

BE PROACTIVE

June 2025 Newsletter

WHAT'S HAPPENING

EDUCATOR APPRECIATION MONTH

Non-member guests who work in education may receive a free two-week trial membership. Active members who work in education may receive an additional 10% discount on a single massage. Educators need to present their employee identification to receive offers.

POOL PARTY

Attend the annual outdoor pool party on Friday, June 27th, 4:30 - 6:30 p.m. Enjoy games and the watermelon relay for the kids. Complimentary refreshments and Kona Ice will be available.

HEALTH SCREENINGS

- Cholesterol: Wednesday, June 4th 8:00 - 10:00 a.m. \$25
- Blood Glucose, \$15 by appointment
- InBody Body Composition Analysis, \$35 by appointment.

BEACH TOWEL PUNCH CARD

- Request your beach towel punch card at the front desk.
- Present your beach towel to staff on each visit and receive a punch.
- Limit one punch per day per card.
- For every 10 punches, receive a FREE one-day guest pass (\$12.00 value).

FRIENDS & FAMILY WEEKEND

Saturday, June 7th and Sunday, June 8th, members may bring in guests for free.

HEALTH COACHING SALE

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! Offer ends June 30th.

BEING MINDFUL OF COMPARISONS

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

We may compare our bodies and fitness level to others without even realizing we're doing it. Noticing differences between ourselves and others isn't inherently harmful. The problem comes when comparisons get us down or puff us up and affect our thoughts, attitudes and behaviors. These are issues that affect our lives and our health and wellness. Here are five ways to free ourselves and others from the pitfalls of comparisons:

- 1) Have a stable, intrinsic, felt sense of worth. This is in contrast to external measures of worth that are based on perceptions, thoughts and subjective standards.
- 2) Consider ourselves gifted and be grateful. Our abilities and talents are unique and indispensable. We are not called to be someone else, but to be ourselves.
- 3) "Watch" our thoughts about comparisons. Our mind naturally churns out words, sentences, thoughts, memories, evaluations and judgements. Using mindful self-observation, we can look at our thoughts, rather than from them.
- 4) Have positive regard for differences. We can appreciate and honor the differences and abilities of others, as well as our own.
- 5) Believe we don't need to be the "most fit" person in the room to be doing a job well done. It seems like we erroneously try to find happiness by having more, or being more, than someone else. But we don't need more to have enough.

MEMBER APPRECIATION WEEK

June 23rd - 29th

It's a week-long celebration to show appreciation for YOU, our members. Your loyalty and commitment mean the world to us, and this week we try to show our gratitude with special drawings, discounts and giveaways. We hope you visit the club EVERY DAY this week so we can tell you THANK YOU in person.

MOTIVATION MONDAY, June 23rd: Enter drawings for great prizes, including: dues, punch card, personal training session, health coaching, reformer classes and group swim lessons!

TAKE A PICTURE TUESDAY, June 24th: Share your workout picture! Take a selfie or a picture of your equipment, location or class. Email your picture to madonnaproactive@madonna.org.

WALK A MILE WEDNESDAY, June 25th: Complete a mile on the track, in the pool or on equipment, then let us know at the front desk. A free guest pass is your reward!

TREAT YOURSELF THURSDAY, June 26th: Save 15% on training! Discount available for purchases of one-on-one or tandem personal training, private Pilates and private yoga sessions.

FOOD FRIDAY, June 27th: Complimentary refreshments all day! Kona Ice, watermelon relay and games at the pool party from 4:30-6:30 p.m.

SHARING SATURDAY & SUNDAY, June 28th & 29th: Free guest weekend! No limit to the number of friends and family you can bring in to enjoy the club.

SPECIAL EVENTS

DEEP H2O INTERVAL TRAINING SEVEN-WEEK SERIES

Tuesdays, June 3rd - July 15th
6:30 - 7:15 p.m.

Free for Members \$35 Non-member

AQUA ZUMBA FOUR-WEEK SERIES

Wednesday, June 4th - 25th,
6:45 - 7:30 p.m.

\$5 Members \$ 65 Non-members

YOGA FOR TRAVELERS THREE-WEEK SERIES: TWO OPTIONS

Thursdays, June 5th - 19th
9:45 - 10:45 a.m.

