

BE PROACTIVE

February 2026 Newsletter

WHAT'S HAPPENING

EMERGENCY RESPONDER & MILITARY APPRECIATION

This February, non-member guests who are police, firefighters, EMTs and active/ reserve military members may receive a complimentary two-week trial membership. Present a business card or employment/military ID to receive offer.

GROUP FITNESS

SPECIAL CLASS: CYCLE 30!

- Tuesdays, February 3rd - 24th
6:15 - 6:45 p.m.
- Fridays, February 6th - 27th
5:30 - 6:00 p.m.

HEALTH SCREENINGS

- Cholesterol: Wednesday, February 4th
8:00 - 10:00 a.m. \$25
- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

FRIENDS & FAMILY WEEKEND

Members may bring in guests for free on Saturday, February 7th and Sunday, February 8th.

MASSAGE SPECIAL

Receive 15% discount on a single massage and 5% discount on a massage three-pack when purchased February 1st through 16th.

VALENTINE'S DAY

Enjoy a free guest day! Bring a friend, spouse or partner and workout together on Saturday, February 14th.

SWIM LESSONS

Registration opens February 23rd for the spring session of child group swim lessons held March 23rd - April 30th. \$60 Members \$100 Non-members. Save 10% on private or semi-private lessons through February 28th.

TELL YOUR STORY

For Madonna Wellness Club's 20th anniversary, we asked members to share their wellness journey with us. Read Gene T.'s story for a great reminder of how important it is to be an organ donor.

For years, my regular workout routine included playing pickup basketball or some form of aerobic exercise along with some weight training days before heading to work. Cardiac health concerns contributed to damage to my heart and liver. We were informed that to survive I would need both a heart and liver transplant.

Following a month-long evaluation at Mayo Clinic in Jacksonville, I was approved as a candidate for a dual transplant. During my nearly three-month stay in the hospital waiting for a matching donor, I was encouraged to continue a workout routine. Each day I would walk the floor trying to maintain my strength and prepare for the challenges following surgery.

Following a successful surgery and release from the hospital, I was assigned to attend cardiac rehab at Mayo Clinic three times a week. I was starting over. It was a slow process but with the help of the rehab team I made gradual improvement. As a lifetime resident of Lincoln, we asked for permission to return home. The doctors said that we would need acceptance to an approved rehab center before we could return.

January of 2024, I was approved to work with the Cardio Rehab team at Madonna Wellness Club. The team collaborated with Mayo Clinic to continue my rehabilitation program. Thanks to the dedicated team at Madonna, I have continued to make improvements. I have graduated from the program and continue to be a member and work out five or more times a week. Having a regular workout routine has made a positive difference for me. With guidance, it may make a difference for you.

I would not be here without the assistance of my family, the doctors and staff at Mayo Hospital, and the rehab teams at Madonna Wellness Club and Mayo Clinic. I also realize that I am blessed to be alive because a young man and his family made the choice to be an organ donor. Please consider being an organ donor. The demand across the country is much greater than the available donors.

CARDIAC REHAB WEEK

February is National Heart Month, and we are celebrating Cardiac Rehab Week February 9th - 15th to bring awareness to the role of cardiovascular exercise in reducing the harmful effects of heart disease. Celebrate with us by participating in A HEART SMART CHALLENGE. Try to increase your cardiovascular activity each day during cardiac rehab week!

Pick up your free tracking card to record tasks like rowing, walking, cleaning, vacuuming and dancing - or any task that increases your heart and breathing rates. Set a minimum goal of 150 minutes of moderate to vigorous cardiovascular activity. Turn in your card by February 17th so we can share the total minutes members spent improving their heart health.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - THREE OPTIONS

February 2nd - 26th

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.

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

February 3rd - 26th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

INTRO TO PICKLEBALL WORKSHOP

Wednesday, February 4th

1:00 - 2:00 p.m.

\$10 Members \$ 25 Non-members

NEXT LEVEL 2.0

FOUR-WEEK SERIES

Wednesdays, February 4th - 25th

3:30 - 4:30 p.m.

