

BE PROACTIVE

March 2026 Newsletter

WHAT'S HAPPENING

GROUP FITNESS

NEW CLASSES

Tuesday:

- Cycling 30!, 6:15 p.m.

Wednesday:

- Reformer*, 9:00 a.m.
- Mat Pilates, 10:00 a.m.
- Barre Pilates, 12:15 p.m.
- Zumba, 5:45 p.m. * Additional fee

Thursday:

- Reformer I-II*, 12:30 p.m.
- Barre Pilates, 4:30 p.m. * Additional fee

Friday:

- Cycle 30!, 4:30 p.m.

DISCONTINUED CLASS

Wednesday, TRX Intervals, 5:30 p.m.

SWIM LESSONS

Register now for the spring child group swim lessons held March 23rd - April 30th. \$60 Members \$100 Non-members.

MARCH IS NUTRITION MONTH

Save 10% on all nutrition services!

Do you feel bombarded with conflicting nutrition advice from social media, AI tools and well-meaning friends? Cut through the chaos for evidence-based information and personalized guidance from Registered Dietitian Nutritionist Lisa Graff. She brings clarity and credibility to your nutrition decisions. Contact Lisa at 402.413.3559 or lgraff@madonna.org.

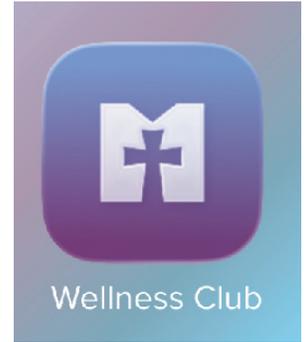
RIDE TO O'NEILL CHALLENGE

Celebrate St. Patrick's Day with a 212 mile "trip" to Nebraska's Irish Capital of O'Neill. Pick up your tracking card at the front desk to record the miles you complete around your home and community, in the club on equipment, in the pool or on the track.

MEMBER APP

Download the free app for your member account. An instructional handout is available at the front desks. Members are able to do the following in the Madonna Wellness Club app:

- Check in with a digital scan card
- Enroll in group fitness classes & special events
- Update account information & make payments
- Schedule massages
- View special notifications & more



TELL YOUR STORY

For the Club's 20th anniversary, we asked members to share their wellness journey. Read Jennifer H.'s story for a great reminder on the importance of connecting with others.

My success on my wellness journey is due in large part to the kindness of both members and staff. The friendly greetings, engaging conversations, motivating words and lighthearted banter all play a meaningful role in my life.

I was referred to the Wellness Club by my physical therapist with the goal of losing weight and gaining strength. It was about a year and a half after I became paraplegic and I was still struggling with my disability, my self-esteem and finding my place in the world again.

Personal trainer Jason suggested I try Adaptive Athletes In Motion. I was beginning to feel stronger but I still had concerns about acceptance—both related to my disability and my body image. Adaptive Athletes In Motion with Sam was exactly what I needed. The class helped me increase my strength, flexibility and range of motion while also allowing me to build meaningful relationships with others who face challenges yet choose to remain positive. Not long after I began attending Adaptive Athletes In Motion, Julie, a fellow member, suggested I try Seated Dance Blast with Greta. I decided to take another risk and attend the class. I loved Greta, the members and the class itself. It took me a while to learn the movements, and I even found myself grateful for having a legitimate excuse for not being able to move my legs. I'm honestly not sure I could ever get the hand and leg movements timed correctly. As my confidence grew, I slowly began trying other classes. I've learned I enjoy classes most when I have a strong connection with the instructor. Keri is the perfect yoga instructor. Chair Yoga is both peaceful and inspiring, and her classes have had a positive impact on my physical, mental, and emotional wellbeing.

Since joining the club, I've met members and staff whom I truly adore and get excited to see. Since joining the Club, I have lost 100 pounds. I still have goals to reach, including losing more weight and gaining even more strength, but I am making progress. I am deeply grateful for the members and staff.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - THREE OPTIONS

March 2nd - 26th

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

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

Tues. & Thurs., 11:45 a.m. - 12:45 p.m.

