

BE PROACTIVE

May 2026 Newsletter

WHAT'S HAPPENING

GROUP FITNESS

NEW TIMES

- Tai Chi, Tues. & Thurs., 8:15 - 9:00 a.m.
- Tai Chi, Tues. & Thurs., 9:30 - 10:15 a.m.
- Zumba, Wed., 5:30 - 6:15 p.m.

NEW CLASS

- Cardio & Stretch, Thurs., 5:30 - 6:15 p.m.

DISCONTINUED CLASS

- Total Body Fusion, Thurs., 5:30 p.m.

NEW VIRTUAL CLASSES

- Yoga II-III, Tues., 6:00 - 7:00 p.m.
- Mat Pilates, Weds., 5:30 - 6:15 p.m.

These virtual classes are also available in-person.

HEALTH SCREENING

- Cholesterol: Wednesday, May 6th
8:00 - 10:00 a.m. \$25

HOLIDAY HOURS

- Memorial Day, Monday, May 25th
5 am - 8 p.m. Pool closes at 7:30 p.m.

HOLIDAY CLASSES

- Strength 45, 8:30 - 9:15 a.m.
- Zumba, 9:30 - 10:15 a.m.
- Cycling, 9:30 - 10:15 a.m.
- Yoga, 10:30 - 11:30 a.m.

HEALTH COACHING ON SALE

Save 10% on the introductory 3-pack of health coaching sessions. Enroll in the BeWell coaching & training subscription and save 10% on your first three months!

PAY AHEAD REWARDS

Pay 12 months of household dues in advance and receive the gift of your choice!

- 5-Visit Guest Punch Card - \$62 Value
- 60-Minute Training Session - \$70 Value
- 60-Minute Massage - \$72 Value
- Wellness Club Gift Card - \$50 Value

Available to Primary and Senior members. Contact Member Services for more information: 402.413.4019 & 402.413.4020

STAFF Q. & A.

Karen O'Shea is an Exercise Physiologist and Certified Personal Trainer who has been employed at Madonna Wellness Club for 13 years. She earned a B.A. in Recreation from the University of Nebraska-Lincoln and is a Certified Personal Trainer and Group Fitness Instructor through the American Council on Exercise. Karen is a certified Delay the Disease Instructor, specifically trained to work with those affected by Parkinson's disease.

What's been the most difficult physical challenge in your life, and how has it shaped you and your view exercise?

In the mid-1980s, I suffered two low back injuries, which ultimately resulted in decades of spinal issues. Prior to this, I taught aerobics, ran five times a week, and took karate classes. I realized I needed to exercise more moderately and listen to my body to "stay in the game."

Rewind ten years. What do you wish you would've done differently regarding exercise?

I wish I would have known that lifting heavier weights would really benefit me in the future.

When thinking about your health and wellness, what do you fear most?

I worry that my back issues, at some point, could prevent me from doing some activities I really enjoy.

What is a life lesson you have learned through exercise?

I do not have to compete with anyone but myself.

What two things are you doing to reach your goals?

I keep a daily handwritten food and exercise journal and try to be as consistent as possible with my workouts.

What about working with others do you find the most impactful and motivating?

I love listening to members' stories, teaching them about fitness in plain and simple terms, and watching them become confident in the gym environment.



RIDE WITHOUT LIMITS

PEDAL FOR MADONNA

Saturday, May 16th

\$15 Adults \$5 Children, 12 & younger

Check-in Starts at 8:00 a.m. Ride Start Times:

10 mile-9 a.m., 3 mile-9:30 a.m., 1 mile-9:45 a.m.

Mahoney Park, N. 70th & Fremont Streets

Join us for the first annual Pedal for Madonna spring bike ride. Choose from a 1-, 3-, or 10-mile route designed for riders of all ages and abilities. This family-friendly event also features an Adaptive Cycling Expo in partnership with Spokes Fighting Strokes, a nonprofit organization dedicated to empowering stroke survivors. Anyone with mobility limitations can test a wide range of adaptive bikes and equipment.



