

# BE PROACTIVE

## November 2024 Newsletter

### WHAT'S HAPPENING

#### NOVEMBER IS EMERGENCY RESPONDER & MILITARY GRATITUDE MONTH

Let family, friends and neighbors know active and retired duty emergency responders and military service individuals are invited to enjoy a two week free membership.

#### GROUP FITNESS CLASSES

##### NEW CLASSES:

Seated & Strong (SAS), Friday, 11:15 a.m.  
Restorative Yin Yoga, Thursday, 6:00 p.m.  
Adaptive Athletes in Motion, Tuesday & Thursday, 2 p.m., & Saturday, 10:00 a.m.

##### NEW TIME:

Aqua 4 Energy, Mon. & Wed., 11:30 a.m.

##### DISCONTINUED CLASSES:

Seated Dance Blast, Friday, 11:15 a.m.  
Yogalates, Monday, 4:30 p.m.  
Yoga II, Thursday, 6:00 p.m.

#### HOLIDAY HOURS & CLASSES

##### WEDNESDAY, NOVEMBER 27TH

No classes after noon except Restorative Yin Yoga at 6:30 p.m.

##### THURSDAY, NOVEMBER 28TH

Thanksgiving Club Hours: 5:00 a.m.-12:00 p.m. Pool Hours: 5:00 - 11:30 a.m.

Holiday Class: Cycling, 9:30 - 10:15 a.m.

No other classes will be held.

##### FRIDAY, NOVEMBER 29TH

Class Offerings:

TRX Circuit, 8:30 - 9:15 a.m.  
Cycling, 9:30 - 10:15 a.m.  
Young@Heart, 10:15 - 11:00 a.m.  
Yoga, 10:30 - 11:30 a.m.

No other classes will be held.

##### SATURDAY, NOV. 30TH

Regular class schedule resumes.

#### SPECIAL FREE GUEST DAY

Members may bring in guest for free on Friday, November 29th.



#### HOLIDAY CHALLENGE *Gifts of Wellness Calendar*

**FOUR-WEEKS: November 18th - December 15th**

Give yourself moments to refresh, recover and rejoice with the *Gifts of Wellness Calendar*. Each calendar day will give you a *mind, body or spirit* way to show care to others and yourself during this holiday season. Complete the tasks and turn in your calendar to be entered in a drawing for a \$100 Visa gift card! Participants also receive a weekly wellness coupon for a discount on personal training, nutrition/wellness sessions, ProShop item and a punch card. \$10

#### NEW EQUIPMENT

**By Samantha Kelly, General Manager**

New equipment will be arriving across the next 9 - 12 months; this is part of the club's long-term plan to replace cardio and strength machines on a phased approach over the next three to five years. This ensures the equipment brand, style and options meet member needs at the time of purchase and allows the Club to budget effectively.

The new equipment arriving later this month includes: Arc Trainers (2), upright bikes (3) and ellipticals (4) for the cardio area on the main level. You can also expect to see new pieces of select fitness equipment used in group fitness classes, some of which has already arrived. This includes heavier dumbbells for strength classes, new stability balls and specialized equipment for the Adaptive Athletes in Motion classes. These additions are on top of our regular schedule of equipment replacement.

Please provide feedback about the new equipment after you've had a chance to try it out! Complete a comment card, give verbal feedback to staff or provide comments when you receive the next online member survey.

#### DUES INCREASE

All membership types will increase by \$1.00 per month starting December 1, 2024. This small increase will allow the facility to offset the rising costs for upkeep and maintenance, and continue to offer competitive wages. It also supports the Club's commitment to upgrading equipment and services. If you have an active annual agreement, monthly dues remain the same until the expiration of the annual agreement.

#### DRAFT REBATE

In December, all current household membership accounts with a bank draft dues payment method will receive an automatic \$6 rebate credit as a one-time 'Thank You' gift from the Club.

Any member who switches from their current credit/debit card payment method to a bank draft will receive a one-time \$18 rebate credit as a 'Thank You' gift. Credit card processing fees are a large operational expense for the Club and we want to reward our members who help us minimize this expense.

