

BE PROACTIVE

January 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS CLASSES

NEW TIME:

Kickboxing Intervals, Wednesday,
6:00 - 6:45 p.m.

SWIM LESSONS

Child group swim lessons will be held
Monday - Thursday, January 13th -
February 20th, 4:30 - 7:00 p.m.

Adult group swim lessons will be held
Wednesdays, January 8th - February 12th,
3:00 - 3:30 p.m.

Please note: open swim in not available
when swim lessons are in session.

HEALTH SCREENINGS

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

Blood Glucose \$15 and InBody Fitness
Assessment \$35 may be scheduled by
appointment. Schedule all screenings
online or at the front desk.

WHY MEET WITH A DIETITIAN INFORMATION SESSION

Attend a free session to meet Registered
Dietitian Nutritionist Lisa Graff and
learn about her personal approach
and philosophy regarding weight
management. Lisa will also discuss
common health conditions dietitians can
help with. Tuesday, January 28th, 12:00 -
12:30 p.m. or Wednesday, January 29th,
6:00 - 6:30 p.m.

STEAM & SAUNA ROOMS

If you are pregnant, have heart or
kidney disease, are on medication for
cardiovascular disease or have other
medical issues that might be adversely
affected by high heat, please refrain from
using the steam or sauna room. Wait at
least 10 minutes after exercising to use
and limit your time to 10 minutes or less.

CHANGING OUR NARRATIVE

By Jason Cooper, Personal Trainer

Like a refrigerator, our minds run nonstop and generate self-talk. Some of our thoughts about our health and wellness may be helpful, but others may be counterproductive.

Unhelpful thoughts and narratives might go like this: "My upper body will always be weak. I'm never going to stick with exercise. My left knee is bad. I only do these machines. I'm never going to lose weight. I can't get my blood pressure down. I'll never be able to do that exercise."

Notice how these thoughts are sweeping, exaggerated, oversimplified and self-defeating. It's no wonder rigid narratives can keep us stuck. But having a flexible narrative gives us the latitude to tell ourselves a different story and change and grow.

Flexibility sounds like this: "I can learn exercises to strengthen my upper body. I've struggled to stick with exercise, but I can do it. I can do exercises to strengthen the muscles that support my knee. I can learn how to do new exercises. I can do the work to be a healthier weight. I know what I need to do to lower my blood pressure. I can find a way to modify that exercise."

It's the beginning of a new year and it's a great time to look at your personal narrative about your health and wellness. Being aware of rigid narratives and becoming more flexible can help you make the positive life changes you want this year.

WELLNESS WARRIORS CHALLENGE

January 13th - March 9th



The American College of Sports Medicine suggests adults complete strength training exercises a minimum of 2-3 times per week. This is in line with the objectives of Healthy People 2030, which highlights the need for adults to incorporate more strength training and physical activity into daily activities.

Meet this goal, while also receiving monitored and guided workouts, with the WELLNESS WARRIORS EIGHT-WEEK CHALLENGE. This small group, functional-fitness training program is designed to challenge and improve all areas of fitness and wellness, strength, balance, flexibility and cardiovascular health while setting you on a path towards improving your health outcomes. The challenge training schedule includes:

- Mondays: Small Group 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: Small Group Training, 6:00 - 7:00 p.m.
- Saturdays: Strength 45, 8:30 - 9:15 a.m.

Additionally, all participants receive InBody pre and post-testing, a nutrition consultation and a WELLNESS WARRIOR t-shirt. The challenge cost is only \$289 compared to \$835 for the individually priced services.

Your trainer, Darren Jack, is certified through the National Academy of Sports Medicine and has his Precision Nutrition Level 1 Certified Nutrition Coaching credentials. He shares his passion for fitness and nutrition by designing wellness programs focusing on functional movement.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

January 6th - 30th

Mon. & Wed., 11:15 a.m. - 12:15 p.m. or

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

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

January 7th - 30th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesdays, January 8th - 29th

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

(RE)COMMIT TO YOU YOGA

FOUR-WEEK SERIES - TWO OPTIONS

Thursdays, January 9th - 30th

9:45 - 11:15 a.m. or Saturdays, January

11th - February 1st, 2:00 - 3:15 p.m.

