


# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We offer In-Home Personal Training! Call 330-655-2377 ext. 144 for information!</p>	<p><b>1 SPRING RACQUETBALL LEAGUES</b> Sign up early to get the league you want. First-come, first-served basis. March 1 and 2, 6-8 p.m. in the LCP Lobby Spring Session runs March 8-May 8 <b>Register by March 1</b></p>	<p><b>2 TOTAL FITNESS EXPERIENCE</b> Learn the benefits of physical fitness training while having fun and being creative. Great class if you are losing your balance, flexibility or strength! Tuesdays and Thursdays 11 a.m. - noon March 2-April 8</p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6 INTRO TO THE PRINCIPLES OF PILATES</b> This class is a prerequisite to any other Pilates class. Free to members 10-10:20 a.m.</p>
	<p><b>7</b> Not meeting your goals? Let us review your program and update it. See a Fitness Associate.</p>	<p><b>8</b></p>	<p><b>9 WEDDING DAY MEMORIES</b> Meet with a personal trainer once a week for six weeks. Use your individualized weekly plan, to help you look fantastic in the dress or tuxedo of your dreams. \$180 per member, \$240 per nonmember March 16-April 26 <b>Register by March 9</b></p>	<p><b>10 TWEAK YOUR TRAINING</b> Take just about any exercise you do and turn up the intensity. Get more exercise in less time. 7-8 p.m. <b>Register by March 8</b></p>	<p><b>11 ARTHRITIS: Combating, Coping and Conquering</b> You don't have to live in pain! This formative and interactive group lecture covers how to manage life with arthritis. noon -1 p.m. <b>Register by March 5</b></p>	<p><b>12</b></p>
<p><b>14</b>  St. Patrick's Day</p>	<p><b>15</b></p>	<p><b>16 CORONARY ARTERY DISEASE: SHORTNESS OF BREATH, FATIGUE, DIZZINESS, HIGH BLOOD PRESSURE</b> Don't miss this program dealing with symptoms, and exercise regimens associated with preventing and treating coronary artery disease. 11 a.m. -noon Tuesday, March 16 <b>Register by March 12</b></p>	<p><b>17</b></p>	<p><b>18</b> Treat yourself to a relaxing massage.</p>	<p><b>19 ALL-AMERICAN SPRING FLING BEACH PARTY!</b> Today is the first day of Spring and the start of many area spring breaks. Celebrate the new season with a night of beach music &amp; swimming. Hot dogs and soda will be served. \$7, youth members; \$10, non-members 7-9 p.m. <b>Register by March 17</b></p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24 FREE HEARING HEALTH SEMINAR</b> Cell phones, ear buds, MP3s or iPods...today we have more potential hazards to our hearing than ever before. Attend this frank discussion on coping with hearing hazards, both old and new. Wednesday, March 24 6-7 p.m. <b>(Register by March 18)</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>28 AQUA EASTER EGG HUNT PLUS LUNCH WITH THE EASTER BUNNY</b> A wet Easter egg hunt in the pool, dry off and change for lunch. Mom &amp; Dad, be sure to bring the camera \$9 for children of members \$15 for non-members 11 a.m. - 12:45 p.m. <b>(Register by March 30)</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>April 1</b></p>	<p><b>April 2</b></p>	<p><b>April 3</b></p>
<p style="text-align: center;"><b>Refer a new member in March and receive a package of 1 personal training session and 1 nutritional counseling session.</b></p>						
<p style="text-align: center;"><b>SPRING BREAK FUN FOR KIDS</b> School's out! Don't just sit around watching TV; join us for great energy-burning activities, crafts, games and loads of fun! Half-day (9 a.m.- noon) or full-day (9 a.m.-3 p.m.). Full-day campers will take part in activities such as swimming, rock wall, or physical education games. Grab a friend and get registered, you won't want to miss out! Please bring a towel and a packed lunch. Half-day: \$10 for LCP members, \$15 for non-members      Full-day: \$20 for LCP members, \$25 for non-members <b>Monday, March 29:</b> Scooter Madness/PE Games      <b>Tuesday, March 30:</b> Rock Wall/Floor Hockey      <b>Wednesday, March 31:</b> Kickball/PE Games <b>Thursday, April 1:</b> Swimming/Rockwall      <b>Friday, April 2:</b> Badminton/Volleyball      <b>Monday, April 5:</b> Badminton/Volleyball</p>						