

LIFECENTER PLUS

SUMMER 2022 GUIDE

YOUR SUMMER DESTINATION IS HERE!

**Outdoor
Pools
open on
May 28th!**

**Clean, Safe, & Comfortable
All Level Exercise Classes
Outdoor Pools
Kids Summer Camps
Summer Swim Lessons
Safe Social Events
And MORE!**

(330)655-2377 | LIFECENTERPLUS.COM

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HOURS OF OPERATION

Club Hours

Monday-Thursday 5:00am-10:00pm

Friday 5:00am-9:00pm

Saturday 7:00am-7:00pm

Sunday 7:00am-8:00pm

Outdoor Pool Hours

Open Daily 11:00am-7:00pm,

Saturday, May 28 - August 19* +

*Open 11:00am-6:00pm on major holidays -
May 30, July 4, and September 5.*

+Open Weekends ONLY, August 20th-21st,
August 27th-28th, September 3rd-4th.*

Membership Dept. Hours

Monday, Tuesday,

Wednesday, & Friday

9:00am-5:30pm*

Thursday 9:00am-7:00pm*

*Membership observes lunch from 1:00-2:00pm
and may be closed during that time.*

HOLIDAY HOURS

Memorial Day

Monday, May 30

Fitness Facility CLOSED

Outdoor Pool Open 11:00am-6:00pm

Fourth of July

Sunday, July 4

Fitness Facility CLOSED

Outdoor Pool Open 11:00am-6:00pm

Labor Day

Monday, September 5

Fitness Facility CLOSED

Outdoor Pool Open 11:00am-6:00pm

LCP GO®

SEARCH "LCP GO" ON FACEBOOK!

ONLINE FITNESS CLASSES

YOUR FAVORITE
CLASSES
BY YOUR FAVORITE
INSTRUCTORS

2-3 CLASSES
POSTED DAILY!

FREE FOR OUR MEMBERS



LifeCenter Plus is an official Silver Sneakers® and Renew Active® Facility.

RenewActive™
by UnitedHealthcare

SilverSneakers®
by Tivity Health

330-655-2377

www.LifeCenterPlus.com

LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236

DIRECTORY

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Guests

Guests of members are always welcome! Day passes are available for \$10 for individuals 3 years and older. We ask that you accompany your guest or purchase a pass ahead of time if your guest will not be present with you.

Private Locker Rental

Store your shoes, racquets, clothes, swim gear and toiletries in a personal locker for only \$10 per month! Half lockers and combination lockers are available. Stop by Membership for more information and to purchase.

LifeCenter Plus Gift Cards

Looking for the perfect gift? Give the gift of health and wellness with a LifeCenter Plus gift card! Gift cards are redeemable for services such as massage, personal training, Reformer and more!

Jump into the Summer
Season *safely* at LCP!

OUTDOOR
POOLS

Top Rated by The
Akron Beacon
Journal!



POOL HOURS

May 28 - August 19

Open Daily, 11am-7pm*

Morning Lap Swimming starts June 6th!

except major holidays

POST SEASON HOURS

August 20-21, August 27-28,
September 3-4

Open 11am-7pm*

HOLIDAY HOURS

May 30, July 4 & September 5

Open 11am-6pm

SAVE-THE-DATES

Wednesday, May 4

Kids Martial Arts Summer Session 1

Times vary. Learn respect, patience, self-discipline and improve self-esteem through the practice of Isshinryu Karate. Member and nonmember pricing on page 22. Register online (members) or at the Front Desk!

Sunday, May 8

Lifeguard New Certification

8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Monday, May 9

Rollin' with Rom Foam Roller Workshop

6:00pm. Correct muscle imbalance, relieve muscle soreness and joint stiffness, improve joint range of motion, and MORE through soft tissue mobilization with a foam roller! Trainer Rom guides you through effective stretching techniques and movements, incorporating a foam roller. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, May 13

Family Dive-In Movie: SHREK 2

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with! Member and nonmember pricing on page 7 or online. Register online (members) or at the Front Desk!

Sunday, May 15

Lifeguard New Certification

8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Sunday, May 22

Lifeguard New Certification

8am-6pm. Learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. See page 10 for full details and registration information.

Monday, May 23

Summer Racquetball League Session 1

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 23. \$15 per Member. Register at the Front Desk.

Sunday, May 29

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 10 for full details and registration information.



OUTDOOR POOLS
OPEN WEEKEND OF
MEMORIAL DAY,
MAY 28TH, 2022!

Monday, June 6

Kids Summer Camp Week One: REACH FOR THE STARS

9am-4pm. Bringing the most magical place on earth, right to our backyard! Enjoy daily themes, crafts, and games that come from some of our favorite Disney® and Pixar® characters and movies! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Group Swim Lessons 2-WEEKS Session 1

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Youth Running Club Summer Session

6-7pm. Keep your children active while school is out for the summer, by running! Member and nonmember pricing available - details on page 22. Register online (members) or at the Front Desk.

Thursday, June 9

Group Swim Lessons 6-WEEKS Session 1

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Friday, June 10

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! FREE for Members.

Monday, June 13

Kids Summer Camp Week Two: ABRACADABRA!

9am-4pm. Discover the magic within yourself during this week full of amazing experiments and imagination. Invent new games and participate in cool activities that make you say WOW! Member and nonmember pricing available - details on page 21. Register at the Front Desk.



Like us on
Facebook
/LifeCenterPlus
Follow us on
Instagram

Friday, June 17

Family Dive-In Movie: LUCA

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool! Member and nonmember pricing on page 7 or online. Register at the Front Desk!

AfterWERQ Party

7pm. After work comes the after party...where we WERQ! Join LifeCenter Plus for a wild dance cardio workout and a happy hour that will melt away any 9 to 5 stresses. All dance fitness levels welcome! Member and nonmember pricing available. See separate flyer for full details. Register online (members) or at the Front Desk!

Monday, June 20

Kids Summer Camp Week Three: 1-2-3...BLAST OFF!

9am-4pm. Calling all space explorers! Discover all the wonders of the solar system and become an actual astronaut through rocket ship crafts, star games, and more! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Rollin' with Rom Foam Roller Workshop

6:00pm. Correct muscle imbalance, relieve muscle soreness and joint stiffness, improve joint range of motion, and MORE through soft tissue mobilization with a foam roller! Trainer Rom guides you through effective stretching techniques and movements, incorporating a foam roller. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Tuesday, June 21

Summer Solstice Yoga @ LCP!

7pm. Join us on the longest day of the year, to celebrate the light of the sun! Bring balance and brightness into your day with 90-minutes of yoga flow sequences and guided meditation from a variety of our instructors. Enjoy organic refreshments afterwards and a "sounding" surprise! Member and nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, June 24

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. Free for Members. Register at the Front Desk.

Monday, June 27

Kids Summer Camp Week Four: SURVIVOR

9am-4pm. This fun-filled week will be full of physical and mental challenges, outdoor adventures, cooperative games, daily themes, crafts, and tons of teamwork that will outlast the summer season! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

BE SOCIAL WITH US!

We share events online and via our social media channels! Like us online.

Monday, June 27

Group Swim Lessons 2-WEEKS Session 2

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Wednesday, June 29

Kids Martial Arts Summer Session 2

Times vary. Learn respect, patience, self-discipline and improve self-esteem through the practice of Isshinryu Karate. Member and nonmember pricing on page 22. Register online (members) or at the Front Desk!

