BE PROACTIVE
June 2026 Newsletter

WHAT'S HAPPENING

GROUP FITNESS

NEW TIME

Mat Pilates, Sundays, 2:00 - 2:45 p.m.

DISCONTINUED CLASS

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

JUNE TRAINING SALE

Save 10% on 12 sessions of 30 or 60-minute personal training, private reformer and private swimming lessons.

HEALTH SCREENINGS

- Cholesterol: Wednesday, June 3rd 8:00 - 10:00 a.m. $25
- Blood Glucose: By appointment $15
- InBody™: By appointment $35

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

FRIENDS & FAMILY WEEKEND

Free guest weekend is Saturday, June 6th and Sunday, June 7th. No limit to the number of guests accompanying members.

CHILD SWIM LESSONS

Registration for the child group swim lessons is open. The 30-minute lessons are held twice a week July 6th - 24th. $60 Members $100 Non-members

EDUCATOR APPRECIATION

In June, non-member guests who work in education may receive a free two-week trial membership. Active members who work in education may receive an additional 10% discount on a single massage.

I'M SUPPOSED TO BE HERE

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

I recently sat down with Wellness Club member Brian Standley. When Brian brought his 10-year-old daughter in for a visit, she noticed something immediately—many people greeted him by name. It was clear this was more than just a place to work out. After a few greetings, she turned and asked, "What are you, a celebrity here?"

In 2022, Brian experienced a life-changing accident that left him relearning how to walk. Today, he's simply grateful to be here at all—and to inspire others along the way. Brian has heard members say, "If Brian did it, you can." He smiles at that. "I've opened a lot of eyes to what's possible." For Brian, it starts with consistency. "I exercise six days a week," he told me. When I asked if anything keeps him away from the club, he didn't hesitate: "No. Nothing. It gets me out of the house. I look forward to it. The longer I sit still, the worse I feel."

When the conversation turned to his greatest physical challenge, Brian paused and looked down. "Learning how to walk again." He had been told he never would. "I don't like being told what I can't do," he said with a small laugh. "My stubbornness kind of helped there. If there's something I can't do, I work my way to it."

Brian is realistic about his journey. "I'll never be 100%, and I'm fine with that. I'm far from perfect. But I'm living this life how I am now. I'm used to it and I enjoy it. I was in a dark place before the accident." Today, he's a bright spot at the club. His transformation goes beyond his impressive physical progress. There's been a deeper shift—and the people here have played a meaningful role in that change.

At one point, Brian shared something that put everything in perspective. "They said I flatlined." He paused. "After that... it changes your meaning of life." He searched for the right words. "I'm supposed to be here. I fit here." For Brian, the goals are practical, personal and hard-earned: show up for his kids, spend time outdoors, keep getting stronger and walking farther.

Brian's story suggests that limits lose their power when we refuse to accept them as final. What once seemed impossible may be the very thing that moves us forward. And every time he walks through these doors, he isn't just getting stronger—he's quietly reminding everyone around him what's possible.

GROUP FITNESS 60 IN 60

Summer Challenge: **CAN YOU COMPLETE 60 CLASSES IN 60 DAYS?**

Stay accountable this summer and try a variety of classes! From June 1st through July 30th, track your class attendance for a chance to win a free month of dues or a 60-minute massage.

Pick up your tracking card and stickers at the front desk. Multiple classes can be taken in a day. When one card is full, pick up a new one to increase your chances of winning. All cards must be turned in by Tuesday, August 4th. Register online or at the front desk. Challenge fee is $5.00.

SPECIAL EVENTS

STRENGTH 4 SENIORS
FOUR-WEEK SERIES - TWO OPTIONS
June 1st - 25th
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
June 2nd - 25th, 8:15 - 9:00 a.m.
$40 Members $120 Non-members

AQUA ZUMBA
FOUR-WEEK SERIES
Wednesdays, June 3rd - 24th
6:45 - 7:30 p.m.
$5 Members $65 Non-members

TRX RIP & KICK
FOUR-WEEK SERIES
Wednesdays, June 3rd - 24th
8:00 - 9:00 a.m.
$12 Members $65 Non-members

NUTRITION WORKSHOP & DEMO
FOD-MAP FRIENDLY
LOW-COOK SUMMER BOWLS
Tuesday, June 30th, 12:00 - 1:00 p.m.
$15 Members $30 Non-members

DEEP H2O INTERVALS
FIVE-WEEK SERIES
Tuesdays, June 9th - July 28th
6:00 - 6:45 p.m.
Free for Members* $135 Non-member
*$20 fee for Senior Plus members

HOW TO LIVE WELL WITH DIABETES
SMALL GROUP WORKSHOP
SIX-WEEK SERIES
Tuesdays, June 23rd - July 28th
2:00 - 4:00 p.m.
This series is for individuals living with Type 2 diabetes, and those looking to improve blood sugar management and their caregivers. This interactive workshop is designed to provide education, skills, and support to help make daily life more manageable and fulfilling. Participants who complete the workshop receive a copy of Living a Healthy Life with Chronic Conditions.

Member Appreciation Week

JUNE 22ND - 28TH

Join us this week as we celebrate our incredible members.

MONDAY	Enter the drawing for a summer BOGG goodie bag
TUESDAY	Take a summer picture at the selfie station
WEDNESDAY	Enter the drawing for a free month of dues
THURSDAY	Move a mile for a free guest pass
FRIDAY	Enjoy complimentary refreshments & fun at the pool party
SAT. & SUN.	Bring in friends & family for free all weekend

Move More Workouts

Special workouts will be provided in the club and on the app to help you move more this week.

MONDAY	Tabata-Based Cardio
TUESDAY	Upper Body Conditioning
WEDNESDAY	Breathwork
THURSDAY	Lower Body Conditioning
FRIDAY	Flexibility in Motion

POOL PARTY
Friday, June 26th
4:30 - 6:00 p.m.
Enjoy Kona Ice and games, including the watermelon relay!

Group Fitness Drawings

Attend a designated class for a chance to win a $20 gift card!

MONDAY	Chair Yoga 10:00 a.m. • Hydro Interval 60 5:30 p.m. Strength 45 6:30 p.m.
TUESDAY	Zumba 6:30 p.m. (virtual accessible)
WEDNESDAY	Yoga II 12:00 p.m. (virtual accessible)
THURSDAY	Strength 45 5:30 a.m. • Cardio & Stretch 5:30 p.m.
FRIDAY	H2O Interval 7:00 a.m.
SATURDAY	Boot Camp 7:30 a.m.
SUNDAY	Mat Pilates 2:00 p.m.

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.
To see if coaching is right for you, connect with Carla, czedicher@madonna.org or 402-413-4012, to schedule a complimentary, 20-minute coaching session.