

BE PROACTIVE

April 2026 Newsletter

WHAT'S HAPPENING

GROUP FITNESS

NEW TIMES

Cycle 30!, Tuesday, 6:00 p.m.

Cycle 30!, Friday, 5:45 p.m.

ADULT EASTER EGG HUNT

There's something special about finding an Easter egg! Find that joy when you visit the club on Saturday, April 4th. Easter eggs will be hidden in the club and each one is filled with a special prize. Limit one egg per adult member.

HOLIDAY HOURS

Closed on Easter Sunday, April 5th.

FREE GUEST WEEKEND

Members may bring in friends and family for free on Friday, April 3rd and Saturday, April 4th.

HEALTH SCREENINGS

- Cholesterol: Wednesday, April 8th
8:00 - 10:00 a.m. \$25
- Blood Glucose, \$15 by appointment
- InBody Body Composition Analysis,
\$35 by appointment.

STEP UP & MOVE MORE

National Walking Day is April 1st, and the American Heart Association designates April as the MOVE MORE MONTH. Join our free **STEP UP MOVE MORE CHALLENGE** to increase the amount you move week over week this month. Stop by the front desk to pick up your tracking card and pedometer, or scan the QR code for the STEP UP app to track your steps.

MEMBER PORTAL/APP CLASS

Attend this free walk-through session to learn more and receive assistance with the member portal and app.
Tuesday, April 23rd, 11:30 a.m. - 12:00 p.m.

KEEP MOVING



By Jason Cooper, CSCS, NSCA-CPT, Fitness Trainer

I recently sat down with Wellness Club member Ron Beideck, who shared some wisdom and memorable stories about the role the club has played in his life. Ron will turn 93 in August, but as he told me with a grin, "I've never really grown up."

Ron was quick to share one of his early experiences at the Wellness Club. "I tore my rotator cuff shortly after this place opened and did physical therapy here," he said. "Doug Tvrdy was a jewel. He knows just how much to push."

Like many members, Ron's path hasn't been a straight line. About eight years ago, he had back surgery, followed by a staph infection that sidelined him for months.

"My bride brought me back here in a wheelchair," he said. "I worked with Chris Mallam in physical therapy and then with Russ Virus. I've met a lot of neat people along the way."

His commitment to staying active goes all the way back to age 28, sparked by blunt advice from a friend: "You're never going to feel any better than you do today, so start exercising."

Ron remembers the moment. "Heck! I remember where I was standing when he said it. We were by the east side of Memorial Stadium by the pillars." The two started playing racquetball and running together.

Sixty-five years later, he's still at it. "Now I try to get my cardio and resistance training just to keep moving," he said. "I've got a routine, and it seems to be working."

Ron admits it's not always easy. "My recliner looks awfully good," he said with a laugh. "But I always feel good after I'm finished here, mentally and physically. My bride's been gone five years now, so this is a place to socialize."

Along the way, Ron has become the kind of person who inspires others. Recently, he received a thank-you note from members Hillary and Parker, thanking him for being an inspiration.

Ron was surprised. "I'm an incentive to them!?" he said, eyebrows raised. Then he smiled. "They're an incentive to me. See. Bingo. It works both ways."

Before we wrapped up, I asked him one final question: "What if you had never met that friend when you were 28?" He didn't pause. "I don't think I'd be here."

Ron's story is a reminder that wellness isn't about uninterrupted progress. It's about meeting challenges with the help of others. It's about showing up, adapting, and staying connected. Through injuries and setbacks, Ron has kept moving and become the kind of example that keeps others moving too.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

April 6th - 30th

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

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

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

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

\$40 Members \$120 Non-members

HOW TO LIVE WELL WITH PAIN

SIX-WEEK SERIES

Tuesdays, April 7th - May 12th

2:00 - 4:00 p.m.

\$60 Members \$100 Non-members

NEXT LEVEL BOOK STUDY

FOUR-WEEK SERIES

Sundays, April 12th - May 3rd

3:45 - 4:45 p.m., Book included

\$40 Members \$100 Non-members

FOOT MECHANICS & FUNCTION

WORKSHOP

Saturday, April 18th, 9:30 a.m. - 10:30 a.m.

