

BE PROACTIVE

SEPTEMBER 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS CLASSES

New Class

Seated & Strong, Friday, 11:15 a.m. - 12:00 p.m., Studio 1

HEALTH SCREENINGS

- Cholesterol: Wednesday, Sept. 3rd 8:00 - 10:00 a.m. \$25
- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

HOLIDAY HOURS

Labor Day, Monday, September 1st

Club Hours: 5:00 a.m. - 8:00 p.m.

Holiday Class Offerings:

9:00 - 9:45 a.m. Cycling

9:30 - 10:15 a.m. H2O Cardio Core

10:15 - 11:00 a.m. Young@Heart

10:15 - 11:00 a.m. Dance Blast

10:30 - 11:30 a.m. Yoga

1:00 - 2:00 p.m. Strength 45

Regular class schedule will resume

Tuesday, September 2nd.

SWIM LESSONS

Registration is open for child group swim lessons for the fall session: September 22nd - October 30th. Lessons are held once a week for six weeks.

\$60 Members \$100 Non-members

NUTRITION WORKSHOP

Supplement Smart: Creatine

Wednesday, September 24th, 1:00 - 2:00 p.m. Join Registered Dietitian Lisa Graff to learn how creatine fits into your nutrition and fitness goals.

\$5 Members \$15 Non-members

ADULTS ONLY POOL PARTY

Celebrate the end of summer in the outdoor pool on Thursday, September 18th, 1:00 - 3:00 p.m. Special class with Julie offered 1:30 - 2:15 p.m.

CARDIOVASCULAR HEALTH

By Samantha Kelly, MS, ACSM-EP, General Manager

Cardiovascular health is one of the key indicators of a person's longevity. World Heart Day is on Monday, September 29th and this is a great reminder that your heart health is largely influenced by the decisions you make every day. That's the reason many of you are members!

How do you know if you have good cardiovascular health and what should you track? This would largely be vitals in optimal ranges, such as blood pressure, cholesterol (lipids), body mass index and blood glucose. Other considerations include lifestyle choices, such as being sedentary or active and smoking cigarettes or vaping. A person's genetic predisposition to heart conditions also makes a difference. Outside of genetic predisposition, these vitals and lifestyle choices are managed by your day to day decisions.

Key healthy lifestyle choices that contribute to good cardiovascular health include, a regular and well-rounded exercise routine, balanced dietary choices stress management practices, positive social connections and if needed, monitoring heart-related genetic predisposition.

Madonna Wellness Club offers resources and services to help you maintain a healthy heart: blood pressure machine, cholesterol screenings and blood glucose checks. Services to help improve your physical fitness and making balanced dietary choices including 100+ weekly group fitness classes, nutrition workshops, dietitian consultation and the stress management options of yoga, meditation and book studies. Cardiac rehabilitation medical services are available after most heart-related events or surgeries.

If you could use some additional support improving your heart health, speak with one of our health and wellness coaches about beneficial next steps. Many members have a complimentary one-year health coaching session available. Use this appointment to chat about the changes you could make to level up your heart health!

BINGO! Strong Hearts in September

S	T	R	O	N	G
Cycling	Use strength equipment	Yoga	Use any strength equipment	Tai Chi	Walk in the Aqua Track
Yoga	Dance Blast	Use strength equipment	H.I.I.T	Use strength equipment	Cycling
Hydro Core	Yoga	TRX	Use an Elliptical for 5 minutes	Aqua	Stretch & Core
Cycling	Tai Chi	Use an elliptical for 5 minutes	Aqua	Yoga	Use an ARC trainer for 5 minutes
Use the Keiser equipment	Cycling	Aqua	Use any strength equipment	Boot Camp	Use the Hand Cycle for 5 minutes
Walk/Run on a Treadmill	Aqua	Cycling	Take a Workshop	H2O Interval	Walk 2 laps with Someone
H	E	A	R	T	S

Do you have a competitive heart? Playing bingo this month will provide you some competition and a lot of heart-healthy activities. It's a WIN-WIN! Pick up your bingo card at the front desk. When you complete all the activities in a row, column or diagonally, you win a free guest pass. There's a limit of one bingo per card but you can play up to four cards for more changes to win.

Strive to get your bingo by World Heart Day on September 29th to celebrate your commitment to heart health. Free for members.