Tuesday, July 5

Kids Summer Camp Week Five: AROUND THE WORLD

9am-4pm. Travel around the world this week without leaving camp! Learn all about different cultures, play new games, and explore the wonders of the world! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Friday, July 8

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! FREE for Members.

Monday, July 11

Kids Summer Camp Week Six: SAFARI

9am-4pm. Take a walk on the wild side with us as we discover the wonders of the animal world and travel deep into the Safari! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Monday, July 18

Group Swim Lessons 2-WEEKS Session 3

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Kids Summer Camp Week Seven: CHRISTMAS IN JULY

9am-4pm. Who said that Christmas can come only once a year? Join us for a week of wintery activities in the heat of the summer! Snowball fights, holiday music, crafts, and the jolly Christmas spirit! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Friday, July 22

Family Dive-In Movie: HOTEL TRANSYLVANIA 3 SUMMER VACATION

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with safe social distancing! Member and nonmember pricing on page 7 or online. Register at the Front Desk!

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. Free for Members. Register at the Front Desk.

Saturday, July 23

Heat Up the Pool: Aqua Zumba Party

7pm. Make a splash and bring your friends to the party in the pool! Enjoy 45-minutes of easy-to-follow dance fitness in our Outdoor Pool, followed by some cooling refreshments. Member and nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk!

Monday, July 25

Kids Summer Camp Week Eight: WE'VE GOT SPIRIT!

9am-4pm. Camp is larger than life this week! All games and activities are blown out of proportion, and a different theme each day this week will bring out the spirit and fun, in everyone! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Thursday, July 28

Group Swim Lessons 6-WEEKS Session 2

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Monday, August 1

Kids Summer Camp Week Nine: CANDY LAND

9am-4pm. Travel down the colorful road to sweet surprises with us! Enjoy delicious treats, fun games, cooking experiments, and much more! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Summer Racquetball League Session 2

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 23. \$15 per Member. Register at the Front Desk.

Friday, August 5

Aqua Kickboxing Pop-Up Class

10am. Come try this NEW aqua class format, taught by instructor Sarah Darr! This 50-minute water workout blends aqua combat and kickboxing techniques with traditional aquatic aerobic formats. You will love this amazing exercise! FREE for Members.

Monday, August 8

Group Swim Lessons 2-WEEKS Session 4

Times vary. Our Red Cross Learn-to-Swim courses offer something for everyone and are *Lessons that Create Progress (LCP)*! Member and nonmember pricing available - details on page 6-7. Register online (members) or at the Front Desk.

Kids Summer Camp Week Ten: DO-RE-MI

9am-4pm. Music-makers, it's time to get movin'! Join us for a groovin' good time, in a week filled with fun, energy, music and jammin' activity! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Rollin' with Rom Foam Roller Workshop

6:00pm. Correct muscle imbalance, relieve muscle soreness and joint stiffness, improve joint range of motion, and MORE through soft tissue mobilization with a foam roller! Trainer Rom guides you through effective stretching techniques and movements, incorporating a foam roller. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, August 12

Family Dive-In Movie: MEGAMIND

7:30pm. Enjoy pizza, drinks, and a movie on the big screen while you relax in our warm water pool with safe social distancing! Member and nonmember pricing on page 7 or online. Register online (members) or at the Front Desk!

Saturday, August 13

Sensory Friendly Night

7:00pm. Enjoy swimming, games, pizza, and punch at our Outdoor Pool, after hours in a sensory-friendly environment. Designed for individuals with disabilities, ALL ages welcome! See page 9 for details and pricing. Register online (members) or at the Front Desk.

Monday, August 15

Kids Summer Camp Week Eleven: GOING VIRAL

9am-4pm. As we say farewell to summer, campers will revisit camp's most memorable moments and wrap it up with favorite games and crafts, creating dances and songs that'll be sure to become the next BIG hit! Member and nonmember pricing available - details on page 21. Register at the Front Desk.

Friday, August 19

Come Line Up! Golden Line Dancing Evening Pop-Up

5:30pm. Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. Free for Members. Register at the Front Desk.



ENJOY CONTESTS, GAMES, PRIZES,
AND MORE WITH MONTHLY THEMES!

JUNE 25 **AHOY YE MATIES!**
JULY 16 *Christmas In July*
AUGUST 6 **It's A Fiesta!**

Activities take place between 1-4pm on above dates.
FREE for Members.

Group Swim Lessons

AQUATICS



Lessons that Create Progress



LifeCenter Plus swim lessons are Red Cross Learn-to-Swim courses which offer something for everyone! Through a progressive, six-level instructional approach, participants learn a variety of strokes, including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Students are also introduced to a wide range of personal safety skills and diving techniques. Courses are fun and interactive with hands-on training, in a small group setting for individualized sessions!

SUMMER SESSIONS

2 WEEK SESSIONS (3x weekly)

Session 1: June 6 - June 17

Session 2: June 27 - July 11*

Session 3: July 18 - July 29

Session 4: August 8 - August 19

NO classes on 7/4/22 due to holiday. Make-up class is on 7/11/22.

6 WEEK SESSIONS (1x weekly)

Session 1: June 9 - July 16

Session 2: July 28 - September 3

\$60

Member

\$80

Nonmember

WHICH LEVEL IS RIGHT FOR YOU?

Aqua Kids (ages 6mos- 3): A fun introduction to the water that allows each child and his/her parent to play together while learning water safety and pre-swimming skills. A parent or guardian must accompany each child in the water.

Preschool (ages 3-5): Skills taught in this class build on the skills learned in Aqua Kids without a parent in the water. Your child will further develop basic fundamentals of aquatics readiness.

Level 1, Introduction to Water Skills (ages 4-6): Helps students feel comfortable in the water and enjoy the water safely. Completion of Preschool swim is recommended before beginning level 1.

Level 2, Fundamental Aquatic Skills (ages 5-7): Gives students success with fundamental water skills including front and back crawl.

Level 3, Stroke Development (ages 5-8): Build on skills in Level 2 by providing additional guided practice. Level 3 introduces the breast stroke and dolphin kick.

Level 4, Stroke Improvement (ages 6-10): Develops confidence in learned strokes. Level 4 introduces the butterfly and distance swimming.

Level 5, Stroke Refinement: Provides further coordination and refinement of all strokes.

Level 6, Swimming & Skill Proficiency: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

QUESTIONS? Contact Aquatics at
330-655-2377 x156 or email
Aquatics@LifeCenterPlus.com

Swim Lessons

AQUATICS

MONDAY, WEDNESDAY, FRIDAY

LEVEL	TIME	1 (6/6-6/17)	2 (6/27-7/11)*	3 (7/18-7/29)	4 (8/8-8/19)
Preschool	10:15-10:45am	20326	20361	20396	20406
	10:50-11:20am	20327	20362	20397	20407
Level 1	9:00-9:30am	20328	20363	20398	20408
	9:40-10:10am	20329	20364	20399	20409
Level 2	9:00-9:30am	20330	20365	20400	20410
	9:40-10:10am	20331	20366	20401	20411
Level 3	10:15-10:45am	20332	20367	20402	20412
	10:50-11:20am	20333	20368	20403	20413
Level 4	9:00-9:50am	20334	20369	20404	20414
Level 5/6	10:00-10:50am	20335	20370	20405	20415

No classes on 7/4/22 due to holiday. Makeup Class is on 7/11/22.
+Our group swim lessons require a minimum number of participants.+

SUMMER SESSIONS

2 WEEK SESSIONS (3x weekly)

Session 1: June 6 - June 17
Session 2: June 27 - July 11*
Session 3: July 18 - July 29
Session 4: August 8 - August 19

6 WEEK SESSIONS (1x weekly)

Session 1: June 9 - July 16
Session 2: July 28 - September 3



DIVE-IN MOVIES

Enjoy pizza, drinks and a movie on the big screen while you relax in our Warm Water Pool!

