

BE PROACTIVE

February 2025 Newsletter

WHAT'S HAPPENING

FRIENDS & FAMILY WEEKEND

Members may bring in guests for free on Saturday, February 1st and Sunday, February 2nd. Please check in all guests at the front desk.

GROUP FITNESS CLASSES

NEW TIME

Chair Yoga & Stretch, Monday, 10:00 - 10:45 a.m., Studio 2

NEW CLASS

Mat Pilates, Wednesday, 5:30 - 6:15 p.m., Meditation Room

DISCONTINUED CLASS

Boot Camp, Monday, 5:30 a.m.

HEALTH SCREENINGS

Cholesterol: Wednesday, February 5th, 8:00 - 10:00 a.m. \$25

Blood Glucose \$15 and InBody Fitness Assessment \$35 by appointment.

TANDEM TRAINING SALE

Train with a loved one and save 15% on tandem training purchased Feb. 1st - 16th.

HEART HEALTH MONTH

February is National Heart Month and it's time to give some love to your most vital organ! From nutrition to exercise to stress management, small steps can make a BIG difference in keeping your heart strong. We are celebrating Cardiac Rehab Week February 9th - 15th to bring awareness to the role of cardiac rehab in reducing the harmful effects of heart disease.

MARATHON PREPARATION GROUP TRAINING

Participating in an upcoming marathon? Cross-train with a like-minded community in this monthly class. Thursdays, February 27th, March 27th, April 24th, 6:45 - 7:30 p.m. \$5 Members

EXERCISE OUR BRAIN

By Jason Cooper, Personal Trainer

It might seem like we strengthen our brain when we do “mental” activities and strengthen our bodies when we do “physical” activities. But that’s not the whole story. While sedentary intellectual exercises like crossword puzzles, Sudoku, and reading may train our brain, they are no substitute for physical exercise when it comes to strengthening our brain. Here are eight benefits of physical exercise for your brain:

- 1) Increases blood flow to the brain, which delivers oxygen and nutrients that enhance attention, working memory and executive function.
- 2) Increases levels of chemicals which play a role in mood regulation, alertness and focus.
- 3) Induces physical changes in the brain that can reduce risk and slow symptoms of Parkinson’s, dementia and Alzheimer’s disease.
- 4) Improves hippocampal volume and function, which improves learning, cognitive ability and memory.
- 5) Induces neurogenesis, the process by which new neurons are formed.
- 6) Increases thickness of the cerebral cortex and improves the integrity of white matter.
- 7) Promotes preservation of matter in the frontal, temporal and parietal cortices.
- 8) Improves neuroplasticity, our brain’s ability to form new neural connections, which impacts our ability to learn throughout life.

Just like our deltoids and glutes, our brain is a muscle. Just like our deltoids and glutes, our brain gets stronger with physical exercise. Enjoy knowing your investment in exercise is paying off in a multitude of ways!

MASSAGE SPECIAL FEBRUARY 1ST - 16TH



Enjoy for yourself or give to a loved one a relaxing massage. Receive a 15% discount on a single massage and a 5% discount on a massage three-pack purchased February 1st through 16th. Available massages include Swedish (45 minutes), Therapeutic and Deep Tissue (30, 60 and 90 minutes). The unique form of neuromuscular re-patterning Bowen massage is also available for 30 and 60 minutes. Five massage therapists are available for appointments Monday through Saturday. Massages may be scheduled on the Member Portal but this special discount is only available for purchase at the front desk.

EXPERT HEALTH TIPS

“I do small actions day to day that keep me connected with other people. I didn’t used to. But then my research began to show people who do are happier, live longer and stay healthier. I started deliberately making dates with friends, going out to dinner with other guys. I have a Friday noon meeting every week with my friend and colleague Marc. And I make small, frequent contact with other people I want to stay connected to. Texting counts.”

~Dr. Robert J. Waldinger, Director of the Harvard Study of Adult Development

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

February 3rd - 27th

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

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

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

February 4th - 27th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

DELAY THE DISEASE

SIX-WEEK SERIES

Mondays & Fridays, February 3rd -

March 14, 1:00 - 1:45 p.m.