\$40 Members \$115 Non-members

RESTORE, REST & RESET YOGA

Saturday, February 7th

2:00 - 3:00 p.m. or 4:00 - 5:30 p.m.

\$15 Members \$30 Non-members

WATER BALLET

THREE-WEEK SERIES

Saturdays, February 14th - 28th

10:30 - 11:30 a.m. Lap Pool

Free for Members \$18 Non-members

EMPOWERED RELIEF WORKSHOP

Tuesday, February 24th

6:00 - 8:00 p.m. Virtual

\$20 Members \$35 Non-members

INTRO TO CYCLING WORKSHOP

Saturday, February 14th

9:30 - 10:30 p.m.

Free for Members \$20 Non-members

SPINE MAKEOVER WITH SMR & CARS

Friday, February 27th, 4:30 - 6:00 p.m.

\$15 Members \$30 Non-members

TRX & PILATES THREE-WEEK SERIES

Wednesday, Feb. 18th - Mar. 4th

8:00 - 9:00 a.m.

\$15 Members \$80 Non-members

PREVENT T2

Begins Tuesday, February 24th, 6:00 - 7:00 p.m.

Prevent T2 is a small-group coaching program that uses a research-based, CDC approved curriculum. It has been proven to be an effective lifestyle change program to help delay or prevent type 2 diabetes.

Trained health coach and Registered Dietitian Nutritionist Lisa Graff will lead the program to help you learn skills needed to make lasting changes. You will learn how to lose or manage weight in a healthy way, increase physical activity and manage stress with a group of people who are facing similar challenges.

Prevent T2 includes 24 weekly sessions followed by six monthly check-ins. Investing in this program can bring positive changes to your health by creating new habits, gaining new skills and building confidence in a small group dedicated to doing the same. \$350 Members \$450 Non-members

HEART HEALTHY HABITS

Monday, February 9th, 2:00 - 3:00 p.m.

Join Daniel Heiser, Clinical Exercise Physiologist, and Lisa Graff, Registered Dietitian Nutritionist, to learn simple strategies to improve your heart health. As members of the Madonna Wellness Club Cardiac Rehab team, they know the do's, don'ts and common misconceptions about heart health. This information can help you make small changes now to help prevent or delay heart disease. Free for Members \$20 Non-members

NUTRIENT DENSE DESSERTS Workshop & Cooking Demo, Tuesday, February 24th, 1:00 - 2:00 p.m.

Join Registered Dietitian Nutritionist Lisa Graff for a cooking demonstration and nutrition workshop focused on creating tasty desserts that will satisfy your sweet tooth while helping you reach your health goals! Menu includes: Chocolate Mousse • Cheesecake Bites • Oatmeal Cookies • Frozen Yogurt Bark \$15 Members \$30 Non-members

CORE WELLNESS: Improve the Health of Your Gut & Pelvic Floor, Three-Week Series, Fridays, February 20th - March 6th, Fridays, 10:30 - 11:30 a.m.

A key component of your core is a group of muscles and ligaments that make up your pelvic floor. They support your bladder, reproductive organs and bowel. Exercising these muscles can prevent weakness and improve strength. Dysfunction of the pelvic floor muscles can affect digestive problems.

This workshop is perfect for individuals looking to improve their digestive health while enhancing their core strength.

Join Registered Dietitian Nutritionist Lisa Graff and Personal Trainer and Corrective Exercise Specialist Haley Lemke for educational sessions that are complemented with exercises to address common gut issues and promote pelvic floor health. \$30 Members \$100 Non-members

TRX + STRETCH 4 RUNNERS Four-Week Series, Wednesdays, February 11th - March 4th, 6:30 - 7:30 p.m.

While this series is specifically geared towards runners, it can be helpful for any/all participant \$15 Members \$80 Non-members

DANCE BLAST PARTY

Sunday, February 15th, 1:00 - 2:15 p.m.

Drop in for all or part of the party! Free for members and their guests.