May 13th: SHREK 2

June 17th: LUCA

July 22nd: HOTEL TRANSYLVANIA 3: SUMMER VACATION

August 12th: MEGAMIND

Shows start at 8:00pm. Register at the Front Desk!

Member \$15 | Nonmember \$20

Member Families (3+) \$30 | Nonmember Families (3+) \$40

Price includes 1 slice of pizza and 1 drink. Max # for family rate is 5.

THURSDAY

LEVEL	TIME	1 (6/9-7/14)	2 (7/28-9/1)
Preschool	5:00-5:30pm	20336	20371
	5:30-6:00pm	20337	20372
Level 1	5:00-5:30pm	20338	20373
	5:30-6:00pm	20339	20374
Level 2	6:00-6:30pm	20340	20375
	6:30-7:00pm	20341	20376
Level 3	6:00-6:30pm	20342	20377
	6:30-7:00pm	20343	20378
Level 4	5:00-5:50pm	20344	20379
Level 5/6	6:00-6:50pm	20345	20380

SATURDAY

LEVEL	TIME	1 (6/11-7/16)	2 (7/30-9/3)
Aqua Kids	11:00-11:30am	20346	20381
Preschool	9:00-9:30am	20347	20382
	9:40-10:10am	20348	20383
	10:20-10:50am	20349	20384
Level 1	9:00-9:30am	20350	20385
	9:40-10:10am	20351	20386
	10:20-10:50am	20352	20387
Level 2	9:00-9:30am	20353	20388
	9:40-10:10am	20354	20389
	10:20-10:50am	20355	20390
Level 3	9:00-9:30am	20356	20391
	9:40-10:10am	20357	20392
	10:20-10:50am	20358	20393
Level 4	9:00-9:50am	20359	20394
Level 5/6	10:00-10:50am	20360	20395

Group Name: LIFECENTER PLUS
KIDS SWIM LESSONS

facebook®
+ join our group

Private Swim Lessons

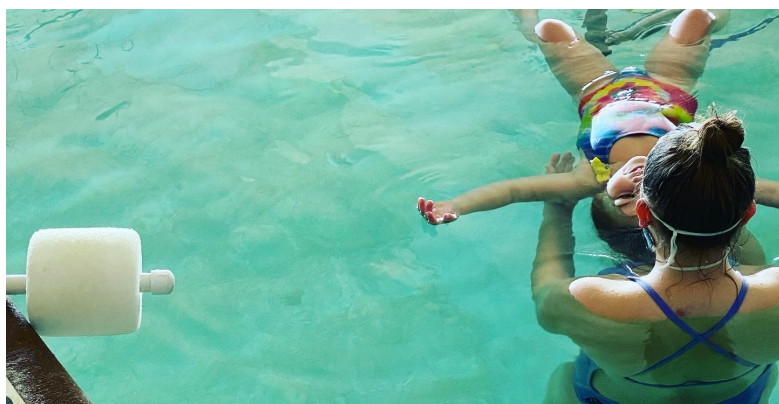
AQUATICS

PRIVATE SWIM LESSONS

Ages 3 and up | 30-minute, one-on-one lessons

LifeCenter Plus offers private and semi-private swim lessons for all ages and abilities. Whether to improve specific techniques, gain overall confidence or focus on more advanced skills, private lessons are tailored to each individual. Swimmers may request an instructor or have one assigned. Private swim lessons are a half hour and are scheduled with the instructor to accommodate your schedule. A total package may be split among family members. **Adult lessons are available upon request!**

Lessons must be scheduled around the availability of the pool and cannot occur during swim team or Red Cross lessons. All lessons must be completed within one year of purchase. Credit will not be given for cancellations less than 24 hours or for no shows.



siblings or friends of similar skill levels or preferably within 1-year age difference. Participants will swim together for the duration of the lesson.

PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
1	\$30	\$45
5	\$135	\$185
10	\$220	\$320
20	\$400	\$600

SEMI-PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
1	\$35	\$50
5	\$165	\$200
10	\$280	\$380
20	\$500	\$700

QUESTIONS? Contact Aquatics at
330-655-2377 x156 or email
Aquatics@LifeCenterPlus.com

"We were very happy we signed our granddaughter up for private swim lessons this fall. Her instructor, Laura Kupper, did an excellent job not only teaching her to swim but also made the lessons fun and engaging. Our granddaughter couldn't wait to go to the lesson every week. Thank you!"
-Rushnok Family

SEMI-PRIVATE SWIM LESSONS

Ages 3 and up | 30-minute, maximum of 2 participants

Each half hour session includes a maximum of 2 participants. These sessions are geared toward

siblings or friends of similar skill levels or preferably within 1-year age difference. Participants will swim

together for the duration of the lesson.

SYNCHRONIZED SWIMMING

Adult Synchro

Monday, Wednesday, Friday 10:30-11:30am

Members \$60 | Nonmembers \$80

Code: AQU20328

You will learn the basic skills associated with this Olympic sport that combines ballet, gymnastics and dance movements with grace and fluidity.

A \$25 Swimmer Fee will be charged additionally per swimmer each season to ensure artistic presentation for synchro performances (CODE: 191126)

Synchro programs require a minimum number of participants.



S.P.L.A.S.H. Swim, Persevere, Learn, Achieve, Socialize and Have Fun!

Private SPLASH

30-Minute, one-on-one lessons
lessons held between May - August 2022
SCHEDULED WITH SPLASH COORDINATOR
PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
6	\$185	\$210
8	\$245	\$280

All SPLASH lessons (including those funded by the county) need to have the Blue Registration Form filled out please and submitted to our Registration Box!

ALL LESSON DATES AND TIMES ARE SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES SURROUNDING THE PANDEMIC. LESSONS SCHEDULED DIRECTLY WITH SPLASH COORDINATOR, BASED ON YOUR SCHEDULE AND CONVENIENCE!

