

BE PROACTIVE

October 2024 Newsletter

WHAT'S HAPPENING

OCTOBER IS HEALTHCARE APPRECIATION MONTH

Do you have family and friends who are healthcare workers? Let them know they are invited to enjoy a two week free membership at Madonna Wellness Club.

TRAINING SALE

Save 15% on health coaching in October!

SPECIAL INBODY SCREENING SALE

Wednesday, October 23rd, 5:00 - 8:00 a.m. with Carson, \$10. Schedule by calling Carla Z. at 402.412.4012 or at front desk.

CHOLESTEROL SCREENING

Wednesday, October 2nd, 8:00 - 10:00 a.m. \$25. Schedule at the front desk.

GROUP SWIM LESSONS

Child group swim lessons will be held in the indoor lap pool through October 31st. No lessons on Halloween and the make-up date is Thursday, November 7th. Both ends of the open area will be used and not available for open swim during the following times: 4:00 - 8:00 p.m., Monday - Thursday.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Advance your child's swimming with private/semi-private lessons. Give your child this one-on-one learning opportunity to advance their skills. Purchase at the front desk.

PROACTIVE KIDS

This child activity series is available Saturdays, 9:00 - 10:30 a.m. and includes physical activity, games and skill development. Sign up for monthly series or a drop-in class at the front desk. \$39 4x per month \$15 1x per month

PROGRESS!

By Samantha Kelly, General Manager

Across the last 12 months, a variety of projects and updates have occurred in the facility. It is fun to share the progress and a great reminder of how we continually invest back into the facility. The projects below are in addition to the expected costs associated with repairing equipment, upholstery, replacing smaller fitness equipment and standard maintenance and cleaning needs.

- Outdoor Pool Awnings
- New Recumbent Bikes - Cardio Area
- New Flooring & Equipment - Far West Gym
- Replacement of Aquatic Air Conditioning & Facility Water Heaters
- Gym Window Tinting
- New Classes, Workshops & Series

Throughout the next 12 months, you can expect to see the following happen:

- Additional Window Tinting
- New Cardio Equipment
- Repainting & Paint Touch-up
- Carpet Replacement - Select Areas
- New Programs & Services

Progress takes time and our goal is to maintain an excellent facility, equipment, services and amenities. Thank you for choosing to be a member of Madonna Wellness Club!

ACTIVATE SUPPORT

By Jason Cooper, Personal Trainer

Being supported helps us thrive. Our health and wellness also needs support to thrive. Health and wellness support includes, 1) relational support in the form of connection, encouragement and guidance 2) tangible support, like a facility that has the right equipment, role models and helpful staff and 3) educational support, like expertise, information and workshops. Madonna Wellness Club excels at all three types of support. Every day we see people's potential unlocked by activating the support around them.

To *activate* means, "to call something that already exists into action." The good news is you don't need to create a support system out of nothing - you just reach out for the guide rail that's already beside you. But remember, the support has to be *activated*. It might sound simple to activate support. But it's not always easy, even when it's in our best interest. We might think reaching out for help makes us look reliant or uninformed. We might have financial barriers or avoid a class because we feel unsure of how we look or move. We might not try something different because change is hard or we're worried we won't be accepted.

In addition to those hindrances, reaching out for support can feel clumsy. What if it doesn't go the way we envisioned it? What if it's awkward? But if we look back, some of the best support we currently have was probably gained by stepping out of our comfort zone and doing something different. Maybe, it's time to do that again. It's not too late because the guide rails to *activate your support* are here at Madonna Wellness Club.

SPECIAL EVENTS

STRENGTH 4 SENIORS SERIES

Option 1: Mondays & Wednesdays,
Oct. 7th - 30th, 11:15 a.m. - 12:15 p.m.
Option 2: Tuesdays & Thursdays,
Oct. 8th - 31st, 10:45 - 11:45 a.m.
\$80 Members \$200 Non-members

INTRO TO CYCLING CLASS

Saturday, October 12th, 9:30 - 10:30 a.m.
Free for Members \$20 Non-members

DANCE PARTY

Sunday, October 13th, 1:00 - 2:30 p.m.
Free for members and their guests.

