful caretaking. So do our bodies. Here are 10 observations about stewardship of our bodies:

1. We've been entrusted with, confided in and charged with the duty of overseeing the conditioning of our body. This involves being mindful of how we fuel ourselves, exercise and rest.
2. When entrusted with something, we can't opt out of what we've been given.
3. When it comes to what we've been entrusted with, we work with what we have, not with what we don't have.
4. Sometimes stewardship can seem like a dull duty, other times a pleasant pastime.
5. Body care is an aspect of wisdom, not preference or disposition.
6. No steward is an island. How we care for our bodies impacts our relationships.
7. Stewardship involves taking responsibility and not blaming others for what we do or don't do.
8. Dwelling on poor stewardship in our past doesn't help, but it can motivate us by reminding us who we want to be in the present.
9. Our bodies are masterpieces. They are where we live and worthy of attention.
10. Madonna Wellness Club is loaded with exemplary and tenacious stewards. We spur each other on as we witness each other care for the bodies we've been given.

MEDITATION SERIES & CHALLENGE

Meditation is an exercise that can remove distractions, increase focus, reduce stress and promote happiness by decreasing negative thoughts.

Meditation helps the practitioner become more mindful and present. There are many ways to meditate and the most benefit can be found by taking steps to find what strategies work best for you.

Two opportunities to explore meditation are available in May.

OPTION #1: THE 14-DAY MEDITATION CHALLENGE

- Commit to 14 consecutive days of meditating.
- Complete self-report pre and post test.
- Discover ways to create the best environment for a regular practice.
- Sign up online or at the front desk. \$5 Members \$20 Non-members

OPTION #2: MEDITATION & MORE THREE-WEEK SERIES

- Wednesdays, May 14th, 21st & 28th, 1:00 - 2:00 p.m.
- Instructor Lauren explores the benefits and strategies of meditation.
- Experience walking meditations in the labyrinth.
- Sign up online or at the front desk. \$5 Members \$60 Non-members

30-DAY CLIMBING CHALLENGE

Pick up the Climbing Challenge guidelines at the front desk and challenge yourself to climb the stairs everyday for 30 days - at the club, at home and everywhere you go. Whether it is actual stairs or equipment like the stair climber, Nu Step, hand cycle, ARC trainers or elliptical, you will burn calories and increase your strength. Added benefits include enhanced mental focus, improved cardiovascular health and more endurance.

Remember, sometimes the most ordinary things can serve as great self-care. Climb the stairs to boost your endorphins and add energy to your day!