SPLASH swim lessons are for children and teens with mental and physical disabilities. Lessons are tailored to each participant's unique temperament, age, swimming ability and disability parameters. *Individual assessments are required for new clients for \$20 (CODE: 8400).*

QUESTIONS? To learn more about SPLASH or questions on registration, please contact us at FitFriends@LifeCenterPlus.com



Kids Fit Group Swim (Lap Exercise)

6-Week Sessions, 40-Minute Group Lessons

Member \$85 | Nonmember \$115

6 PARTICIPANTS MAXIMUM FOR PROPER INSTRUCTION

Day	Session	Dates	Time	Code
Wednesday	1	Jun. 16 - Jul. 21	3:30-4:10pm	SPL2207
	2	Jul. 28 - Sept. 1	3:30-4:10pm	SPL2208

BENEFITS OF SPLASH:

- Increased Aerobic Fitness
- Increased Muscle Strength
- Increased Muscle Endurance
- Increased Flexibility
- Improved Communication Skills
- Decreased Extraneous Movements
- Increased Relaxation
- Greater Self-Control
- Improved Behavioral Outcomes

FOR ALL

Sensory
Friendly
Night

FRIDAY, AUGUST 2ND STARTS AT 7:30PM

\$10/PERSON
MEMBER

\$15/PERSON
NONMEMBER

\$20/FAMILY (3+)
MEMBER

\$25/FAMILY (3+)
NONMEMBER

Join us for some outdoor family fun! Families can enjoy swimming, games, drinks and snacks in our Outdoor Pool areas, after hours in a sensory-friendly environment. Designed for individuals with disabilities, ALL ages welcome! Register at the Front Desk.

* Max for family rate is 5.*

CPR/AED CERTIFICATIONS

New Certification: Member \$85 | Nonmember \$95

Recertification: Member \$75 | Nonmember \$85

Red Cross (cardiopulmonary resuscitation) and AED (automated external defibrillator) training and certification meets the needs of workplace responders, professional rescuers, school staff, professional and healthcare providers, as well as the general public. Learn how to respond to cardio and breathing emergencies in adults and children. Total class time is 7 hours for recertification and 10 hours of blended learning for new certification. Minimum of 3 class participants.

Please contact our Aquatics Department at (330)655-2377 Ext. 156 for the upcoming schedule of CPR Courses or for private group certifications!



American Red Cross



LIFEGUARD CERTIFICATION

New Certification: Member \$210 | Nonmember \$230

Recertification: Member \$160 | Nonmember \$180

Through blended learning of videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course. ***Must be 15 years or older. Contact our Aquatics Director for a complete list of required prerequisites.***

5 REASONS WHY YOU SHOULD LEARN CPR:

1. Be equipped to help those you love.
2. CPR is easy to learn.
3. Feel confident in an emergency.
4. Brain death doesn't wait.
5. YOU can save a life!

NEW CERTIFICATION \$210 | \$230

Sessions	Date	Time	Code
1	May 8, 15, 22	8:00-6:00pm	AQU2036

RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	May 29	8:00-6:00pm	AQU2037
2	August 21	8:00-6:00pm	AQU2038



Our Red Cross Certifications require a minimum number of participants.

Contact our Aquatics Department with any questions!
330-655-2377 Ext.156 or via email to Aquatics@LifeCenterPlus.com.

FITNESS ASSESSMENT

Initial Assessment Free for Members

Each member is evaluated on an individual basis by appointment only, by one of our Certified Fitness Specialists. Our Fitness Specialists will perform a series of tests designed to measure your cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. *Older adult assessments are available as well.* **Re-Assessments are \$25.**

ATHLETE ASSESSMENT

Member \$45

Each athlete will be put to the test to determine their cardiac output, maximal strength, explosive power and speed. Our Certified Fitness Specialists will review your results so that you may understand where to improve your overall athleticism to increase your game-day performance!

Ask about our fitness services for youth family members!

DIET ANALYSIS

Member \$15 | Nonmember \$25

Each member will complete a diet log, and have it analyzed by our nutrition specialist. Areas of concern, such as vitamin deficiencies, over or under consumption of nutrients and macro-nutrient imbalances will be addressed and suggestions for improvement will be provided.

Nutrition Within Fitness

Nutrition is extremely important for overall health and wellness, especially if you're participating in a regular exercise program. Proper nutrition along with a fitness routine can provide you with a variety of benefits including:

- **Weight Loss**
- **Increased Muscle Mass**
- **Increased Strength, Endurance, & Recovery**
- **Increased Energy Levels**
- **Improved Lab Results (blood pressure, blood sugar, cholesterol)**
- **Decreased Risk of Chronic Disease**

Nutrition requirements also change depending on what specific goal you have. For example, weight loss, building muscle, improving performance, and managing pre-existing conditions (diabetes, high blood pressure, etc.) all require slightly different nutritional approaches. Our nutrition specialist is here to guide you in making the necessary changes to achieve your desired goal. **Email us to help support you in a healthier lifestyle today! Nutrition@LifeCenterPlus.com.**

MACHINE ORIENTATION

Free for Members

Tour our fitness center with one of our Fitness Staff team members to learn how to properly operate our wide variety of cardio and strength equipment. ***This is mandatory for youth members ages 12-19 prior to using the fitness center.***

PROGRAM DESIGN

Member \$35

This specific workout regimen is designed to maximize your time and results in the Fitness Center. Our Certified Fitness Specialists will develop detailed plans to help you avoid hitting plateaus or becoming bored with your regular routine so you may reach your fitness goals.

NUTRITION CONSULTATIONS

Maintaining a healthy diet is not only important for exercise and performance but to also combat chronic diseases such as high blood pressure, coronary artery disease and cancer. Our onsite nutrition specialist is here to ensure you are eating an appropriate number of calories for your activity level, in a well-balanced and healthy manner. She will help you make healthy changes to your diet to create lifelong habits during highly personalized 30-minute sessions. Session packages include a biometric screening.

Sessions	Price
1*	\$50
3	\$135
6	\$240
10	\$380

Does NOT include a biometric screening.

PERSONAL TRAINING

Our Personal Training Team of certified fitness professionals, recognized by nationally accredited organizations, will strive to create a positive experience in a safe environment for all clientele. Using their education and skills, our team will guide and motivate each client in helping to develop a higher level of fitness and wellness by creating an individualized exercise program to target each client's unique goals.

"I began training again at LifeCenter Plus about a month after they reopened. Although I wrestled with the decision, because of my age and health issues, it was the best decision for me. I have been pleasantly surprised by the careful considerations and renovations put in place for our safety! Everything has been streamlined to allow the cleanest environment. My trainer Matt Melice and I have been joyfully working outside whenever possible. I am feeling healthier, both physically and emotionally, since coming back. Thank you LifeCenter for keeping us safe as possible during these times!" -Yvonne W.

Questions on getting started? Contact Fitness at 330-655-2377 Ext.121 or email us at FitWell@LifeCenterPlus.com



You can train with 3 different trainers and then choose the one that best fits your wants and needs!

(Limit 1 per Member or Nonmember. Available only to first-time training clients).

One-on-One 30-Minutes

Sessions	Member	Nonmember
1	\$30	\$40
5	\$130	\$190
10	\$250	\$350
20	\$480	\$640

Small Group 30-Minutes*

Sessions	Member	Nonmember
1	\$19/pp	\$25/pp
5	\$85/pp	\$109/pp
10	\$159/pp	\$205/pp
20	\$280/pp	\$360/pp

PP - Per Person Pricing. Small is minimum of 2 participants and maximum of 4. All group participants must purchase package together.

Small Group 45-Minutes*

Sessions	Member	Nonmember
1	\$25/pp	\$30/pp
5	\$115/pp	\$140/pp
10	\$219/pp	\$269/pp
20	\$400/pp	\$500/pp

PP - Per Person Pricing. Small is minimum of 2 participants and maximum of 4. All group participants must purchase package together.