EMPOWERED RELIEF CLASS

Wednesday, October 16th, 5:00 - 7:00
p.m., Zoom virtual class. \$20 Members
\$35 Non-members

AQUA ZUMBA SERIES

Wednesdays, October 9th - 30th,
7:00 - 7:45 p.m.
\$5 Members \$65 Non-members

LONG RESISTANCE BAND WORKSHOP

Friday, October 18th, 5:30 - 6:45 p.m.
\$35 Members \$50 Non-members

TAKE CONTROL OF HIGH BLOOD PRESSURE SERIES

Wednesdays, October 15th - November
19th, 12:00 - 1:00 p.m. \$30 Members \$75
Non-members

TRX CONDITIONING SERIES

Mondays, October 7th - 28th, 8:00 - 8:45
a.m. \$15 Members \$80 Non-members

YOGA NIDRA SERIES

Thursdays, October 3rd - 17th, 9:45 - 11:00
a.m. \$9 Members \$55 Non-members

PRECISION KICKBOXING SERIES

Wednesdays, October 9th - 30th,
2:00 - 3:00 p.m. \$15 Members
\$80 Non-members

NUTRITION WORKSHOP

Meatless Meals, Monday, October 21st,
12:00 - 1:00 p.m. \$15 Members
\$30 Non-members

CORE WELLNESS SERIES: Improving Your Gut Health & Pelvic Floor | Thursdays, October 10th - 24th | 6:00-7:00 p.m.

A key component of your core is a group of muscles and ligaments that make up your pelvic floor. They support your bladder, uterus 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 Haley Morrow for educational sessions that are complemented with exercises to address common gut issues and promote pelvic floor health.

\$30 Members \$100 Non-members

Pelvic Floor Q & A with Lisa & Haley

Q: What is a common misconception about gut and/or pelvic floor health?

Lisa: People don't realize there is a connection between the health of the gut and the health of the pelvic floor. People hear pelvic floor and think incontinence. While preventing incontinence is an important function of the pelvic floor, there is so much more the pelvic floor does!

Haley: Pelvic floor dysfunction is thought of as a women's health issue but all humans have a pelvic floor and could benefit from learning more about how to keep those muscles working well.

Q: What was your inspiration for creating this workshop?

Lisa: I've had clients of all ages rave about how much they have benefited from working on their pelvic floor. IBS, lower abdominal pain and bloating are really closely linked to pelvic floor health.

Haley: Gut health has been a huge topic in my health journey. Improving my gut health and pelvic floor has completely changed how I feel day to day.

Q: What has surprised you while learning more about the connection between pelvic floor and gut health?

Lisa: The biggest shock was learning that having tight or rigid pelvic floor muscles can be just as much a problem as having an overly relaxed pelvic floor. Learning the posture and breathing strategies to help with the relaxation piece has been life-changing for me.

Haley: I have learned that those who may be hyper-mobile are very likely to have issues in the future with pelvic floor. This hits close to home as I have that condition.

Q: Who would benefit from the Core Wellness workshop series?

Lisa: Honestly, anyone. About 1 in 5 people deal with pelvic floor issues at some point. Taking a preventive approach can help avoid dysfunction in the future.

Haley: Everybody! Good core strength and gut health can help you do the things you love, and feel good doing them!

CONGRATS!



Dr. Jerry Reed recently wrapped up 18 years as Medical Director of Madonna's Cardiac Rehab program at ProActive. Over those years he shared his vast medical knowledge with staff and countless patients. He enjoyed sharing stories about his family, especially his beloved grandchildren. He made it a point to get to know all those he met here and would greet them enthusiastically. He genuinely cared for people and was a fun-loving, kind and dedicated person. He is greatly missed in Cardiac Rehab and will not be forgotten, as he impacted so many lives. It was an honor to work alongside him. After years of caring for others, it is time to care for himself. Congratulations on your retirement, Dr. Reed!