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

March 3rd - 26th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

RETHINK YOUR POSITION

FOUR-WEEK BOOK STUDY

Sundays, March 8th - 29th

4:45 - 5:45 p.m.

\$35 Members \$100 Non-members

NUTRITION WORKSHOP

SUPPLEMENT SMART: BONE & JOINT HEALTH - TWO OPTIONS

Wednesday, March 11th, 6:00 - 7:00 p.m.

Tuesday, March 31st, 1:00 - 2:00 p.m.

\$5 Members \$15 Non-members

STRENGTH, CORE & BALANCE

SIX-WEEK SERIES

Thursdays, March 5th - April 9th

5:30 - 6:15 a.m.

Free Members \$90 Non-members

SMR + CARS FOR THE LOWER BODY WORKSHOP - TWO OPTIONS

Thursday, March 26th

10:30 a.m. - 12:00 p.m.

Friday, March 27th, 4:30 - 6:00 p.m.

\$15 Members \$30 Non-members

INTRO TO TAI CHI BASICS

WORKSHOP - TWO OPTIONS

Monday, March 9th, 12:15 - 1:00 p.m.

Wednesday, March 11th, 10:15 - 11:00 a.m.

\$5 Members \$20 Non-members

RIP + KICK & MORE

FOUR-WEEK SERIES

Wednesdays, March 25th - April 16th

8:00 - 9:00 a.m.

\$12 Members \$65 Non-members

NUTRITION MYTHS & FACTS

Being flooded with nutrition information makes it hard to know what's true. Let's highlight a few tidbits so you can feel more confident about your food choices.

Dietary fiber is a beneficial type of carbohydrate found in plant foods. **FACT: Fiber is an essential part of a healthy diet. It helps reduce blood cholesterol, control blue sugar and helps us feel full longer.**

Consuming raw milk can cause serious health risks. **FACT: Raw milk has not undergone pasteurization, which is a process that uses heat to kill dangerous bacteria. Pasteurizing milk does not destroy milk's nutrition benefits.**

Seed oils can be part of a healthy balanced diet. **FACT: Seed oils are a good alternative to saturated fats because they don't lead to increased blood cholesterol.**

Everyone should take a vitamin or mineral supplement. **MYTH: Most people can get all the nutrients they need through a balanced diet.**

A vegetarian diet can provide enough protein and energy for adults. **FACT: A vegetarian eating style can meet nutrient needs, including protein, for adults cross all activity levels.**

For personalized nutrition advice that fits your goals and lifestyle, schedule a session with Lisa Graff, Registered Dietitian Nutritionist.

STAFF Q. & A.

Jessica Madsen is an Exercise Physiologist and Certified Personal Trainer who has been employed at Madonna Wellness Club for 20 years. She has a degree in Exercise Science and Recreation Management, with an emphasis in Recreation Therapy from the University of Nebraska – Kearney. Jessica is a Certified Exercise Physiologist through the American College of Sports Medicine and holds certifications in Functional Movement Systems Level 2 along with Stott Pilates Reformer.

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

When I was little, I never dreamed of hiking a mountain, running half marathons or completing triathlons, but with physical activity and specific training, I was able to do it all and love it!

What's been the most difficult physical challenge in your life and how has it shaped you and your view exercise?

Menopause. I had to learn that I wasn't going crazy and rework how to eat and exercise.

What keeps you committed to your exercise routines?

The psychological relief I get when I stick to my routine keeps me committed.

When feeling unmotivated, what excuses do you tell yourself? How do you overcome those barriers? Usually, it is when I am tired or I think my family wants me to do something for them. I tell myself I will feel better after and I need to lead by example.

What principles and values propel you to keep exercising? Move it or lose it!

What is a concrete example of how someone helped you on your fitness journey?

Billy Blanks, watching and working out to his workout videos in college, motivated me to be positive and love myself.