One-on-One 1-Hour

Sessions	Member	Nonmember
1	\$55	\$70
5	\$245	\$312
10	\$480	\$590
20	\$880	\$1075

Small Group 1-Hour*

Sessions	Member	Nonmember
1	\$40/pp	\$50/pp
5	\$160/pp	\$210/pp
10	\$300/pp	\$400/pp
20	\$525/pp	\$725/pp

PP - Per Person Pricing. Small is minimum of 2 participants and maximum of 4. All group participants must purchase package together.

One-on-One 45-Minutes

Sessions	Member	Nonmember
1	\$42	\$55
5	\$200	\$265
10	\$375	\$480
20	\$660	\$860

Personal Training

FITNESS

Virtual Personal Training

Our virtual training workouts are customized for your schedule wherever you are. Our LifeCenter Plus Personal Training Team of certified fitness professionals will guide you via Zoom through a training workout that is varied, purposeful, measured, data-driven and unique to you. Questions on getting started? Contact Fitness at 330-655-2377 Ext.121 or email us at FitWell@LifeCenterPlus.com.

Virtual One-on-One 45-Minutes

Sessions	Member	Nonmember
1	\$40	\$50
5	\$180	\$230
10	\$345	\$435
20	\$650	\$810



Onsite Personal Training

Our private or semi-private onsite training workouts are customized for you wherever you are. Our LifeCenter Plus Personal Training Team of certified fitness professionals will travel to your home and guide you through a training workout that is varied, purposeful, measured, data-driven and unique to you. Questions on getting started? Contact Fitness at 330-655-2377 Ext.121 or email us at FitWell@LifeCenterPlus.com. Personal Training Client forms found on our website under Personal Training.

1-Person Onsite Training 1-Hour

Sessions	Member	Nonmember
1	\$80	\$100
5	\$350	\$450

Small Group Onsite Training 1-Hr.*

Sessions	Member	Nonmember
1	\$60/pp	\$80/pp
5	\$280/pp	\$380/pp

PP - Per Person Pricing. Small is minimum of 2 participants and maximum of 4. All group participants must purchase package together.

WHICH TRAINING IS RIGHT FOR ME?

At-The-Club Training

- Face-to-face interaction with a personal trainer at a facility setting.
- Direct access to equipment without having to invest at-home.
- Less likely to miss the routine, as you have someone to hold you accountable.
- In-person training allows your trainer to make sure you're getting the best possible workout experience, in the correct form for your safety.
- Adjustable days/times based on your and your trainer's schedules.

Virtual Training

- Interaction is still there with trainer but done virtually versus face-to-face.
- Access to an expert that helps you during your at-home exercises.
- Exercise from the comfort of your home.
- No need to use shared equipment. Use your own equipment from home.
- Still have access to a trainer that will hold you accountable towards your goals.
- Adjustable days/times based on your and your trainer's schedules.

On-Site Training

- Face-to-face interaction with a personal trainer, from the comfort of your home.
- Use your own equipment from home.
- Less likely to miss the routine, as you have someone to hold you accountable.
- In-person training allows your trainer to make sure you're getting the best possible workout experience, in the correct form for your safety from home.
- Adjustable days/times based on your and your trainer's schedules.

Land & Water Classes

GROUP EX



Aqua Combo

Tuesday and Thursday 9:00-9:45am

Wednesday 6:00-6:45pm

Saturday 11:30-12:30pm

A challenging combination of our various aqua classes in both the shallow & deep ends of our pool.

Balance It Out!

Tuesday 9:00-9:45am

Reduce the fear of falling and increase your range of motion, balance, endurance and strength. After this 45-minute class, you'll bounce into vitality!

30/30 CycleSculpt

Tuesday & Thursday 9:30-10:30am

Switch from high intensity bike intervals to weight training intervals for a huge calorie burn. 30-minutes of riding and 30-minutes of weights. *Tuesdays incorporates BOSU balls.*

Firestarter

Tuesday and Thursday 5:30-6:30am

Experience the elements in this total-body athletic conditioning class that is sure to start a fire in your routine!

Golden Line Dance

Thursday 10:45-11:30am

Enjoy 30-minutes of low impact line dance routines that are easy for all exercise levels...groove to the beat at your own pace! Chair core work follows, allowing you to get the ultimate & fun workout in!

Hump Day HIIT

Wednesday 5:45-6:30pm

Get over any "Hump Day blues" with a mix of cardio, strength training, and weights in this all-levels workout class. Bring water, you will sweat!

Hydro-Pilates

Monday & Wednesday 12:00-1:00pm*

Pilates meets warm water pool. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Monday is a 45-min class.**

Ignite

Monday 5:30-6:30pm

#MotivationMonday! Kick-start your week with HIIT to ensure your week begins on the right foot!

Inferno

Tuesday 5:30-6:30pm

Thursday 5:30-6:15pm

Saturday 10:45-11:45am

HIIT with various equipment incorporating cardio, strength and endurance. Don't forget your water bottle and towel!

Kickboxing

Monday 9:00-10:00am

A high energy class that'll have you punch, kick and block your way through a fun and challenging cardiovascular "knock-out"!

Mat Pilates

Tuesday 10:45-11:45am

Work is primarily done on a mat working the entire body with an emphasis on breath and moving from the core.

Pilates Mat Challenge

Friday 7:30-8:30am

This hour class will focus on the Classical Pilates mat exercises using proper technique, precision of the movement, flow, and progressions. We will challenge the movements by using various props including: Magic Circle, weights, Pilates on the foam roller, Pilates on the fitness ball, Reformer on the mat, ActivMotion Bar, and the Pilates arc. Leave this class feeling long and lean!

PiYo®

Thursday 9:30-10:30am

PiYo® strength is a hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates as well as the principles of strength training, conditioning and dynamic movement. Bring a mat!

Pop Pilates®

Monday 6:00-7:00pm

Wednesday 5:30-6:30pm (starting 6.1.22)

Saturday 9:15-10:00am

An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout will challenge you to rhythmically flow, giving you a rock-solid core (leaving no muscle untouched)!

Power Step

Thursday 9:00-10:00am

Powerful step and energetic floor moves that burn fat, challenge your strength and endurance and boost energy!

Land & Water Classes

GROUP EX

Sculpt

Tuesday 9:15-10:15am

An all levels workout with segments of cardio, strength and core to sculpt your body head to toe.

Sculpt & Ripped

Wednesday 9:00-10:30am

An all levels workout with segments of cardio, strength and core to sculpt your body head to toe. Followed right away with 30-minutes dedicated directly to your core.

Senior Strong

Monday 8:00-8:45am

Friday 10:15-11:00am

Build muscle and improve range of movement and overall physical fitness in this morning class that is sure to wake you up! Chairs available for seated or standing support.

Silver Seniors

Monday 10:30-11:15am

Wednesday 10:45-11:30am

Geared toward active older adults, this 45-minute class will increase your strength, add muscle definition and challenge you!

Silver Sneakers® Circuit

Tuesday 10:30-11:30am

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level!

Trilogy

Tuesday and Thursday 7:00-8:00am

Friday 9:15-10:10am | Saturday 8:15-9:00am

Join us for this class designed specific for cardio, strength and core!

TRX Gold

Monday 11:15-11:45am

Wednesday 11:30-12:00pm

A TRX class designed for the older adult based on functional movement to increase cardiovascular and muscular endurance. A chair will be available for balance and support. *Limit 10 people.*



Water Tune Up

Wednesday and Friday 11:00-12:00pm

This gentle-movement, warm water pool class is designed to improve joint mobility, increase strength and flexibility and decrease pain and stiffness.

