

BE PROACTIVE

July 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS CLASSES

NEW REFORMER I CLASSES

Wednesday

11:00 - 11:50 a.m. & 12:30 - 1:20 p.m.

Thursday

11:00 - 11:50 a.m. & 12:30 - 1:20 p.m.

SWIM LESSONS

CHILD GROUP LESSONS

July 7th - 24th, Indoor Lap Pool

Both ends of the open area will be used and not available for open swim during the following times: 10:30 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m. Monday - Thursday.

ADULT GROUP LESSONS

July 7th - 23rd, Monday & Wednesday

1:00 - 1:30 p.m., Indoor Lap Pool

\$60 Members \$100 Non-members

HEALTH SCREENINGS

- Cholesterol: Wednesday, July 2nd
8:00 - 10:00 a.m. \$25
- Blood Glucose, \$15 by appointment
- InBody Body Composition Analysis,
\$35 by appointment.

HOLIDAY HOURS

Independence Day, Friday, July 4th

Hours: 5:00 a.m. – 5:00 p.m.

Holiday group fitness schedule:

- 8:45 - 9:30 a.m. Cycling with Roxie
- 9:00 - 10:00 a.m. Yoga with Chelsey
- 10:15 - 11:00 a.m. Dance Blast with Kristen

Regular class schedule resumes July 5th.

PROTEIN OPTIONS

Fairlife, chocolate shake with 30 grams protein/2 grams sugar, Nurrii, vanilla shake with 30 grams protein/1 gram sugar and Muscle Milk, chocolate shake with 25 grams protein/0 grams sugar are all available in the Commons at the front desk.

TRAIN FOR LONGEVITY: MINDSET SHIFTS FOR LIFELONG RUNNERS AND WALKERS

By Dennis E. Scofield, MAEd, Research Exercise Physiologist
Madonna Institute for Rehabilitation Science and Engineering

As we move into our 40s, 50s and beyond, our bodies change, and so should our training approach. The mindset of push harder, go faster and ignore the pain can actually limit our progress and enjoyment as we age. True athletic longevity means learning to listen to our bodies, respect pain as valuable feedback and embrace patience in the process.

1. Learn to Listen: Your Body is Talking

Pain does not equal weakness. Pain isn't just something to "power through." It's a signal that your body needs care or adaptation. Sharp, stabbing, or persistent pain is telling you to stop and reassess. Aches that worsen after activity are early warning signs, not badges of honor. Tune In by doing a "body scan" before and after each session: How do your joints, muscles, and energy feel? Is there a difference in one side versus the other?

2. Respect the Process: Patience Equals Progress

Recovery is training. Muscles and joints get stronger not during workouts, but while resting and repairing. Schedule rest/recovery days just like training days. Progress comes from a series of good decisions, not one heroic effort. Celebrate consistency, not intensity. A week of moderate, pain-free activity is better than one big workout followed by injury.

3. Redefine Success: Long-Term Goals

Ask yourself, "How do I want to feel and move a year from now?" Focus on participation, enjoyment, and functional fitness. Adaptability means adjusting your plans based on how your body feels, not just the original goal. Be willing to swap a run for a walk or a workout for a stretch session will still achieve your long-term goals.

4. Strategies to Build a Longevity Mindset: The "2-out-of-10" Rule

Don't push through pain greater than a 2 out of 10 scale. Mild discomfort that improves with movement is okay; pain that escalates is not. Use a training journal to record how you feel each day, not just miles or minutes, but energy, sleep, soreness and mood. Practice self-compassion and replace "I have to go hard" with "I choose what's right for my body today."

5. Listen, Adjust, Thrive: Patience is Power

Remember quitting pain is not quitting the sport. It's a smart, courageous choice for lifelong movement. Progress isn't lost by slowing down, it's preserved. Mantras for longevity are "Pain is information, not a challenge." "I honor my body's messages." "My finish line is feeling strong for years to come."

Work to build a training approach that respects both your motivation and your body's wisdom!

