

# BE PROACTIVE

## December 2024 Newsletter

### WHAT'S HAPPENING

#### GROUP FITNESS CLASSES

##### NEW CLASSES:

TRX, Monday, 8:15 - 9:00 a.m.

Restorative Yin Yoga, Thursday, 6:00 p.m.

##### NEW TIME:

TRX, Friday, 8:15 - 9:00 a.m.

Hydo Interval 60, Mon. & Thur., 5:30 - 6:30 p.m.

##### DISCONTINUED CLASS:

H2O Burn, Monday & Thursday, 6:15 p.m.

#### HOLIDAY HOURS & CLASSES

##### Tuesday, December 24th

Club Hours: 7:00 a.m.-12:00 p.m.

No land or water classes.

##### Wednesday, December 25th

Club is closed.

##### Thursday, December 26th

Regular club hours resume.

No land or water classes.

##### Friday, December 27th

Class Offerings:

Body Sculpt, 8:30 - 9:15 a.m.

Chair Yoga, 9:15 - 10:15 a.m.

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

Young@Heart, 10:15 - 11:00 a.m.

Yoga I-II, 10:30 - 11:30 a.m.

Seated & Strong, 11:15 a.m. - 12:00 p.m.

##### Saturday, December 28th

Regular class schedule resumes.

##### Tuesday, December 31st

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

No land or water classes.

##### Wednesday, January 1st

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

No land or water classes

##### Thursday, January 2nd

Regular club hours and class schedule resumes.

#### COMMONS CAFE

Seasonal offerings include caramel pecan flavored coffee, white or milk chocolate mochas and hot chocolate.

### HOW MEMBERS INSPIRE STAFF

**"I am constantly amazed at the strength and stamina of my class participants.**

Many come with aches, dings and scrapes but choose to improve their health (carefully!) instead of being controlled by their pain." ~JUDY FULTON

**"Those who take cycling classes makes me think I can age and still do hard things.**

The Saturday morning Boot Camp class impresses me. This style of class is outside of some member's comfort zone but they are attending! It truly takes a lot of courage to commit to the challenges in any class." ~AMY COLE

**"I see people, all fitness levels, who are willing to try new things, step out of their comfort zones and reap the rewards.**

I see age and aging as just a number now, not a reflection of where you are in life or what is expected.

You might think it is I teaching you, but what you don't see are all of the many lessons members have taught me along the way." ~ROXIE ROMERO

**"The early morning members always encourage me to be creative and challenge me to challenge them!**

They want to work hard and love to get their day off to a great start! The early morning energy is palpable, encouraging and catching!" ~TRACY HAEFELE

**"I love to celebrate the wins with members and hearing their comments: "I**

lifted that heavy bag of feed. Three months ago there was no way I could have done it!" "My neck and back pain has gotten better." "My sleep and energy levels have improved. My stress level seems lower." ~DARREN JACK

**"I am inspired by members with Parkinson's who faithfully show up for**

**classes.** They recognize exercise is the only proven way to delay the onset of symptoms and embrace the challenge with determination and grace. They are all winners in my book and hold a special place in my heart." ~KAREN O'SHEA

**"I am inspired by the commitment Yoga, Tai Chi, and Pilates students have to their practice.**

Whether it's arm balances on Monday, hold the ball for the thousandth time on Tuesday, five minutes of stillness over a bolster on Wednesday or feet in straps on Friday, I am inspired over and over again by the dedication and joy when members walk into the room." ~MELANIE KLUEVER

**"I am inspired by the dedication to health and community during every class.**

I'm reminded fitness choices encourage us all! Let's move!" ~GRETA GLENN

**I'm always impres"ed by the number of people attending classes.** It's really a good feeling when someone not only comes to a class for the first time, but come back to subsequent classes." ~BOB SERVEDIO

### *Holiday Specials*

#### AVAILABLE FOR PURCHASE: DECEMBER 1ST - 31ST

**MESSAGE:** Receive a \$5 gift card for every \$50 purchase, up to \$200

**GUEST VISITS\*:** Save 50% on a five visit punch card

**PROSHOP\*:** Save 50% on a duffel workout bag

#### WELLNESS PACKAGES\*:

- Personal Training, Private Yoga & Pilates Reformer  
Three 60-minute Sessions \$165 or Three 30-minute Sessions \$105
- Health & Wellness Coaching  
Three 45-minute Classes \$99

\*Only available to Club members. Limit of one each per member.