Water Tune Up Plus

Thursday 1:00-2:00pm

This warm water pool class is more challenging than Water Tune Up and includes stretching, range of motion, strength, endurance and a longer, more intense cardio section.

Waves

Wednesday and Friday 9:30-10:30am

Create waves with this challenging combination of our various aqua classes!

Weekend Warrior

Saturday 7:00-7:45am

Sunday 8:00-9:00am

Calling all weekend warriors, it's time to hustle for that muscle. Come ready to melt more than just your week away!

WERQ®

Tuesday and Thursday 6:45-7:45pm

Saturday 12:00-1:00pm

A wildly addictive cardio dance workout based on the hottest pop and hip-hop music! This workout combines dance steps and athletic moves to keep you sweating.

Youth Trilogy

Friday 9:15-10:00am

This high-intensity 45-minute class is specifically designed for our young members, ages 5-13. Held at the same time as our adult Friday Trilogy class, your child won't want to miss this epic workout that incorporates cardio, strength, and endurance. Jumpstart your child's weekend with Youth Trilogy!

Zumba®

Monday 6:45-7:45pm

Wednesday 7:00-8:00pm

Saturday 9:30-10:30am

Sunday 5:30-6:30pm

Join the Zumba® fun! Dance your way to a fitter figure with this high energy, low-impact workout using Latin moves and rhythms.

Zumba® Gold

Tuesday 11:30-12:15pm

Friday 10:15-11:00am

Zumba® Gold's easy-to-follow, lower-intensity class focuses on balance, range of motion and coordination, along with the cardiovascular and muscular endurance you need...to some tunes!

Class schedule is subject to change. Visit LifeCenterPlus.com for most up-to-date schedules.

GROUP EXERCISE



building friendships, crushing goals, and making memories!

CYCLING CLASSES

30/30 CycleSculpt

Switch from high intensity bike intervals to weight training intervals for a huge calorie burn. 30-minutes of riding and 30-minutes of weights.

BYOB (*bring your own bike*)

Bring your own bike! We will ride together on the hike and bike trail near LCP. Meet in the back parking lot where we will agree on the length of the ride and the destination. In case of inclement or threatening weather, we will have a Studio Ride.

Infinite Ride

This high intensity interval training ride is upbeat with epic music! Through hills, sprints, jumps, pushups, and dumbbell work on the bike, your entire body and mind will be challenged!

Power Ride

Power and strengthen your body and mind. You will be challenged with high resistance hill climbs that will tone your muscles and sprints that will make your heart pump! You will have a mix of song length intervals and some structured intervals that end mid music.

Rise & Shine Ride

Wake up, get to your bike and start your week off right!

Studio Ride

Classic cycling class. Backup to BYOB Ride.

TGIF Ride

Spin your way into the weekend and leave the week behind you!

TGIS (*thank goodness it's spinning!*)

Mondays - Weather permitting, we will meet outside in the back parking lot. **Wednesdays & Thursdays** - WITH Music Trivia! Guess the title, artist, and year of these hits from the 50's through today. Also enjoy themed nights such as movie and TV themes, disco night, and members favorites. Weather permitting, we will meet outside in the back parking lot.

CYCLING SCHEDULE

DAY	TIME	CLASS
Monday	5:45-6:45am	Rise & Shine Ride
Monday	6:00-7:00pm	TGIS
Tuesday	9:30-10:30am	30/30 CycleSculpt
Wednesday	6:00-7:00pm	TGIS
Thursday	9:30-10:30am	30/30 CycleSculpt
Thursday	6:15-7:15pm	TGIS
Friday	5:45-6:45am	TGIF Ride
Saturday	8:30-9:30am	BYOB*
Sunday	9:00-10:00am	Infinite Ride





Ashtanga Vinyasa

Intermediate/Advanced

Tuesday and Thursday 5:30-6:30pm

Ashtanga is a specific type of yoga that is taught based on the eight-limbed path of yoga. It is a unique combination of dynamic movement and mental concentration that builds whole body strength and unwinds tight joints and muscles. It tends to be a more rigorous yoga practice.

Chair Yoga

Beginner

Wednesday 11:45-12:45pm

Friday 1:00-2:00pm

Increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation...all with the support and comfort of a chair!

Gentle Yoga

Beginner/Intermediate

Tuesday and Thursday 7:30-8:45am

Wednesday 5:30-6:30am

Relax with slow postures and stretches. Increase flexibility and joint function while reducing stress. All are welcome as poses can be modified to fit your needs.

Hatha Yoga

Intermediate/Advanced

Sunday 10:00-11:15am

This class focuses on proper alignment in each posture, moving slowly with strength and flexibility as well as holding poses. Based on the teachings of B.K.S. Iyengar's traditional style of yoga.

Power Vinyasa

Intermediate/Advanced

Tuesday & Thursday 6:00-7:00am

Saturday 7:30-8:45am

Power Vinyasa is for those who are well practiced in Vinyasa and want a vigorous flow coupled with mental clarity. Often taught in a heated studio.

Power Yoga

Beginner/Intermediate

Tuesday & Thursday 7:00-8:00pm

Experience a strong moving flow for all levels, that cultivates balance, stability, flexibility, and vigor. Breath awareness and coordination are carried throughout the practice drawing inspiration from Power Vinyasa.

Restorative Yoga

Beginner/Intermediate

Monday 4:30-5:45pm

This class focuses on relaxation and renewal. Props safely support the body in various postures for extended periods of time which allows the body to move toward a state of balance. This practice soothes the nervous system, quiets your mind and releases deep held tension.

Qi Gong & Tai Chi Combo

Saturday 10:00-11:30am

With slow relaxed movements, this Chinese soft-style martial art can bring many benefits such as decreased blood pressure, increased energy, and overall well-being. This class will take you through a series of movements designed to promote balance, flexibility, and tranquility. *In the winter months, this class is member led and a club format.*

Vinyasa Flow

Intermediate/Advanced

Monday and Wednesday 9:00-10:15am

Friday 11:30-12:45pm (slow)

Vinyasa is a flowing, moving yoga practice that emphasizes the marriage of breath and movement. Learn the foundations of how to connect your breath with your movement as you flow through a sequence of yoga poses.

Pilates Reformer **GROUP EXERCISE**

PILATES REFORMER

Pilates Reformer classes will refresh your mind and body leaving you feeling happy, balanced, and recharged. This format creates long, lean muscles, increased body awareness, improved physiological response and improves posture by mobilizing your spine through several ranges of motion.

New to Pilates? Contact our Reformer team to receive and schedule a **FREE 30-Minute demo!**

NEW Student Discount! New students are eligible for **10% discount off one package of their choice** (stipulations apply. Contact our Reformer team for details).

Reformer Sessions

The body conditioning technique of Joseph Pilates, taught on the reformer, is a unique system of stretching and strengthening exercises to tone muscles and improve posture, flexibility, and balance. Our certified instructor will have exercise modifications allowing each person options to adapt the movement to meet their needs and specific goals. Those who feel they have an understanding of Pilates principles and are beginning to feel more in tune with their own body will be given modified exercises of increased repetitions, combinations, and dynamic movement patterns for an intermediate and more challenging workout.