\$80 Members \$160 Non-members

AQUALOGIX BELLS & FINS

WATER FITNESS FOUR-WEEK SERIES

Thursdays, January 9th - 30th

6:30 - 7:15 p.m. Free for members*,

\$60 Non-members *\$20 fee Senior+

GET MORE FROM THE AQUA TRACK WORKSHOP

Saturday, January 11th, 10:30 - 11:30 a.m.

\$5 Members \$20 Non-members

NEXT LEVEL BOOK STUDY

FOUR-WEEK SERIES

Sundays, January 12th - February 2nd,

3:45 - 4:45 p.m. \$35 Members \$100

Non-members

TRX FOR BEGINNERS

FOUR-WEEK SERIES

Wednesdays, January 22nd - February

12th, 8:15 - 9:00 a.m. \$12 Members

\$65 Non-members

EMPOWERED RELIEF CLASS

Tuesday, January 28th

Zoom Virtual Class, 5:30 - 7:30 p.m.

\$20 Members \$35 Non-members

Take Control of Your Health with Prevent T2



Are you ready to make lasting changes and reduce your risk of type 2 diabetes? Join Prevent T2, a year-long program designed to help you build healthy habits, lose weight, eat better and feel your best. 💪

👉 What You'll Get:

- ▶ Weekly Meetings: Stay motivated and supported every step of the way with group sessions led by expert coaches.
- ▶ Curriculum Resources: Take home practical tools and resources to help you stay on track.
- ▶ Healthy Habits: Learn sustainable habits to improve your diet, exercise, sleep and stress management.
- ▶ Personalized Support: Receive guidance to help lower your A1c and reduce your risk of developing type 2 diabetes.

👉 Program Highlights:

- ▶ Lose weight and feel more energized
- ▶ Eat better and improve your relationship with food
- ▶ Improve your sleep and reduce stress for better overall well-being
- ▶ Lower your A1c and take steps toward preventing type 2 diabetes

Start your journey to better health today! The Prevent T2 workshop isn't just about making changes - it's about making lasting ones that will support your future wellness. 🌟

- ▶ Begins: Tuesday, January 28, 2025
- ▶ Meeting Time: 6:00 – 7:00 p.m.
- ▶ Location: Madonna Wellness Club
- ▶ Cost: \$350 Members \$450 Non-members

Spaces are limited—sign up now! 🌟

BUILDING STRENGTH

Fitness & Nutrition Strategies

What are the best foods for building muscle? How do I maximize my training and nutrition? When should I be working out?

If you have these kinds of questions, you can get answers at the nutrition and fitness workshop presented by personal trainer Zach Busmente and registered dietitian Lisa Graff. There are two opportunities to attend:

- Wednesday, January 15th, 6:00 - 7:00 p.m.
- Tuesday, January 21st, 12:00 - 1:00 p.m.

Register online or at the front desk. \$5 Members \$20 Non-members

CONSIDER THIS WHEN IT'S BUSY

By Samantha Kelly, General Manager

The new year spurs new members, goals and more people in the gym. It also means it may take longer to get a few sets in on your favorite equipment.

Use this as an opportunity to be flexible with your workouts. If your preferred piece of equipment is in use and you don't have time to wait, consider what other options you have that are similar, still effective and will honor your time. For example, there are five different ways to do pull-downs. There are three machines on the first level, two cable seated lat pull-down, the plate loaded machine and the assisted pull-up upstairs, plus cable pulleys on both levels. You would be surprised how mixing up your routine, yet keeping the same movement pattern is effective and makes it a little easier to deal with the new year's rush.