## SPECIAL EVENTS

### PRECISION KICKBOXING THREE-WEEK SERIES

Wednesdays, November 6th - 20th,  
2:00 - 3:00 p.m. Refine technique and  
improve skills in a small group setting.  
\$12 Members \$80 Non-members

### STRENGTH 4 SENIORS THREE-WEEK SERIES

Option 1: Mondays & Wednesdays,  
Nov. 4th - 20th, 11:15 a.m. - 12:15 p.m.  
Option 2: Tuesdays & Thursdays,  
Nov. 5th - 21st, 10:45 - 11:45 a.m.  
\$60 Members \$180 Non-members

### YOGA THREE-WEEK SERIES HEAD, SHOULDERS, KNEES & TOES

Thursdays, November 7th - 21st,  
9:45 - 11:00 a.m. A gentle yoga series  
focusing on a different body area each  
week. \$15 Members \$90 Non-members

### EMPOWERED RELIEF CLASS

Tuesday, November 12th, 5:30 - 7:30 p.m.,  
Zoom virtual class. Learn techniques and  
receive resources to effectively manage  
pain. \$20 Members \$35 Non-members

### POST-COVID VIRTUAL SEMINAR

Wednesdays, November 6th & 13th and  
December 4th & 11th, 6:00-7:00 p.m., Free  
Zoom virtual series delving into the intri-  
cacies of various post-COVID conditions.  
**REGISTER ONLINE:**  
Madonna.org/outpatient/post-covid/sem-  
inars

### NUTRITION WORKSHOP SWEETENER SAVVY

Wednesday, November 13th, 1:00 - 2:00  
p.m. Do you know what's sweetening  
your favorite foods? Join Registered  
Dietitian Nutritionist Lisa Graff for a deep  
dive into the world of sweeteners.  
\$5 Members \$15 Non-members

### WELLNESS BINGO

Play Bingo this month to stay motivated,  
learn more about the Club and have a  
chance to win a \$25 gift card. Pick up  
your Bingo card at the front desk and try  
to score a BLACKOUT! Free for members.

## WELLNESS WARRIORS

### SIX-WEEK TRAINING PROGRAM: November 11th - December 21st

If you are ready to invest in a healthier, sustainable, lifestyle training program, then you are ready to be a Wellness Warrior! During this challenge, you will complete guided workouts in small group settings with personal trainer Darren Jack. He will also provide individualized coaching to help you improve your strength, balance, flexibility and cardiovascular health. Program includes:

- Twice Weekly Small Group Training Sessions (\$700 value)
- InBody Pre & Post-Testing & Nutrition Consultation (\$135 value)
- Six-Week Investment: \$169 Member | \$350 Non-member
- Team T-shirt | Sign up online or at the front desk.

#### WELLNESS WARRIOR WORKOUT DAYS & TIMES

**Mondays: Team Training & Strength 45, 5:45 - 7:15 p.m.**

**Tuesdays: H.I.I.T., 5:30 - 6:15 p.m. or Zumba, 6:30 - 7:15 p.m.**

**Thursdays: Team Training, 6:00 - 7:00 p.m.**

**Saturdays: Strength 45, 8:30 - 9:15 a.m**

### TAI CHI IN THE E THREE-WEEK SERIES



**November 7th - 21st, 6:30 - 7:15 p.m.**

Learn and practice the meditative benefits of Tai Chi Fundamentals with Russ V. Scientific studies demonstrate that a Tai Chi practice improves balance, increases stamina and strengthens muscles, amongst other benefits, as well. This series is free for Primary, Associate and Teen members. Senior Plus members pay an after usage hours fee of \$20. \$60 Non-members.

## MAJOR IN THE MAJORS

**By Jason Cooper, Personal Trainer**

It's important to major in the majors with exercise. This means prioritizing foundational movements over auxiliary ones. Three foundational movements to prioritize are squats, lunges and hip hinges (Romanian Deadlift). It might seem like those exercises belong to athletes or powerlifters, not regular exercisers, and especially not those with joint pain and replacements, fusions, arthritis or balance issues. But you may already perform these movements when you stand up from a chair (squat), put one leg in front of the other with bent knees (lunge) and bend down to pick something up (hip hinge). Since our everyday needs require these movements, they don't belong to just a select few. Plus, when we enhance our proficiency with these movements through specific exercises, we'll be able to perform daily tasks better and for longer. We can confidently say that because the benefits of these exercises correlate to almost every longevity-related metric: increased motor control, lower limb strength, step velocity, recovery step length, reaction time, neuromuscular activation, joint and connective tissue health and increased bone density.

If you need help incorporating these exercises into your routine, set up a personal training session. Madonna Wellness Club trainers have extensive experience with all different types of physical and health considerations. They can assess your movement patterns and teach you ways to modify and personalize these exercises, so you can major in the majors.