

BE PROACTIVE

July 2026 Newsletter

WHAT'S HAPPENING

HOLIDAY HOURS

Independence Day, Saturday, July 4

Hours: 5 a.m. – 5 p.m.

No group fitness classes. Regular class schedule resumes July 5.

TOWEL PUNCH CARD

- Request your towel punch card at the front desk
- Present your towel to staff on each visit
- Limit one punch per day per card
- Receive \$5 in Club Bucks on your 10th punch

MEMBER APPRECIATION WEEK DRAWING WINNERS

- PJ C. won the BOGG bag
- Vicki H. won the Free Month of Dues

POOL & GYM USE

Adult supervision is required for children 12 & under, when on the courts or in the pool area.

PAY AHEAD REWARDS

Pay 12 months of household dues in advance and receive the gift of your choice!

- 5-Visit Guest Punch Card - \$62 Value
- 60-Minute Training Session - \$70 Value
- 60-Minute Massage - \$72 Value
- Wellness Club Gift Card - \$50 Value

Contact Member Services for more information: 402.413.4019 & 402.413.4020

FREEZE OPTION

Members may put a temporary “hold” on their account for up to 4 months. The fee is \$25 and the freeze must start on the first of the month.

STAFF Q. & A.

Darren Jack is a Certified Personal Trainer through the National Academy of Sports Medicine. He holds a Bachelor's of Science degree in Biological Systems Engineering from the University of Nebraska and a Master's of Science degree in Biosystems Engineering from the University of Arizona. Darren has also earned 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 and helping others establish healthy habits.

What is an unexpected turn your life has taken because of your involvement with physical activity?

My shoulder surgery was a setback from years of tennis, baseball, football, etc. However, my commitment to strength training helped shorten my recovery period.

When feeling unmotivated, what excuses do you tell yourself? How do you overcome those barriers?

“I’m too tired. I’ll exercise later.” I schedule it and set my alarm so I can start each day off with my workout.

What is a life lesson you have learned through exercise?

You cannot out train a bad diet. Nutrition plays an important role in health and fitness.

Rewind ten years. What do you wish you would've done differently regarding exercise?

Started a focused strength training program sooner.

What two things are you doing to reach your goals?

I have an accountability partner. Enjoy my rest day with my family.

What draws you, or keeps you away from exercise?

Work trips draw me away from my normal fitness programs. I travel with resistance loops and bands to at least get some sort of workout done when on the road.

Why do you do what you do? What about working with others do you find the most impactful and motivating?

I really enjoy sharing my passion for fitness and wellness with others. Hearing from members that they feel stronger and have less joint pain is empowering.

JULY SEASONAL PRODUCE

Beets • Blackberries • Broccoli • Cherries • Cucumbers • Eggplant • Green Beans • Peppers • Raspberries • Sweet Corn • Tomatoes • Watermelon • Zucchini

Want help turning seasonal produce into simple, healthy meals? Schedule a session with our Registered Dietitian to get personalized guidance, meal ideas and support tailored just for you!

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

Mondays. & Wednesdays

July 6 - 29

11:15 a.m. - 12:15 p.m.

Tuesdays & Thursdays

July 7 - 30

10:45 - 11:45 a.m.

\$80 Members \$200 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesdays, July 8 - 29

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

NUTRITION WORKSHOP

SUPPLEMENT SMART MAGNESIUM

TWO OPTIONS

Tuesday, July 28, 1- 2 p.m.

Wednesday, July 29, 6 - 7 p.m.

\$5 Members \$20 Non-members

INTRO TO TAI CHI BASICS

Tuesday, July 14

12 - 1:30 p.m.

\$10 Members \$20 Non-members

HOW TO LIVE WELL WITH PAIN

SIX-WEEK WORKSHOP SERIES

Wednesdays, July 22 - August 26

2- 4 p.m.

\$60 Members \$100 Non-members

SWIM LESSONS

Child group lessons start July 6. The 30-minute lessons are held Monday-Thursday for three weeks.

The west side of the indoor lap pool is not available for open swim when lessons are occurring.

HEALTH SCREENINGS

- Cholesterol: Wednesday, July 1
8 - 10 a.m. Fasting recommended, \$25
- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

UNDERSTANDING POST-VIRAL FATIGUE & LONG COVID

By Dennis E. Scofield, MAEd, Research Exercise Physiologist

Many people recover from viral illnesses within a few weeks. However, some individuals experience lingering symptoms that last months or even longer. This condition is often referred to as post-viral syndrome. Since the COVID-19 pandemic, a large number of individuals have experienced a form of post-viral syndrome known as Long COVID.

Common symptoms can include persistent fatigue, shortness of breath, brain fog, dizziness, sleep disruption, and exercise intolerance. These symptoms may fluctuate from day to day and can make it difficult for individuals to return to normal activity levels.

Post-viral syndromes are not unique to COVID-19. Similar patterns are seen in conditions such as chronic fatigue syndrome (ME/CFS), postural orthostatic tachycardia syndrome (POTS) and other chronic fatigue-related conditions. One of the key challenges in these conditions is that pushing too hard, too soon can worsen symptoms rather than improve them.

Because of this, traditional exercise approaches often need to be modified to focus on pacing, gradual progression, and recovery-aware activity.

To support individuals experiencing these challenges, the Wellness Club now offers 30-minute virtual Post-COVID & Chronic Conditions exercise classes designed specifically for individuals dealing with fatigue-related conditions.

These virtual classes provide:

- Guided low-to-moderate intensity movement
- Pacing strategies to help avoid symptom flare-ups
- Safe progression toward rebuilding strength and endurance

Post Covid & Chronic Conditions Virtual Classes are currently offered:

- Tuesday – 8 a.m.
- Tuesday – 11 a.m.
- Thursday – 4 p.m.

For individuals who would benefit from additional support, the Wellness Club also offers Post-COVID Adapted Training packages, which provide one-on-one guidance to help safely return to exercise.

If you or someone you know is struggling with lingering symptoms after illness, these programs are designed to help support a safe and gradual return to activity.

HEALTH COACHING

You have a health goal but you're struggling to reach it. You've had the same fitness goal for years but have not consistently stayed "on track" to actualizing it. You want to make a change but are unsure of the direction to take. You're curious and want to learn more about health and wellness coaching. If any of these sound familiar, it's time to explore health and wellness coaching.

When you meet with a health coach, you are the driver; the certified coach is in the passenger seat. From this vantage point, and through the use of action-oriented, evidence-based and person-centered strategies, the coach helps clear the way, highlights your strengths and helps to navigate the path towards improved health, fitness, wellness and goal achievement. **Schedule a complimentary, 20-minute coaching session in July to see if coaching is right for you by contacting Carla at czedicher@madonna.org or 402-413-4012.**