Monday

8:00-9:00am

5:30-6:30pm | 6:45-7:45pm

Tuesday

8:00-9:00am | 11:00-12:00pm

Wednesday

6:45-7:45pm (starting 6.1.22)

Thursday

11:00-12:00pm | 6:00-7:00pm

Friday

12:00-1:00pm

Saturday

9:15-10:15am

Sunday

10:00-11:00am | 11:00-12:00pm

Monthly Unlimited Reformer*

MONTHLY: \$109/Month Members | \$139/Month Nonmembers

6-MONTHS: \$99/Month Members | \$129/Month Nonmembers

12-MONTHS: \$89/Month Members | \$119/Month Nonmembers

Ideal for those who attend group classes at least twice weekly.

6-month and 12-month options are based around a contract and separate paperwork is required. Contact our Front Desk for more information and to enroll!



REFORMER PRICING One-on-One 30 Minutes

Sessions	Member	Nonmember
1	\$25	\$35
5	\$118.75	\$166.25
10	\$225	\$315
20	\$400	\$560

One-on-One 1 Hour

Sessions	Member	Nonmember
1	\$45	\$55
5	\$213.75	\$261.25
10	\$405	\$495
20	\$720	\$880

Group Training 1 Hour

Sessions	Member	Nonmember
1	\$14/pp	\$16/pp
5	\$66.50/pp	\$76/pp
10	\$126/pp	\$144/pp
20	\$224/pp	\$256/pp

PP - Per Person Pricing.

All group participants must purchase package together.

Massage

Plus! (Amenities)

Massages are available at the Massage Center of Hudson with one of our Certified Massage Therapists. Each therapist will carefully customize the right massage treatment to best fit your needs. The Massage Center of Hudson is located on the second floor within LifeCenter Plus.



Our licensed massage therapists can provide 30-minute, 60-minute, or 90-minute massages. They offer several massage modalities:

Sports Massage

Sports massage is specifically designed for people who are involved in physical activity but also used by those who are active and work out frequently. A sports massage should become part of your exercise routine, particularly if you find that you do not spend enough time stretching.

Deep Tissue Massage

Deeper layers of muscle and connective tissue are targeted in the deep tissue massages. This type of massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.

Trigger Point Massage

Our Trigger Point massage is designed to release the myofascial tissue covering the muscle which relieves the stress from overuse.

Swedish Massage

Dynamic therapy of long strokes, friction, and compression, this is the most common massage technique. Swedish massage is designed to invigorate the body by stimulating the flow of blood to the heart.

Hot Stone Massage

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body.

Chair Massage

A style of seated massage that is typically short, 10 or 15 minutes, and focuses on your back, shoulders and neck and arms. Massage is done over clothes and is a great way to work out any muscle tension.



Schedule an Appointment! To make an appointment, please contact us at:
330-655-2377 x128

Massage Center of Hudson Hours

Monday-Friday 9:00am-8:00pm | Saturday/Sunday 9:00am-5:00pm

Massage Rates*

Session	Price
30-minute massage	\$30
60-minute massage	\$60
90-minute massage	\$90
Three 30-minute massages	\$87
Three 60-minute massages	\$175
Five 30-minute massages	\$145
Five 60-minute massages	\$285
Ten 60-minute massages	\$545

Price does not include sales tax.

Benefits of Massage

Medical researchers have proven that the benefits of massage include pain relief, released tension, reduced anxiety and depression, and temporarily decreased blood pressure and heart rate.



Programs

Youth

Kids Korner

Our Staff is experienced, background checked and CPR/First Aid Certified. The Kids Korner is available to members' children and grandchildren, ages 6 weeks through 7 years old, for a maximum of 2 hours daily. Members are required to remain on LifeCenter Plus's premises while utilizing this FREE service. Abuse of this policy will result in the loss of Kids Korner privileges.



Day	Times
Monday	8:30am-11:30am 5:00pm-8:00pm
Tuesday	8:30am-11:30am 5:00pm-8:00pm
Wednesday	8:30am-11:30am 5:00pm-8:00pm
Thursday	8:30am-11:30am 5:00pm-8:00pm
Friday	8:30am-11:30am
Saturday	8:00am-12:00pm
Sunday	CLOSED

Hours may change. Access is based on a first-come, first-serve basis.

Keeping your kids safe
while you get some
"me time" in!

COME MAKE A SPLASH AT LIFECENTER PLUS FOR YOUR BIRTHDAY WITH A



LIFECENTER PLUS IS THE PERFECT AND SAFE PLACE
FOR YOUR CHILD'S NEXT BIRTHDAY PARTY!

CONTACT OUR BIRTHDAY PARTY COORDINATOR
TO OVER AVAILABILITIES, DETAILS AND TO BOOK
YOUR PARTY WITH US!

(330)655-2377 EXT. 131 OR VIA EMAIL TO:
PARTY@LIFECENTERPLUS.COM

Youth Fitness Assessment

Free for Members

Our certified Fitness Specialists will conduct basic tests of cardiovascular endurance, muscular strength, flexibility, and body composition, to educate and inspire youth members to become more physically active at an early age.

Youth Machine Orientation

Free for Members

Required for ages 12-17

Are you ready to use the cardio and strength equipment, but not sure if you're using the machines correctly? Meet with one of our certified Fitness Specialists to learn the proper use for each piece of equipment. By the end of your session you'll be ready to properly use the equipment on your own!

Youth Program Design

Member \$30

Youth members will receive a specifically designed exercise routine tailored to their abilities and goals. Certified Fitness Specialists will demonstrate appropriate resistance and aerobic training techniques to instill a confident and powerful

SEE PAGE 14 FOR TRAINING OPTIONS
FOR CHILDREN AND YOUTH ATHLETES₂₀

Summer Kids Camp

Youth

CAMP DATES & THEMES

Week 1: REACH FOR THE STARS

June 6 - June 10

Week 2: ABRACADABRA!

June 13 - June 17

Week 3: 1-2-3...BLAST OFF!

June 20 - June 24

Week 4: SURVIVOR

June 27 - July 1

Week 5: AROUND THE WORLD

July 5 - July 8

shortened week due to the holiday

Week 6: SAFARI

July 11 - July 15

Week 7: CHRISTMAS IN JULY

July 18 - July 22

Week 8: WE'VE GOT SPIRIT!

July 25 - July 29

Week 9: CANDY LAND

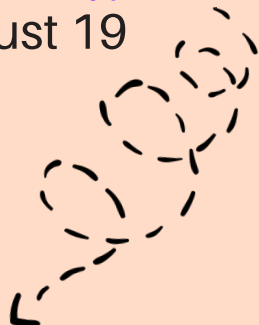
August 1 - August 5

Week 10: DO-RE-MI

August 8 - August 12

Week 11: GOING VIRAL

August 15 - August 19



Check out the complete Kids Summer Camp Guide online:
LifeCenterPlus.com

LifeCenter Plus offers summer excitement and activities for your children ages 5-13! In Summer 2022, your camper will enjoy weekly themes and field trips/onsite excursions, daily swimming, crafts, games and MORE!

CAMP COST

Member

\$120 3 days/week

\$180 5 days/week

Nonmember

\$150 3 days/week

\$230 5 days/week

* Weekly Surcharge: \$10/week*

Extended Care*

Before Care ONLY \$25 | After Care ONLY \$25

Before AND After Care \$30

* Weekly Rates*

Registration as easy as 1-2-3!!

