

LifeCenter Plus: A Year-Round, Full-Service Health and Fitness Center

History

As Northeastern Ohio's premier health and fitness facility, LifeCenter Plus has been serving the Hudson and Stow communities since 1978. Located at 5133 Darrow Rd., south of downtown Hudson, the LifeCenter building began as an ice skating rink in the 1970's. It later became the premier Racquetball Club, which further developed into a racquet and fitness club. Today the 103,000-square foot multipurpose facility offers complete fitness and wellness resources to members and visitors of every age and fitness level, and includes an indoor and outdoor pool complex.

Over 180 programs for every interest

LCP has consistently been a leader among Northeast Ohio Fitness facilities in offering the latest cutting-edge programs and equipment. Personal trainers, a big advantage in meeting weight loss goals or specialized athletic training, are available to both members and nonmembers. Individuals receive customized, personal training to pursue their fitness goals, in either one-on-one or small-group sessions. LCP offers three levels of Pilates mat classes as well as Pilates Allegro Reformer. Zumba, Pilates-Yoga, Pre-Postpartum Yoga, Boot Camp, Spinning, Tai-Chi, Qi-Gong and Mind/Body/Soul classes are some of the popular classes members enjoy.

Senior programming

In recent years, LCP has developed a reputation for the quality and extent of its senior-adult programs, including arthritis pain management, physical mobility and post-surgery rehabilitation. Fitness staff, working together with members' physicians, help those members regain and often surpass their pre-surgery independence and mobility. The addition of the 30' X 50' foot Warm Water Therapy Pool with resistance river, has become an excellent resource for those members recovering from surgery, or those using preventive exercise against arthritis stiffness. The pool is kept at 90 degrees and is ramped and wheel chair accessible. Aqua-Chi (Tai Chi in the water) has become one of our most popular classes.

Programs for kids

LifeCenter also provides ample opportunities for young people to not only have fun, but to begin developing good fitness habits. "Kids Klub" and "Kids Klub Plus" are age-specific programs from walkers through 14 years that encompass social, motor-skill and/or sport-skills activities. LCP offers kids-specific personal training, yoga and circuit training.

During the summer, LCP runs full-and half-day camps for kids 3 to 14 years old, with Before and After Care available. The club also offers special holiday and "day off school" activities, Red Cross swimming lessons and themed birthday party packages. The Stingrays Swim Team has grown to over 125 members and is a member of the competitive Akron Metropolitan Swim League.

Social Events and Amenities

In addition to its multitude of fitness and wellness programs, LCP staff take pride in maintaining a social club environment, while providing a superior fitness experience. Special events are frequently planned for members. The club employs massage therapists, personal trainers, and a nutritionist, all licensed and certified, as well as a concierge. LCP books travel packages through its own group travel coordinator, to destinations near and far. Nonmembers and members can sign up for day trips, national and international excursions, dinner and Broadway show combinations and gaming adventures.