

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>I LOST IT AT THE CLUB Join us in January for this popular, supportive, nationwide weight-loss program! What better time to start creating a "new you" than at the beginning of the new year? The first 400 members to sign up will receive a free t-shirt. Free to members / Jan. 11 – March 5</p>		<p>FUN IN THE GYM WITH PARENTS (12–24 months; limit 12) Stimulating program introduces balancing, tumbling and agility skills, which help children develop a love of physical activity and pride in their achievements. \$20 per child LCP members; \$35 per child nonmembers Tuesday 11–11:45 a.m. Session I: Jan. 5–Feb. 9 (Must Register)</p>	December 30	December 31	1	2
				New Years Eve Club Closes at 4 p.m.	New Years Day Club Open noon - 6 p.m.	FREE 20-MINUTE PILATES REFORMER Sign up at Front Desk 10-10:20 a.m.
3	4	5	6	7	8	9
WEDDING DAY MEMORIES Fit the dress of your dreams or look great in that tux. Call 330-655-2377, ext. 144 to schedule days and times. Jan. 11–Feb. 14 Reg. by Jan. 8	WEIGHT NO MORE! LCP'S OWN WEIGHT LOSS SUPPORT GROUP Reach your ideal weight in a healthy, positive way. Mondays, Jan. 4–March 8 6–7 p.m.	PRENATAL POSTPARTUM YOGA Moms-to-be and new moms, learn to ease your pregnancy and childbirth and reclaim your pre-pregnancy body! noon–1:30 p.m. Jan. 5–Feb. 25 (Register by January 2)			KIDS NIGHT OUT AKA PARENTS DATE NIGHT Kids, bring a towel, a friend and lots of energy. Parents, this is your chance to get away while we keep the kids. 6-10 p.m. (Must Register)	FREE 20-MINUTE PILATES REFORMER Sign up at Front Desk 10-10:20 a.m.
10	11	12	13	14	15	16
YOGA Yoga exercises are not strenuous and can be practiced by everyone, regardless of age. Experience a healthier, more flexible body and mind, free from everyday tension and anxiety. For all levels consult program guide for details.	LIFE COACHING Use life management skills to become a better version of yourself at the free seminar. 11-11:30 a.m. or 5:30–6 p.m. (Register by Jan. 8) WEIGHT LOSS HYPNOSIS (Mind Over Platter) Eat less, control cravings take charge of your weight. Course includes a CD to aid reinforcement, 7–8 p.m. (Register by Jan. 7)				BATTLE BOATS Battle Boats is a fun, new game that combines Capture the Flag, a squirt gun fight, and intense aerobic paddling. After the battle, all sailors will enjoy a light snack and drink. \$7 for youth members, \$10 for non-members 7–9 p.m. (Register by Jan. 12)	FREE 20-MINUTE PILATES REFORMER Sign up at Front Desk 10-10:20 a.m. THIS ONE'S FOR GIRLS! Learn how to incorporate strength training into your regular exercise routine and develop that long, lean look. Join us for a fun, interactive hour strictly for the girls! Free to members 16 and older 10–11 a.m. (Register by Jan 12)
17	18	19	20	21	22	23
We offer In-Home Personal Training! Call 330-655-2377 ext. 144 for information!	WINTER BLUES: NOT JUST A MYTH Winter's diminished sunlight may be a contributing factor to winter blues, in the form of Seasonal Affective Disorder. Attend this free program to learn what you can do about it. Thursday, Jan. 21, 2–3 p.m. (Register by today, Jan. 18)		NO-DIET WEIGHT MANAGEMENT At this free program learn practical strategies for breaking the diet failure cycle and achieving lasting fitness and health. Discover new ways to prepare old favorite recipes, plus taste healthy food samples. Jan. 20, 11:30 a.m.–12:30 p.m. Jan. 21, 6:30–7:30 p.m. (Register by Jan. 18)	ARTHRITIS AND EXERCISE Learn strategies for getting those joints back in motion in this FREE program. 2–3 p.m. (Register by Jan. 18) TIME MANAGEMENT In this hands-on workshop, analyze how you use your time and identify time wasters. 5:30–6:30 p.m. (Register by Jan. 19)	SCHOOL'S OUT FUN DAYS (6–12 years; limit 25) Grab your friends and head to LCP! Our full-day friends need to bring their bathing suits, towels and pack a lunch. We guarantee you will have a fun while doing crafts, playing games and more. Half-day, 9 a.m.–noon: Full-day, 9 a.m.–3 p.m. (Register by Jan. 19)	FREE 20-MINUTE PILATES REFORMER Sign up at Front Desk 10-10:20 a.m.
24	25	26	27	28	29	February 1
		FREE PRE-SURGERY WORKOUT SEMINAR Exercises performed before surgery can help decrease post-operative recovery time. For more information call Rom Vinhaes, personal training coordinator, at 330-655-2377, ext. 144, or attend the FREE informational meeting. Tuesday, Jan. 26, 6 p.m. (Register by Jan. 22)	FREE HEARING SCREENINGS A speech/language pathologist, will conduct speech, language, voice fluency and hearing screenings. You must register for an appointment. Wednesday, Jan. 27, 6–7 p.m. (Register by Jan. 20)	POOL FUN & GAMES AKA: "PARENT WORKOUT IN PEACE PROGRAM" Feel great knowing your child(ren) are getting the recommended hour a day of play while you enjoy some well deserved workout time. Thursdays, 6–8 p.m. Jan. 28–March 4		