

# BE PROACTIVE

## DECEMBER 2025 Newsletter

### WHAT'S HAPPENING

#### HOLIDAY HOURS & CLASSES

##### Wednesday, December 24th

Hours: 5:00 a.m.-2:00 p.m.

- 8:30 - 9:15 a.m. Body Sculpt
- 9:30 - 10:15 a.m. Cycling
- 10:15 - 11:00 a.m. Dance Blast
- 10:30 - 11:30 a.m. Yoga
- 11:30 a.m. - 12:15 p.m. H2O Interval

##### Thursday, December 25th Closed

##### Friday, December 26th

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

- 8:30 - 9:15 a.m. Body Sculpt
- 9:30 - 10:15 a.m. Cycling
- 9:30 - 10:15 a.m. H2O Interval
- 10:15 - 11:00 a.m. Dance Blast
- 10:30 - 11:30 a.m. Yoga

##### Wednesday, December 31st

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

- 8:30 - 9:15 a.m. Body Sculpt
- 9:30 - 10:30 a.m. Cycling
- 10:15 - 11:00 a.m. Dance Blast
- 10:30 - 11:30 a.m. Yoga
- 11:30 a.m. - 12:15 p.m. H2O Interval

##### Thursday, January 1st

Hours: 7:00 a.m. - 7:00 p.m.

No land or water classes

#### SWIM LESSONS

Registration opens December 15th for the winter session of adult and child group swim lessons.

Child Group Session: January 5th - February 12th

Adult Group Session: January 6th - February 10th, Tuesdays, 3:00 - 3:30 p.m.  
\$50 Members \$90 Non-members

#### 20TH ANNIVERSARY TEES

Starting December 8th, you can pre-order the special short and long sleeve t-shirts for the Club's 20th anniversary in January. Pre-order price of \$20 for short sleeve and \$25 long sleeve ends December 31st. See tee colors and place order at the front desk.

### GIVING THANKS - PART II

*"It is so sweet that many members will thank me for cleaning and putting out new towels. It is nice to be appreciated."* [Julie Wilson](#)

*"I am grateful for the yoga community here, especially members who have been practicing with me for years. It takes a lot of dedication to show up week after week."* [Amy Sauer](#)

*"I am always amazed and grateful to the dedication of the 5:00 a.m. class attendees!"* [Shelley Dettmer](#)

*"I'd like to recognize the whole 5:30 p.m. Monday HIIT class for always making class awesome and giving their best efforts during class."* [Rochelle Senkbeil](#)

*"I'm always impressed by the dedication of the Sunday morning 'early birds' ready to get their work-out on. It is nice catching up with many of the Sunday regulars and giving those rowdy pickleballers a hard time (you know who you are)."* [John Danley](#)

*"I am inspired by members regular attendance in classes. They know the value of building and maintaining their strength. I am motivated by members' movement and proficiency at keeping the beat. I love that they enjoy international rhythms and moves!"* [Greta Glenn](#)

*"I'm thankful for members who smile and say Hi."* [Kelly Cody](#)

*"The entire 5:45 a.m. Strength 45 class is made up of people who are good human beings who support each other and help each other during good and challenging times. They make getting up early easier!"* [Tracy Haefele](#)

*"Our members inspire me daily. They demonstrate consistency and find joy even while doing difficult things. Thank you for showing up and sharing a smile. It helps fill my bucket."* [Keri Kramer](#)

### MEMBER APPRECIATION WEEK

#### December 15th - 21st

MONDAY:	Sales! - purchase training special offers & more
TUESDAY:	Ugly Sweater - wear it for a free guest pass
WEDNESDAY:	Wellness - enter a drawing for a 60-minute massage
THURSDAY:	Move a Mile - log the distance for a free guest pass
FRIDAY:	Food Fun - enjoy complimentary refreshments
SATURDAY:	Free Guest Day - bring in friends & family
SUNDAY:	Free Guest Day - bring in friends & family

#### MEMBER APPRECIATION WEEK DRAWINGS

Staff Guess Who \$20 Gift Card

Sun Valley Lanes \$50 Gift Card

Red Clover Market \$50 Gift Card

Month of Dues \$65-\$85 Value

Scheels \$50 Gift Card

Hiro 88 \$50 Gift Card

# SPECIAL EVENTS

## STRENGTH 4 SENIORS

### THREE-WEEK SERIES - THREE OPTIONS

December 1st - 18th

Mons. & Weds., 11:15 a.m. - 12:15 p.m.