Register at
madonna.org/pedal-for-madonna

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

May 4th - 28th

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

Note: no class on Memorial Day; class will be held on Friday, May 29th

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

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

May 5th - 28th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesdays, May 6th - 27th

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

ADULT SWIM LESSONS

SIX-WEEK SESSION

Thursdays, May 7th - June 11th

5:30 - 6:00 p.m.

\$60 Members \$100 Non-members

INTRODUCTION TO FODMAPS

NUTRITION WORKSHOP

TWO OPTIONS

Tuesday, May 19th, 1:00 - 2:00 p.m.

Wednesday, May 20th, 6:00 - 7:00 p.m.

\$5 Members \$20 Non-members

EMPOWERED RELIEF

WORKSHOP

Thursday, May 28th

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

\$20 Members \$35 Non-members

SPINE MAKEOVER WITH SMR & CARS

WORKSHOP

Friday, May 29th

4:30 - 6:00 p.m.

\$15 Members \$30 Non-members

PREVENT T2 - TWO OPTIONS

Begins Tuesday, May 26th

8:00 - 9:00 a.m. or 6:00 to 7:00 p.m.

Includes 24 weekly sessions followed by six monthly checkins.

\$350 Members \$450 Non-members

IN SEASON PRODUCE

Spring is here, and while things are starting to green up, not many local plants in Nebraska are ready for harvest just yet. One exception? Asparagus!

This fresh, crunchy favorite is one of the first locally available veggies of the season, making it a great way to celebrate early spring on your plate. Whether you roast it, grill it or toss it into a simple side dish, asparagus is a delicious reminder the growing season is just getting started.

Want personalized nutrition guidance this season? Schedule a nutrition session with Lisa Graff, the Club's registered dietitian nutritionist to get support tailored to your goals.

SPRING VEGGIE PASTA

Ingredients:

- 8 oz. dry pasta
- 1 Tbsp. olive oil
- ½ tsp. table salt
- ¼ tsp. pepper
- 2 tsp. garlic, minced
- 8 oz. asparagus, chopped
- 1 zucchini, quartered, then sliced
- 1 cup mushrooms. sliced
- ½ cup matchstick carrots
- ½ cup sweet peppers, sliced
- 1 cup cherry tomatoes, halved
- ¾ cup parmesan cheese, grated

Nutrition Facts

6 servings per recipe	
Serving Size	1/6 recipe (2 cups)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 7 g	8%
Saturated Fat 2.5 g	13%
Sodium 370 mg	16%
Total Carbohydrate 34 g	12%
Dietary Fiber 3 g	11%
Total Sugars 5 g	
Includes 0 g Added Sugars	0%
Protein 12 g	
Vit. D 0 mcg 0%	Calcium 200 mg 15%
Iron 2.5 mg 15%	Potas. 370 mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Cream Mixture:

1. In a large pot over high heat, prepare pasta according to package directions. Drain and set aside.
2. Place large sauté pan over medium heat, add olive oil, garlic, salt and pepper. Cook until garlic is fragrant.
3. Add asparagus, zucchini, mushrooms, carrots and sweet peppers. Lightly sauté.
4. Add cherry tomatoes and parmesan. Mix well.
5. Stir in drained pasta. Allow to cook 1-2 more minutes until a light sauce forms.

HELLO
May

VISIT CHALLENGE

Sign up for this challenge and earn rewards for visiting the Club! The more you visit, the better the reward!

0 - 8 visits	20 oz. Water
9 - 15 visits	Water & Snack
16 - 28 visits	Water, Snack & Guest Pass
29 - 31 visits	All the Above & \$5 Club Bucks

Visits are automatically counted when you scan in with key tag or app. Only one visit counted per day. Rewards available on June 3rd. \$5 Members Sign up online or at the front desk.