REFORMER SUMMER STEAL

Get to know Wendy by trying an early morning **REFORMER CLASS FOR FREE** July 2nd - 23rd. Save \$25 per class!

CLASS DAYS & TIMES

Mondays & Wednesdays

5:15 - 6:00 a.m. & 6:15 - 7:00 a.m.

SPECIAL EVENTS

PROACTIVE KIDS FOUR-WEEK SERIES

Saturdays, 9:00 - 10:30 a.m.

July 5th - 26th For members' child or grandchild, 2 - 10 years of age. \$39

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.

July 7th - 31st

\$80 Members \$200 Non-members

PRECISION KICKBOXING FOUR-WEEK SERIES

Tuesdays & Thursdays, July 8th - 31st
8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

STRENGTH & CONDITIONING SPECIAL CLASS WITH CARSON

Tuesday, July 8th, 6:00 - 7:00 p.m.

Free for Members and Guests

BARRE PILATES SPOTLIGHT CLASS

Friday, July 11th, 5:30 - 6:30 p.m.

Meet new instructor Wendy.

Free for Members and Guests

NEXT LEVEL BOOK STUDY FOUR-WEEK SERIES

Sundays, July 13th - August 3rd

3:45 - 5:00 p.m. Cost includes book.

\$35 Members \$100 Non-members

BONE HEALTH NUTRITION WORKSHOP

Tuesday, July 22nd, 1:00 - 2:00 p.m.

\$5 Members \$15 Non-members

JOINT MOBILITY & RANGE OF MOTION CARS WORKSHOP

Wednesday, July 23rd

9:00 - 10:00 a.m.

\$10 Members \$30 Non-members

YOGA + WRITING WORKSHOP THREE-WEEK SERIES

Saturdays, July 12th - 26th,

9:45 - 10:45 a.m. or Thursdays,

July 17th - 31st, 2:00 - 3:00 p.m.

\$10 Members \$45 Non-members

CYCLING CHALLENGE Pedal Nebraska July 1st - 31st



Sign up for this challenge to track your cycling miles inside and outside the club in July. Pick up a tracking sheet at the front desk and each time you pedal, record the distance.

When you have pedaled the miles for a specific location on the tracking sheet, add it to the appropriate day.

All participants receive a free guest pass when their tracking sheet is turned in. The participant with the MOST MILES PEDALED wins a \$20 gift card.

Sign up online or at the front desk. \$5 Members \$20 Non-members

FOOD FOR THOUGHT

Make your summer adventures more nutritious.

Airports, convenience stores and concession stands typically offer over-priced and nutrient-poor food choices. With a bit of planning, you can enhance your nutrition and save money on your summer adventures!

Here are some alternatives to pack or purchase. Remember to balance your snacks by including protein and fiber. This will keep you full and satisfied, and help keep your blood sugar stable.

Protein Foods	Fiber Foods
Jerky	Avocado
String Cheese	Fresh Fruit
Peanut & Almond Butter	Dried & Freeze-dried Fruit
Nuts & Seeds	Raw Vegetables
Dried Edamame	Nuts & Seeds
Hard-boiled Eggs	Popcorn

NUTRITION BITE Seasonal Produce By Lisa Graff, Registered Dietitian Nutritionist

With the hot weather and long days of summer, it's often easier to eat more fruit and vegetable-packed meals. Take advantage of in-season produce as it makes its way to store shelves and farmers' markets. Produce that is in season not only tastes better, but is more nutritious because it hasn't spent as long being transported to the grocery store.

Challenge yourself this July to eat the rainbow of colors with

the FRESH FRUITS & VEGGIES CHALLENGE! For 14 days, try new fruits and vegetables, explore the different color groups and add something different to every meal. Pick up your tracking sheet at the front desk. Turn it in by August 2nd to earn prizes! For more information or to schedule a nutrition consultation, contact Lisa at 402.413.3559 or lgraff@madonna.org.