SPECIAL EVENTS

TRX BASICS GROUP CLASS

Tuesday, Sept. 2nd, 1:00 - 2:00 p.m.
\$10 Members \$15 Non-members

UNDERSTANDING STANDING POSES

FOUR-WEEK SERIES: TWO OPTIONS

Thursdays, September 4th - 25th,
9:45 - 10:45 a.m. or Sundays,
September 7th - 28th, 9:00 - 10:00 a.m.
\$12 Members \$80 Non-members

WATER BALLET TWO-WEEK SERIES

Saturdays, September 6th & 13th,
10:30 - 11:15 a.m.
Free Members \$18 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.
September 8th - October 2nd,
\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays,
Sept. 9th - Oct. 2nd, 8:15 - 9:00 a.m.
\$40 Members \$120 Non-members

EMPOWERED RELIEF WORKSHOP

Virtual: Tuesday, Septembr 9th,
5:30 - 7:30 p.m.
In-Person: Wednesday, September 17th,
12:00 - 2:00 p.m.
\$20 Members \$35 Non-members

TRX FOR BEGINNERS

FOUR-WEEK SERIES

Wednesdays, Sept. 10th - Oct. 1st,
8:00 - 8:45 a.m.
\$15 Members \$80 Non-members

PREVENTING FALLS TWO-WEEK SERIES

Thursdays, September 11th & 18th,
1:00 - 2:00 p.m.
\$5 Members \$15 Non-members

CARs FOR THE SPINE WORKSHOP

Sunday, Septmber 21st, 10:00 - 11:00 a.m.
\$10 Members \$30 Non-members

STABILITY BALL WORKSHOP

Friday, September 26th, 5:30 - 6:30 p.m.
\$25 Members \$60 Non-members

BOOSTING OUR EFFECTIVENESS

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

Our body’s sensory systems are so basic we often don’t notice them or we tune them out until something doesn’t work as it should. But there are benefits of tuning in. Here are three aspects of wellness provided by our sensory systems we may not think of when we come to the club:

- 1. Interoception** refers to our ability to perceive and understand our body’s internal senses, such as thirst, heart rate, emotions and muscle sensations. When we’re at the club, we can pay attention to our muscles as they stretch, burn, contract, fatigue and relax. We can feel our heart and lungs work. We can also take a conscious inventory of our emotions.
- 2. Exteroception** refers to sensitivity to our external environment, like sight, smell, hearing, touch and taste. When we hold the grip on the machines or dumbbells we can feel the pressure and heft of the weight. We can see the light coming through the windows, the height of the wooden pillars and arched ceiling. We can look at the trees and plants, and smell coffee in the entryway.
- 3. Proprioception** refers to our body’s ability to sense its locations, movements and actions without relying on visual input. Physiologist Dr. Emily Richards explains, “Proprioception allows you to know where your limbs are in space without looking at them, which is crucial for balance, coordination and injury prevention.” We can stand on one leg and take the other leg to the side to increase proprioceptive awareness. We can see how closing our eyes impacts our balance and experience of a movement. We can also do yoga, Pilates and Tai Chi.

It’s easy to tune out and go through the motions when we exercise. But conscious recognition of our internal state, external experiences and orientation of our bodies is key to our biological and psychological health. Incorporating these practices into our routine can broaden their scope and boost their effectiveness.

EMPOWERMENT & CONNECTION

The Advantages of Support Groups

How **LIVING WELL WITH DIABETES** and **PREVENT T2** can improve your quality of life and lead to better health.

QUALITY	INDIVIDUAL BENEFIT	GROUP COMPONENTS
Self-confidence	Builds belief in managing your condition	Learning how to handle daily symptoms
Social Connection	Reduces your feelings of isolation	Sharing your experiencs with others
Practical Advice	Reduces your symptons & sides effects	Sharing of real-world manage-ment tips
Emotional Support	Provides you comfort & understanding	Receiving encouragement during difficult times
Healthcare Services	Improves your interaction with providers	Learning how to navigate treatment

LIVING WELL WITH DIABETES

Sept. 9th - Oct. 14th, 1:00 - 3:00 p.m.
Designed for individuals with type 2 diabetes and their caregivers. Series provides help to build a community and enhance the qualities needed to live well. Investment: \$60 Members \$100 Non-members

PREVENT T2

Oct. 13th- Sept. 14th, 5:30 - 6:30 p.m.
In this yearlong program, group education is held weekly for six months and then monthly for six months. Participants lose weight, move more and build healthy habits. Investment: \$350 Members \$450 Non-members