Tues. & Thurs., 10:45 - 11:45 a.m.

Tues. & Thurs., 11:45 a.m. - 12:45 p.m.

\$60 Members \$180 Non-members

## TAI CHI IN THE E

### THREE-WEEK SERIES

Tuesdays, December 2nd - 16th

6:30 - 7:15 p.m. Free\* Members

\$65 Non-members \*\$20 Senior Plus

## HOLIDAY STRONG - THREE OPTIONS

Wednesdays, December 3rd & 10th

Thursday, December 18th

6:30 - 7:15 p.m., Free Members

\$18 Per Class Non-members

## TRX + PILATES

### THREE-WEEK SERIES

Thursdays, December 4th - 18th

11:30 a.m. - 12:30 p.m.

\$15 Members \$80 Non-members

## RIDE FOR CURES - COHN'S & COLITIS FUNDRAISER CLASS

Saturday, Dec. 6th, 8:00 - 8:45 a.m.

Use QR code on club flier to donate.

Free Members \$18 Non-members

## CARS FOR THE SPINE WORKSHOP

Sunday, December 7th, 4:45 - 5:45 p.m.

\$10 Members \$30 Non-members

## NEXT LEVEL GROUP TRAINING FOUR-WEEK SERIES

Sundays, December 7th - 28th

3:45 - 4:45 p.m.

\$40 Members \$100 Non-members

## MASON JAR SOUPS COOKING DEMONSTRATION

Tuesday, December 9th

12:00 - 1:00 p.m.

\$20 Member \$40 Non-member

## FROM MOW TO SNOW WORKSHOP

Wednesday, December 10th

1:00 - 2:00 p.m.

\$5 Members \$15 Non-members

# THE BENEFITS OF FAILURE

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

*I'm not sticking to my strength training routine well enough. I always mess up my nutrition. I started two meds I could've avoided if I exercised more. I'm too far behind to catch up. I keep buying what I don't want at the grocery store.*

Have you ever thought anything like that?

We might get down on ourselves when we think we fail in our health and wellness endeavors. Our self-judgments and self-evaluations are often more debilitating than the failures themselves. But rather than failure working against us, we can use it for good.

One way to do that is to look at our perceived failures, not as hopeless flaws or proof it's too late, but as learning opportunities. Another way is to admit and embrace failure, otherwise we strip it of its power to transform us. But when we face failure honestly and wholeheartedly, it can be an occasion for growth and a catalyst for meaningful change.

Failure can also spark creativity, strengthen our resolve, build confidence and help us set healthier boundaries. It can open new paths and options, and help clarify what we really want. Failure can help us confront our weaknesses and often put us in a better place than we would've been without it.

When our civilization learned to fly, the refinements that came after the crashes led to the changes that enabled flight. We can profit from error by making operational tweaks too. Maybe we need to set a boundary with nutrition, schedule strength training three times a week, change our route in the grocery store, learn two new exercises or enlist support. We can also change negative self-talk into something more thoughtful. Instead of saying "I'm too far behind" we can say, "Being behind doesn't mean I can't move forward" and "I can work at my own pace."

Not living up to our own expectations and values can get us feeling down. But let's not double failure's power by limiting it to defeatism. Let's consider how falling short can be the reason for the healthy changes and choices we want to make. Don't allow failure to go by without letting it make a positive contribution.

## Holiday Specials Available December 1st - 31st



**MASSAGE:\*** 10% off single massage & 5% off 3-pack massage

**PUNCH CARD:** 50% off five visit card

**PROSHOP:** 50% BOGO - buy one item, 50% off 2nd item of lesser value

### WELLNESS PACKAGES:

Personal Training, Private Yoga & Pilates Reformer

Three 60-minute Sessions \$165 & Three 30-minute Sessions \$105

Heath Coaching Three Sessions \$99

Nutrition Coaching Three Sessions \$99

\*Massage special available to non-members.

Limit of one for each item.

# YEAR AT A GLANCE

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

Improving the building and equipment are always top of mind to help retain our wonderful community of members. In 2025 the lobby and walkway carpet was replaced, new pool and building heaters were installed and other equipment around the facility was upgraded. Additionally, a third awning was added at the outdoor pool, gym windows were tinted and other cosmetic touch-ups occurred. In January, the Club celebrates its 20th year of operation and we are excited to start investing in your wellness and this community for another 20 years. Thank you for choosing Madonna Wellness Club!