\$30 Members \$65 Non-members

MEAL PREP LIKE A PRO

NUTRITION COOKING DEMO

Wednesday, April 22nd, 1:00 - 2:00 p.m.

\$15 Members \$30 Non-members

STEP STRONG CLASS

Wednesday, April 22th, 8:15 - 9:00 a.m.

Free Members \$20 Non-members

TRX 4 BEGINNERS FOUR-WEEK SERIES

Wednesdays, April 29th - May 20th

8:00 - 9:00 a.m.

\$15 Members \$80 Non-members

H.I.I.T. WALKING WORKSHOP

Saturday, April 25th, 10:30 - 11:30 a.m.

\$5 Members \$20 Non-members

SMR + CARS FOR THE UPPER BODY

WORKSHOP - TWO OPTIONS

Thur., April 30th, 10:30 a.m. - 12:00 p.m.

Wed., May 1st, 4:30 - 6:00 p.m.

\$15 Members \$30 Non-members

TIPS FOR SAFE GARDENING & LAWN CARE

BY Chris Mallam, PT, DPT, Outpatient Physical Therapy

With summer approaching, many people are making plans to get into their gardens and begin their annual lawn care routines. Annually many injuries are sustained due to the repetitive nature of these tasks and the occasional awkward positioning required to complete these tasks.

Here are several tips to make sure your summer gardening and lawn care routines are enjoyable and completed without pain or injury:

1. Warm-up. Like with any physical activity, a light bout of gentle stretching of the arms, trunk, and legs before doing yard work will help muscles limber up and improve blood flow to decrease injury risk.

2. Avoid repetitive motion. Whether it's digging, raking, lifting or bending forward, avoid completing any task that requires repetitive motion for long periods of time. Instead, break up your activities and change what you're doing every 10-15 minutes. Consider a half kneeling position instead of repetitive forward bending at your back.

3. Be aware of posture and body mechanics. Lifting a heavy bag of mulch, dirt, or a mower bag full of grass requires being aware of the position of your back, trunk, and hips. Engage core muscles when lifting and avoid bending forward at your back, instead bending at the hips. Bend and use your legs to lift instead of over-stressing your back muscles.

4. Stay hydrated. When working outside in the sun and higher temperatures, our bodies require increased water intake to replace the sweat we're losing. The CDC recommends drinking 1 cup of water every 15-20 minutes when working in a hot environment.

With a small bit of preplanning and thinking ahead, your gardening and lawn care routine should be pain-free and enjoyable all summer long!

TAKE CHARGE OF YOUR HEALTH

A proven, supportive way to build healthier habits, stay motivated and reduce your risk for type 2 diabetes is the **PREVENT T2 LIFESTYLE CHANGE PROGRAM**. **If you are ready to take charge of your health, this program is for you.**

Who Should Join?

Individuals with prediabetes, a history of gestational diabetes or a family history of type 2 diabetes but anyone can join for the accountability, collaboration and a supportive group environment that leads to lifestyle change.

What To Expect?

Over the course of 12 months, you will work alongside trained health coaches and fellow group members to build sustainable, health habits. You'll receive education, resources and guidance on how to eat healthier, maintain regular physical activity and manage stress. You will track nutrition, activity and weight while staying motivated because of group support.

Why It Matters?

1 in 3 Americans adults has prediabetes; small lifestyle changes can make a big difference. This program is designed to prevent or delay the onset of type 2 diabetes through realistic, long-term behavior change.

When Does It Start?

The year-long program begins Tuesday, April 28th and ends March 2nd, 2027. Two meeting times are available: 8:00 - 9:00 a.m. or 6:00 - 7:00 p.m.

What Does It Cost?

The investment is \$350 for members, which is less than \$30 per month for new skills, professional support and better health!

PREVENT T2 will change your life. Sign up online or at the front desk.