

JANUARY 2019

NEWSLETTER



Monthly Membership Newsletter

Find a gym buddy, show up, win prizes.

#GymBuddyLCP

Accountability Challenge

January 14th - February 25th

\$15
per person

Weekly prizes of Yetis, Firesticks, Echo Dots & More! Grand Prizes of FREE Dues & LCP Services!

Register at the Front Desk Today!



New Year Gym Buddy Challenge!

Find a gym buddy, show up, win prizes. We are making it easier than ever to be a healthier version of yourself for 2019! AND you get to experience this growth alongside a friend, spouse, family member or coworker. Research suggests that exercising with a buddy motivates you to work twice as hard. Translation: you'll have a better time and get better results. Talk about a win-win!

Weekly challenges, an optional weight loss component and a chance to win a bunch of prizes. The challenge is \$15.00 per person and all fitness levels are welcome to join. Deadline to sign up is Monday, January 14th. More information on the challenge details, weekly challenges and to sign up is at the Front Desk!

Nutrition for your New Year.

When you consider what nutrition and weight loss goals you want to achieve this year, keep in mind that the word *diet* takes its roots from the Greek word "diata" meaning *way of life*. And our NEW Weight Loss Package is a 6-month program that was uniquely cultivated for the individual who is serious about *life-long* weight loss. This package contains all the features necessary to promote true behavioral change for lasting results, including:

- 6-Months Unlimited Online Nutrition Counseling
- Weekly 30-Minute Personal Training Sessions
- Biweekly In-Person Nutrition Counseling Sessions
- 2 Extensive Diet Analyses

Our Weight Loss Package is \$185 per month, member price and \$255 per month, nonmember price*.

Person must commit to full 6 months.

Purchase your package no later than January 31st and YOUR FIRST MONTH IS FREE!

Questions and how to get started? Email our Nutrition Specialist Rebecca DeVenzio at Nutrition@LifeCenterPlus.com.

January 8th:
SMOOTHIES
Time: 7-8pm
Cost: \$10/person

LOOK WHAT'S COOKING

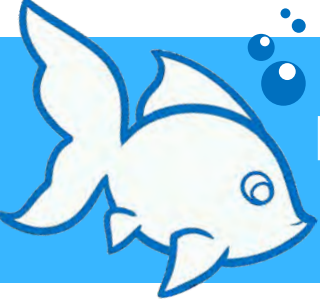
Come cook with us! Each month we will provide a hands-on food demonstration that will give you a variety of healthy meal choices!

JANUARY DATES:

- 1 - New Year's Day Classes
- 7 - Racquetball Leagues Winter Session
- 7 - SPLASH Winter Session 1
- 8 - Kids Swim Lessons Winter Session 1
- 8 - Pre-Kindergarten Winter Session 1
- 8 - Look What's Cooking: SMOOTHIES
- 9 - Kids Martial Arts Winter Session 1
- 11 - Family Dive-In Movie: INCREDIBLES 2
- 12 - CPR/AED Re-Certification
- 13 - CPR/AED New Certification
- 14 - New Year's Gym Buddy Challenge
- 14 - Homeschool Hangout Winter Session 1
- 20 - 2019 Travel Show
- 20 - Yoga Fusion Workshop
- 21 - School's Out Kids Day Camps
- 30 - School's Out Kids Day Camps

Our Winter 2019 Group Exercise Schedule & Program Guide start January 2nd - view online on our website or pick up your copy of the schedules at the Front Desk!





**SESSION 1 OF GROUP
KIDS LESSONS STARTS**
WEEK OF JANUARY 8
REGISTER YOUR CHILD TODAY!



New Programs for Kids!

As a family-friendly facility, we are bringing you more kids fitness, more swim lessons, more martial arts classes, and more Pre-Kindergarten Club options, along with some new things such as our new Homeschool Hangout program, new Family Dive-In Movie options, new family swim times in our pools and new holiday activities! Check out our Winter Program Guide or online for all the details of our kid-friendly and youth offerings.



Like us on
Facebook
/LifeCenterPlus
Follow us on
Instagram

Yoga Fusion Workshop

Spinyoga

January 20th at 2pm

Improve your fitness and flexibility by combining the strength and cardio benefits of SPIN and the mind-body benefits of Yoga in a single class! Then wind down afterwards with drinks and snacks! Some yoga and cycling experience is beneficial for the bike to mat transitions. Don't forget to bring your water bottle for this highly-rejuvenating class!

\$10 Members | \$20 Nonmembers

Disney · PIXAR
INCREDIBLES 2
DIVE-IN MOVIE
Friday, January 11th
Movie starts at 7pm!

2019 LIFECENTER PLUS TRAVEL SHOW

JANUARY 20TH 2019
2:00-4:00PM

JOANN FABRIC'S CONFERENCE CENTER
5381 Darrow Road, Hudson, OH 44236

**CALL TRAVEL COORDINATOR
CAROLYN FOR DETAILS & TO RSVP:
330-655-2377 EXT.123**