



**FOR IMMEDIATE RELEASE**

**August 13, 2010**

**For more information:**

**Wendy Turrell**  
**Director of Marketing & Public Relations**  
**330-655-2377 Ext. 124**  
**wturrell@lifecenterplus.com**

## **Kindermusik Classes and After School Fitness Bus Program Coming to LifeCenter Plus in September**

Hudson, OH– LifeCenter Plus, a full-service health and fitness center on Darrow Road, is adding two exciting new programs for fall, both open to nonmembers as well as members. **The well known and regarded Kindermusik programs for infants and preschool children will be presented in partnership with Kindermusik at LifeCenter Plus, starting September 13<sup>th</sup>. A brand-new After School Fitness Fun Club is a program devised by the LifeCenter Plus Kids Fitness department** and is presented in cooperation with participating area schools, that permit the LifeCenter Plus Fitness Bus to pick kids up after school and transport them to LifeCenter for supervised activities.

### **Kindermusik Early Childhood Programs Have Well-Deserved Reputation**

Three Kindermusik programs will be presented. The first is Kindermusik Village for infants through 18 months of age; the second is Kindermusik Our Time for toddlers 18 months to 3 years; Kindermusik ABC is for children ages 3 to 5 years. The sessions vary in length of weeks offered and in price. Fees include all materials for the classes. Kindermusik Village and Kindermusik Our Time will meet once a week on Monday mornings; Kindermusik ABC meets twice a week, on Mondays and Thursdays in the early afternoon.

### **After School Fitness Fun Club Comes Via Fun Plus Bus**

The National Centers for Disease Control and Prevention recommend an hour a day of active play for developing youngsters. Too many school-aged children fall far short of that goal, especially if they do not play organized sports. The After School Fitness Fun Club can help by providing transportation after school to LifeCenter Plus for supervised activities including rock-climbing on LCP's indoor rock wall, dodgeball, kickball, basketball and Tae Kwon Do, among other activities. The program runs on a weekly rotating basis, with different participating schools on different days of the week. The After School Fun Club lasts from 4-6 p.m., with parents responsible for picking their children up at LifeCenter Plus at its conclusion.

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**More information about both these programs, including participating schools for the After School Fun Club, program costs and specific times, is available by calling Kids Fitness Director Laura Coon at 330-655-2377, ext. 145. Early registration is encouraged for all programs, as they are anticipated to fill up quickly.**

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