

BE PROACTIVE NEWSLETTER

SEPTEMBER 2026

WHAT'S HAPPENING

GROUP FITNESS CLASSES

New Class

- Barre Pilates, Monday, 5:30 - 6:15 p.m.
- Discontinued Class
- H.I.I.T., Monday, 5:30 p.m.

HEALTH SCREENINGS

- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

HOLIDAY HOURS

Labor Day, Monday, September 7

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

Holiday Class Offerings:

- 8:15 - 9:00 a.m. Step
- 9:15 - 10:00 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

Regular class schedule will resume
Tuesday, September 8

TANDEM TRAINING SALE

There are times when two can be better than one. Working with a partner and a certified personal trainer can be one of those times.

Tandem training builds strength.

- Strength with exercise programming and exercise adherence
- Strength in motivation and accountability
- Strength and progress towards goal achievement
- Strength in partnership and support

This September, increase your motivation, build your accountability, increase your resolve and work towards your goals with a partner who understands you like no other can. Take advantage of our September tandem personal training sale. Receive 10% off six or more sessions of tandem training in September.

ONE MILLION STEP CHALLENGE

Be part of a team to walk, jog, climb, run or even dance together to 1,000,000 steps in September!



Form a four-member team with your friends, family, fellow members or favorite staff. No luck forming a team? No worries! Sign up and we will match you with other movement motivated teammates. Each team member needs to complete approximately 8,334 steps per day.

Each person tracks their steps throughout the day, in and out of the club. Pedometers to help with tracking are available at the front desk. Or use a personal phone app or your smart watch to track steps. A notebook will be available at the front desk if you wish to keep your tracking sheet onsite. The challenge t-shirt (design above) will be provided to all participants at the end of the challenge. First place team for highest step count wins \$100 (four \$25 Visa gift cards) and the second place team wins \$40 (four \$10 Visa gift cards.) Walking is great for our physical and mental health so challenge yourself to increase your movement and well-being this September.
\$25 Members \$50 Non-members

FIND SUCCESS FOR CHRONIC PAIN

"Doctors are looking for effective non-pharmacologic pain relief options that are low-cost, low-burden and quickly accessible to patients." according to Dr. Beth Darnall, Associate Professor of Anesthesiology, Perioperative and Pain Medicine at the Stanford University School of Medicine where she directs the Stanford Pain Relief Innovations Lab. As a clinical pain psychologist and scientist, Dr Darnall dedicated her career to developing and investigating brief, scalable and effective interventions for acute and chronic pain relief, and to safely reduce prescription opioids.

Dr. Darnall and colleagues developed **Empowered Relief®**, a single-session intervention which equips individuals with effective pain relief skills. *"We recommend this approach at the outset of a person's pain care to help them get started with treatment right away, as it works alongside any other pain treatments."*

The intervention consists of a 2-hour class that educates participants about pain neuroscience, mindfulness and cognitive behavioral therapy. The class includes a set of self-management skills to help identify patterns of distressing thoughts and emotions related to pain and how to reframe those patterns to reduce distress with relaxation exercises and self-soothing action plans.

"Our published research shows that the one-time Empowered Relief class imparts clinically meaningful reductions in pain, pain interference and pain related distress 6 months later."



Empowered Relief®

Attend in-person or virtually
\$20 Members \$35 Non-members

Join Samantha Trausch PT, DPT and Certified Empowered Relief Instructor for this class on Monday, September 28, 10:30 a.m. - 12:30 p.m.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

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

August 31 - September 23

(no class September 7)

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

September 8 - October 1

\$80 Members \$200 Non-members

EMPOWERED RELIEF WORKSHOP

Monday, September 28

10:30 a.m. - 12:30 p.m.

Attend virtually or in-person.

\$20 Members \$35 Non-members

TRX RIP & KICK

FOUR-WEEK SERIES

Wednesdays, 8:15 - 9:00 a.m.

September 30 - October 21

\$16 Members \$80 Non-members

PILATES REFORMER FOR

RACQUET & GOLF SPORTS

TWO-WEEK SERIES

Tuesdays & Thursdays

September 8 - 17, 4:00 - 5:00 p.m.

\$80 Members \$125 Non-members

MINDFUL MOVEMENT & MEDITATION

THREE-WEEK SERIES

Sundays, 2:00 - 2:45 p.m.

September 13 - 27

\$5 Members \$55 Non-members

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TWO-WEEK SERIES FOR BEGINNERS

Thursdays, 1:00 - 3:00 p.m.

September 10 & 17

\$25 Members \$50 Non-members

CHILD SWIM LESSONS

Registration opens September 7 for the fall session of child group swim lessons. Lessons are held once a week for six weeks: October 12 - November 19

\$60 Members \$100 Non-members

ANTI-INFLAMMATORY EATING

By Lisa Graff, Registered Dietitian Nutritionist

Have you heard an anti-inflammatory diet could help you feel better, but are unsure where to begin? Join me for an engaging nutrition workshop to learn how food and lifestyle choices can help reduce your inflammation and support your health! Workshop discussion will include:

- ✓ Signs and symptoms of inflammation
- ✓ Health concerns linked to long-term inflammation
- ✓ The science behind anti-inflammatory diets
- ✓ Foods and eating patterns that may reduce inflammation
- ✓ Key nutrients and supplements to consider
- ✓ Other lifestyle factors that reduce inflammation

Two opportunities to attend: Tuesday, September 22, 1:00 - 3:00 p.m. or Wednesday, September 23, 6:00 - 7:00 p.m. \$5 Members | \$20 Nonmembers



September 26, 2026

9:00 - 11:00 a.m.

Zorinsky Lake

156th & F St. Entrance
Omaha, Nebraska

Join us for this year's Miles for Madonna, an inclusive family-friendly 5k run and 1-mile walk around Omaha's scenic Zorinsky Lake supporting patient care and technology at Madonna Rehabilitation Hospitals. Welcoming participants of all ability levels - and their four-legged friends in the canine division.

WORLD HEART DAY IS SEPTEMBER 29

HIGH BLOOD PRESSURE

OFTEN HAS NO SYMPTOMS UNTIL A HEART ATTACK OCCURS

1 IN 5

PEOPLE WILL DIE PREMATURELY FROM HEART DISEASE

1 IN 3

ARE KILLED BY HEART
DISEASE

Cardiovascular disease is the leading cause of death worldwide. Anyone can be affected – regardless of age, fitness level or lifestyle. The good news is, most cardiovascular disease can be treated or prevented! First, screening for risk factors like high blood pressure, abnormal blood cholesterol, abnormal heart rhythms and high blood sugar is critical. These “silent” risk factors often don't cause us to feel any differently. These risk factors can be managed with a combination of medical interventions and lifestyle changes.

You can improve your heart health by:

Moving More: Aim for at least 150 minutes of moderate intensity aerobic or cardiovascular activity each week.

Eating a Balanced Diet: Fill half your plate with non-starchy vegetables. These have lots of nutrition with very few calories. Eat lean proteins from plant and/or animal sources. Eat enough fiber – it helps bind cholesterol and remove it from your body. Limit salt, added sugar and fats that are solid at room temperature.

Getting Enough Sleep: The average person needs 7-9 hours of sleep in a 24-hour cycle. Waking up feeling refreshed is a sign that you're getting enough sleep.

Managing Stress: There's no way to prevent all stress but it's important to know how to manage it. Common stress management strategies are: progressive muscle relaxation, mindfulness meditation, guided imagery and deep breathing.