# SPECIAL EVENTS

## PRECISION KICKBOXING THREE-WEEK SERIES

Wednesdays, December 4th - 18th,  
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,  
Dec. 2nd - 18th, 11:15 a.m. - 12:15 p.m.  
Option 2: Tuesdays & Thursdays,  
Dec. 3rd - 19th, 10:45 - 11:45 a.m.  
\$60 Members \$180 Non-members

## HOLIDAY REST & RESTORE YOGA

Option 1: Friday, December 6th,  
6:00 - 7:15 p.m.  
Option 2: Saturday, December 7th,  
2:00 - 3:15 p.m. Chelsey and Melanie lead  
you to place of deep relaxation and stress  
recovery. Learn techniques for keeping  
your body healthy during the winter  
season. \$30 Members \$45 Non-members

## EMPOWERED RELIEF CLASS

Monday, December 9th, 11:30 a.m. - 1:30  
p.m. Learn techniques and receive  
resources to effectively manage pain.  
\$20 Members \$35 Non-members

## NUTRITION WORKSHOP HEALTHIER HOLIDAY COOKING

Tuesday, December 10th, 12:00 - 1:00 p.m.  
Join Registered Dietitian Nutritionist Lisa  
Graff for a cooking demonstration and  
tasting. Menu includes: Festive Holiday  
Salad, Quinoa Crust Quiche and Twice  
Baked Sweet Potatoes.  
\$15 Members \$30 Non-members

## STROKE DEVELOPMENT FOR ADULT SWIMMERS THREE-WEEK SESSION

Tuesday & Thursday, December 3rd -  
19th, 1:00 - 1:30 p.m. For adults who want  
to refresh and refine their swim strokes to  
improve efficiency, function and skill.  
\$50 Members \$90 Non-members

**REGISTER FOR ALL SPECIAL EVENTS  
ON THE MEMBER PORTAL OR AT THE  
FRONT DESK.**

# COMMUNITY & MEMBER APPRECIATION

**By Samantha Kelly, General Manager**

As 2024 comes to a close, I wanted to take the opportunity to thank all of you for helping create a fantastic community of members at Madonna Wellness Club. It has been fun to see and hear many of you fostering friendships, encouraging each other and welcoming new members. Health and wellness is not only about physical activity and fitness, it is also social interactions and supporting one another, even if it is a smile and a quick "hello!"

To celebrate the year and as a token of our appreciation, please join us throughout Member Appreciation Week, December 16th – 20th. All week, you may enter your name into drawings for a chance to win a free month of membership dues, Pilates reformer sessions, a 10-visit punch card, personal training and other services. In addition to the drawings, each day will have a different focus or special offering. Check out the Member Appreciation flier on the bulletin boards and at the front desk for more information.

The entire Madonna Wellness Club team is honored to serve such a wonderful community of individuals who are here to better their body, mind and spirit. We wish you a very happy holiday season and year ahead. Cheers!

## *Member Appreciation Week*

**RECEIVE A DRAWING ENTRY WITH EACH CLUB VISIT  
TEN DRAWINGS TO CHOOSE FROM  
ENTER TO WIN YOUR FAVORITE GIFT**

1. Strength 4 Seniors (\$80)
2. Three Reformer Classes (\$75)
3. 30-Minute Personal Training (\$45)
4. 60-Minute Personal Training (\$70)
5. Health Coaching 3-Pack (\$99)
6. Nutrition 3-Pack (\$99)
7. Reformer Private (\$70)
8. Month of Dues (\$55 - \$80)
9. Group Swim Lessons (\$50)
10. 10-Visit Punch Card (\$99)

## **CELEBRATE EACH DAY WITH SPECIAL OFFERINGS**

Monday, December 16th:	Bring a guest and receive a free guest pass
Tuesday, December 17th:	Save 10% on a single massage
Wednesday, December 18th:	Complimentary refreshments
Thursday, December 19th:	Move a mile and receive a free guest pass
Friday, December 20th:	Pick up a free gift

## TIPS FOR A HEALTHIER HOLIDAY

**By Lisa Graff, Registered Dietitian and Nutritionist**

**START SMALL.** Using a small kids plate, salad plate or dessert plate helps your brain think you are eating more than you actually are. If the food is in front of you, you're likely to eat it – even if you're already satisfied.

**FUEL FIRST.** Try to stick to the same eating pattern even when you have events to attend. Eating normally leading up to the event will prevent you from becoming over hungry. This allows you to enjoy a few treats without overindulging!

**SET PRIORITIES.** It's important to enjoy your favorite holiday foods AND fuel your body well! Don't skip your favorites, but make sure to balance those items by prioritizing lean proteins, vegetables and fruits. Proteins and the fiber in vegetables and fruits take longer to digest than other foods which keeps us feeling full longer.

**KEEP PATTERNS.** Even though routines look a bit different during the holidays, try to keep your normal patterns of sleeping, moving and eating. Your body loves routine and predictability!