Saturdays, June 7th - 21st
2:00 - 3:00 p.m.

\$12 Members \$60 Non-members

RETHINK YOUR POSITION FOUR-WEEK BOOK STUDY

Saturdays, June 7th - 28th
11:45 a.m. - 1:00 p.m.

\$35 Members \$100 Non-members

PRECISION KICKBOXING FOUR-WEEK SERIES

Tuesdays & Thursdays
June 3rd - 26th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

TRX FOR BEGINNERS FOUR-WEEK SERIES

Wednesday, June 4th - 25th
8:00 - 8:45 a.m.

\$15 Members \$80 Non-members

MEALS TO MEET YOUR MACROS NUTRITION WORKSHOP

Tuesday, June 24th, 12:00 - 1:00 p.m.
\$15 Members \$30 Non-members

HIP MOBILITY & STRENGTH WORKSHOP

Thursday, June 12th, 1:00 - 2:00 p.m.
\$20 Members \$40 Non-members

EMPOWERED RELIEF WORKSHOP

Tuesday, June 17th, 12:00 - 2:00 p.m.
Thursday, June 26th, 5:30 - 7:30 p.m.
\$20 Members \$35 Non-members

HOW TO LIVE WELL WITH CHRONIC PAIN

Wednesdays: June 25th - July 30th, 2:00 - 4:00 p.m.

Chronic pain is unique, and it can be challenging to manage effectively. There is no one-size-fits-all approach to management. Chronic pain can have an enormous impact on your emotional, physical and mental health. Research has shown that people with pain are significantly more likely to experience anxiety and depression. In the U.S., 20 percent of the population lives with chronic pain. Self-management strategies can help reduce pain levels and improve your quality of life. Modifying your activities may be helpful but having access to strategies is necessary. As difficult as it is to get yourself moving when you have chronic pain, it's also extremely important. Stress levels exacerbate chronic pain, and chronic pain exacerbates stress levels. This means that the mind and body are linked. People with pain often feel isolated and alone.

How to Live Well with Chronic Pain is a six-week group education workshop that meets weekly. Connecting with others is vitally important and peer support from people who understand what you are going through can be very helpful. This program is especially useful for people with more than one health condition because it teaches skills to manage the challenges of living with multiple health concerns.

Workshop cost is \$60 members and \$100 non-members. For more information, contact Carla Zedicher, 402-413-4012 or czedicher@madonna.org.

JUNE CLIMBING CHALLENGE

Located approximately 10 hours, or 600 miles from Madonna Wellness Club, stands Mt. Elbert (14,433 ft.) and Mt. Massive (14,427 ft.). These mountains are the highest peaks in the Rocky Mountains. Using trails, you can expect a round trip hike of 7.6 to 9.4 miles.

The June Climbing Challenge is to use RPE (Rate of Perceived Exertion) or METs (Metabolic Equivalent of Tasks), to monitor your approximate intensity while hiking the distance of one, or both, of these impressive Colorado mountain peaks.

GOAL: Pick up your tracking/conversion sheet at the front desk. When you climb/step/walk (i.e. actual stairs, stair climbers, NU Step, hand cycle, ARC Trainer and/or the elliptical) record your progress in accumulating the round-trip climbing mileages of Mt. Elbert or Mt. Massive or both of these mountains in Colorado! **Use this challenge to work with intention to monitor your efforts and try to increase your intensity!**

WELLNESS WARRIORS

Eight-Week Series: June 9th - August 2nd



Wellness Warriors is a functional fitness, small group training program and nutrition coach/personal trainer Darren Jack uses a whole-person approach that supports real-life movements and activities.

Working with a small group provides a powerful tool for motivation and commitment – and it can be less intimidating. Darren provides individualized attention and the group provides a sense of camaraderie. You are all warriors together!

Wellness Warriors costs less compared to one-on-one training and provides more personal attention than group classes alone. It is an efficient and effective way to get results; plus it's fun.

BENEFITS: Small & Large Group Training, Pre & Post InBody Test, Nutrition Consultation, Individualized Coaching, Health & Wellness Plan & Team T-shirt

TRAINING DAYS: Monday, Tuesday, Wednesday, Thursday & Saturday

INVESTMENT: \$289 Members \$400 Non-members