1 In Person at LifeCenter Plus. Pay by credit card, cash or check made payable to LifeCenter Plus. Registration forms are available online or within our lobby area.

2 By Mail. Pay by credit card, cash or check made payable to LifeCenter Plus: 5133 Darrow Rd., Hudson, OH 44236.

3 By Email. Download the packet from online on our website and send your completed packet to FitFriends@LifeCenterPlus.com

Summer Camp Savings!

First Time Camper. Save 15% off, first time campers! *
Refer A Friend. We will reward you with a variety of LCP services and activities throughout the 2022 year, when you refer family and friends to our camps!

* Discount excluded from Before and After Care options. Register after April 30 and still receive 5% off for First Time Camper discount. *

Programs

Youth Trilogy

Friday 9:15-10:00am

This high-intensity 45-minute class is specifically designed for our young members, ages 5-13. Held at the same time as our adult Friday Trilogy class, your child won't want to miss this epic workout that incorporates cardio, strength, and endurance. Jumpstart your child's weekend with Youth Trilogy! *Free for Youth Members.*



Martial Arts

Ages 5 and up, limit 15 per class

8-week sessions - Wednesdays

Class held in the Barre Studio.

Kids ages 9 and under \$75 | Kids ages 10 and older \$90

Parents and students will receive a Welcome Packet about Isshinryu Karate. This Martial Art is a combination of slow, focused techniques mixed with quick, accurate strikes. Students will learn respect, patience, and self-discipline, as well as improve self-esteem. These classes will motivate students and will guide them to practice healthy lifestyles. Classes instructed by Black Belt, Katherine Bryk of Marcum's Martial Arts Academy of Kent, Ohio.

After attaining their yellow belt, students must pay a one-time registration fee with the Isshinryu World Karate Association. After registration is obtained in Okinawa, the students will receive a signed certification by Kichiro Shimabuku, son of Tatsuo Shimbuku, founder of Isshinryu style.

Beginner students should come in workout pants to try the class. The karate uniform, or Gi (ghee), is available for purchase with Katherine Bryk. Each student who has 8 or more tabs on their belt is eligible for testing at the end of each session.

Session	Dates	Age Group	Time	Code
1	May 4 - June 22	9 and under	6:00-6:45pm	CHP2215
1	May 4 - June 22	10 and older	7:00-8:00pm	CHP2216
2	June 29 - August 24*	9 and under	6:00-6:45pm	CHP2217
2	June 29 - August 24*	10 and older	7:00-8:00pm	CHP2218

NO Classes on July 6th.



Kids, Get Running!
LCP Youth Running Club
June 6 - July 13
6:00-7:00pm

Keep your children active with all the at-home virtual learning with running in a fun and team-like environment! Expect 15-minutes of warm-up and stretching, 30-minutes of running activities, and 15-minutes of core work with each class. *Ages 6-14. Limit 10 children.*

CODE	MEMBER	NONMEMBER
MONDAY CODE: CHP2212	\$45	\$65
WEDNESDAY CODE: CHP2213	\$45	\$65
MONDAY & WEDNESDAY CODE: CHP2214	\$70	\$100



Testing

Session 1: June 23
Session 2: August 24

Stripe & Half Rank Testing: \$20
 Yellow, Orange & Blue Belt: \$40
 Green & Purple Belt: \$45

Rock Wall, Pickleball, & Racquetball

Plus! (Amenities)

Rock Climbing

LifeCenter Plus's rock wall has 23- and 30-foot climbing walls with 5 stations and over 50 routes, designed for both beginner and advanced climbers! Schedule a rock climbing event for your group, office or organization! Climbing is great for team building, self-confidence, and yields the following benefits:

- Physical - upper and lower body strength, endurance, agility, and coordination
- Mental - problem solving engagement
- Social - friendly, safe, and welcoming environment
- Accessible - available during all seasons with our indoor wall!

Open Climb Hours *Looking to add more weeknight hours!*

Tuesday, 5:00-8:00pm

Saturday & Sunday, 12:00-3:00pm



Pickleball OPEN PLAY

Monday, Wednesday, Friday 1:00-3:00pm

A fun sport that combines many elements of Tennis, Badminton & Ping Pong. This activity is easy to learn and great for adults and our Silver Sneakers® and Renew™ Members! Equipment is available during open play times at the Front Desk.



Racquetball

Leagues are open to PrimeTime Members only.

A free lesson is available during the first 90 days of a new club membership for children and adults ages 7 years and older. Private racquetball lessons are also available by appointment. Contact our Racquetball Coordinator, John Fortunato, at 330-655-2377 x312 for more information.



Summer Session 1

May 23 - July 30

Members \$15 per league

Open Registration: Begins May 2nd

Semifinals: week of July 17th

Finals: week of July 24th

CODE: RAQ2022003

Summer Session 2

August 1 - October 8

Members \$15 per league

Open Registration: Begins July 11th

Semifinals: week of September 25th

Finals: week of October 2nd

CODE: RAQ2022004

When & How to Register!

Our programs fill up quickly and spots are limited...Don't let it happen to you! Plan ahead and register early!

It's easy! ONLINE 24/7

Self-Service

Visit www.lifecenterplus.com, click on the blue button on the left that says "Self-Service". This feature is for LifeCenter Plus Members only.

IN-PERSON

Use the Registration Drop Box located at the Front Desk. Forms are collected each business day.



MAIL

Mail your registration form to LifeCenter Plus Attn: Registration, 5133 Darrow Road, Hudson, OH 44236.



FAQS

Please fill out entire registration forms neatly. Email must be legible so we can send you a receipt. Receipts are emailed within 48 business hours and are emailed from Billing@LifeCenterPlus.com.

Registration cannot be taken over the phone.

Registration is ongoing and accepted until the activity is filled or the start date has passed. You will be contacted if a program/class is full and/or if there are any questions regarding your registration form.

PAYMENTS

Please see Membership or the Front Desk to update a membership payment method or pay a balance on your membership account. Payments can be inserted in registration box for security purposes as well (i.e. Travel trips).

REGISTRATION FEES

Fees are based on LifeCenter Plus membership status. To receive the member price(s), individuals or families must have an active LifeCenter Plus membership in good standing. All fees are due at the time of registration. Fees will not be prorated for missed class(es) and make-ups are not available. **Late Fees:** To ensure the best availability of our programs, participants are encouraged to register as early as possible. It is to the participant's advantage to register early in some cases to ensure a better choice of session date and time. **A late fee of \$10 will be applied to all registrations received 3 (three) or less days prior to a program start date.**

REFUNDS & TRANSFERS

Should you wish to cancel a registration, you must give the registration department 48 hours' notice, two business days, to receive a full refund. Voicemail messages are not accepted. There are no refunds given once classes have begun, including any classes that require prerequisites being met (if participant fails a program with a prerequisite, a refund for the class is not guaranteed). Please inquire **before** registering or purchasing for a program or service.

A minimum number of participants is required to run a program. When enrollment is low, LifeCenter Plus reserves the right to cancel a program. If you have paid for a class that gets cancelled, we will issue you a refund in the same manner to which it was paid (exception will be cash registrations that qualify for a refund will be issued in the form of a check).

QUESTIONS? Please contact our Registration Department at: 330-655-2377 x.117.