\$70 Members \$160 Non-members

LIFT HEAVY STUFF

FOUR-WEEK SERIES

Tuesdays, February 4th - 25th,

6:00 - 7:00 p.m.

\$40 Members \$100 Non-members

INTRO TO PICKLEBALL

WORKSHOP

Wednesday, February 5th,

5:30 - 6:30 p.m.

\$10 Members \$25 Non-members

HEART OPENING RESTORATIVE YOGA

FOUR-WEEK SERIES

Thursdays, February 6th - 27th,

9:45 - 11:00 a.m. or Saturdays, February

15th - March 8th, 2:00 - 3:15 p.m.

\$12 Members \$75 Non-members

INTRO TO CYCLING

WORKSHOP

Saturday, February 8th, 9:30 - 10:30 a.m.

Free for Members \$20 Non-members

EMPOWERED RELIEF CLASS

Tuesday, February 11th, Zoom Virtual

Class, 11:30 a.m. - 1:30 p.m.

\$20 Members \$35 Non-members

DANCE BLAST PARTY

SEMI-ANNUAL CELEBRATION

Saturday, February 15th, 9:30 - 11:00 a.m.

Free for members & their guests.

CARDIAC EDUCATION WORKSHOP

HEART HEALTHY HABITS

MONDAY, FEBRUARY 10TH, 1:00 - 2:00 P.M.

Join Daniel Heiser, Clinical Exercise Physiologist, and Lisa Graff, Registered Dietitian Nutritionist, to learn simple strategies to improve your heart health. As members of the Madonna Wellness Club Cardiac Rehab team, they know the do's, don'ts and common misconceptions about heart health. This information can help you make small changes now to help prevent or delay heart disease. \$5 Members \$20 Non-members



NUTRITION WORKSHOPS

RECIPE REHAB: SNACKS & APPETIZERS

TUESDAY, FEBRUARY 11TH, 12:00 - 1:00 P.M.

Learn how to make some classic snack and appetizer recipes with a healthy twist. Menu includes creamy spinach and artichoke dip, smokey BBQ meatballs, cowboy caviar and rainbow veggie roll-ups - yum! Registered Dietitian Lisa Graff will transform these classic recipes into more nutritious, yet still delicious, versions you can sample. \$15 Members \$30 Non-members



SWEETENER SAVVY

WEDNESDAY, FEBRUARY 12TH

1:00 - 2:00 P.M. & 6:00 - 7:00 P.M.

Do you know what's sweetening your favorite foods? This workshop lets you take a deep dive into the world of sweeteners with Registered Dietitian Lisa Graff. Explore common products, how they are used and their effect on gut health, blood sugar and insulin response. Attend to get tips for choosing the best sweeteners for your health needs. \$5 Members \$20 Non-members



LIVING WELL WITH DIABETES

SIX-WEEK SERIES: FEBRUARY 19TH - MARCH 26TH

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

Don't just live, Live Well! In this series, designed for anyone with diabetes or those caring for individuals with diabetes, you will learn how to overcome the physical and emotional problems caused by diabetes. Strategies to eat healthier, problem solve, deal with stress, prevent low blood sugar and other complications, self care and more will be covered. Learn how to take control of diabetes and build confidence by sharing your successes and creating a support system. \$100 Members \$180 Non-members

SUPER BOWL PREDICTION

FEBRUARY 9TH - ONE DAY ONLY!

Workout on Sunday, February 9th and enter your score prediction for the Super Bowl game. The correct prediction wins a five visit guest punch card - a \$55 value! Drawing will held in the event of a prediction tie.



A CARDIO BURST CHALLENGE

FEBRUARY 10TH - 16TH



Try to increase your cardiovascular activity each day during cardiac rehab week! Pick up your free tracking card to record tasks like rowing, walking, gardening, vacuuming and dancing - or any task that increases your heart and breathing rate. Set a minimum goal of 150 minutes of moderate to vigorous cardiovascular activity. Turn in your card by February 18th so we can share the total minutes members spent improving their heart health this week.