

SAVE-THE-DATES

Sunday, February 5

Sunday, January 1

New Year's Day Group Classes

Times Vary. Special classes offered on New Year's Day, to help you jumpstart 2023! See separate flyer for class details and times.

Monday, January 2

Winter Racquetball League

Times vary. Members can join in on friendly, competition playing. League dates, details, and contact information on page 21. \$15 per Member. Register at the Front Desk.

Wednesday, January 4

Pilates Fitness Fusion Workshop

8am: Pilates & the Big Ball. Discover how Pilates' focus on movement fundamentals enhances and supports overall fitness! Learn the aspects of Pilates and mind-body that can improve your performance in life and sport. Experience invigorating workouts combining exercises from Pilates AND fitness, maximizing core, strength, coordination, endurance, stability, and more! All fitness levels welcome. Member and nonmember pricing available - see separate flyer for details. Register online (members) or at the Front Desk.

Tuesday, January 10

Group Swim Lessons Session 1

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

Wednesday, January 11

Youth Running Club Session 1

6-7pm. Keep your children active outside of school this winter season by running! Member and nonmember pricing available - details on page 19. Register online (members) or at the Front Desk.

Kids Martial Arts Winter 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 20. Register online (members) or at the Front Desk.

Friday, January 13

Barre Burn Pop-Up Class

8:30am. Ready to raise the barre? Work your muscles to their max, then stretch them back out when the muscle is warm and malleable. Expect to burn and shake during this 45-minute class, but leave feeling long, lean and invigorated! **Free for Members.**

Family Dive-In Movie: RUMBLE

7pm. 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. Register online (members) or at the Front Desk.

New Year, New You Zumba/WERQ Dance Party

6pm. New Year, new excuse to party! Join our Zumba and WERQ instructors for the ultimate dance fitness class, followed by refreshments and snacks. All fitness levels welcome. Member and nonmember pricing, see separate flyer for details. Register online (members) or at the Front Desk.

Monday, January 16

The BIGGEST Loser Challenge

Jan. 16-Feb. 28. This 6-week challenge will give participants motivation, accountability, and support headed by our training team. Continue the new year on the right foot AND shed a few pounds in the process! Weekly weigh-ins, group workouts, weekly prizes, and more! Winner will be based on % weight loss. FREE for members. Sign up at the Front Desk starting Friday, December 30th!



Wednesday, January 18

ActivMotion® Pop-Up Class

7:45am. ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience. With dynamic resistance, activate more core and joint stability muscles for a stronger body. Truly improve functional fitness and daily movement patterns. All levels welcome. **Free for Members.**

Friday, January 20

Parent's Night Out

6pm. Need an evening without the kids? Parents get a well-deserved break while we watch and entertain your kids! Member and nonmember pricing available - see online or separate flyer for details. Register online (members) or at the Front Desk.

Sunday, January 22

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.

Thursday, January 26

Weight Training 101 Workshop

6:00pm. Unsure of how to safely lift weights or how to get started with incorporating weight training into your exercise routine? Learn the principles and foundations of functional fitness and strength training with trainer Rom. All fitness levels welcome! Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, January 27

Come Line Up! Low-Impact 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 levels and dance levels. **Free for Members.**

Wednesday, February 1

Pilates Fitness Fusion Workshop

1pm: Pilates w/ Weights. Discover how Pilates' focus on movement fundamentals enhances and supports overall fitness! Learn the aspects of Pilates and mind-body that can improve your performance in life and sport. Experience invigorating workouts combining exercises from Pilates AND fitness, maximizing core, strength, coordination, endurance, stability, and more! All fitness levels welcome. Member and nonmember pricing available - see separate flyer for details. Register online (members) or at the Front Desk.

Annual Travel Show

1:30pm. Seek adventure with LifeCenter Plus! Our Travel Coordinator will be going through several key trips for the 2023 Travel Guide, along with trip speakers and slideshows. RSVP to our Travel Department: (330)655-7487.

Friday, February 10

Barre Burn Pop-Up Class

8:30am. Ready to raise the barre? Work your muscles to their max, then stretch them back out when the muscle is warm and malleable. Expect to burn and shake during this 45-minute class, but leave feeling long, lean and invigorated! **Free for Members.**

Wednesday, February 15

ActivMotion® Pop-Up Class

1pm. ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience. With dynamic resistance, activate more core and joint stability muscles for a stronger body. Truly improve functional fitness and daily movement patterns. All levels welcome. **Free for Members.**

Friday, February 17

Family Dive-In Movie: THE BAD GUYS

7pm. 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. Register online (members) or at the Front Desk.

Saturday, February 18

Feel The Beat Zumbathon

6-8pm. Join LifeCenter Plus as we raise funds and awareness for the American Heart Association through 2 hours of Zumba greatness! Proceeds will 100% benefit AHA. \$10 Event Participation Fee (donation). Open to the public. Register online through EventBrite link or at our Front Desk!



Thursday, February 23

ViPR Workshop

6:00pm. ViPR is the essential fitness tool for loaded movement training! You will learn everything you need to know about how to use this piece of equipment, at any fitness level and almost anywhere. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, February 24

Parent's Night Out

6pm. Need an evening without the kids, especially right before the Valentine's Day holiday? Parents get a well-deserved break while we watch and entertain your kids! Member and nonmember pricing available - details listed online or see separate flyer. Register online (members) or at the Front Desk.



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SAVE-THE-DATES

Friday, February 24

Come Line Up! Low-Impact 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.**

Tuesday, February 28

Group Swim Lessons Session 2

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

Wednesday, March 1

Pilates Fitness Fusion Workshop

8am: Pilates & the BOSU. Discover how Pilates' focus on movement fundamentals enhances and supports overall fitness! Learn the aspects of Pilates and mind-body that can improve your performance in life and sport. Experience invigorating workouts combining exercises from Pilates AND fitness, maximizing core, strength, coordination, endurance, stability, and more! All fitness levels welcome. Member and nonmember pricing available - see separate flyer for details. Register online (members) or at the Front Desk.

Wednesday, March 8

Kids Martial Arts Winter 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 20. Register online (members) or at the Front Desk!

Friday, March 10

Barre Burn Pop-Up Class

8:30am. Ready to raise the barre? Work your muscles to their max, then stretch them back out when the muscle is warm and malleable. Expect to burn and shake during this 45-minute class, but leave feeling long, lean and invigorated! **Free for Members.**

Family Dive-In Movie: MINIONS: RISE OF GRU

7pm. 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. Register online (members) or at the Front Desk.

Thursday, March 16

Medicine Ball Workshop

6:00pm. Power is needed in various sports and activities, and the medicine ball is the perfect power training tool! Learn a wide variety of exercises and strategies to incorporate medicine balls into any exercise or workout routine. Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

ActivMotion® Pop-Up Class

6:45pm. ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience. With dynamic resistance, activate more core and joint stability muscles for a stronger body. Truly improve functional fitness and daily movement patterns. **Free for Members.**

Friday, March 17

Parent's Night Out

6pm. Need an evening without the kids, especially before any spring break craziness? Parents get a well-deserved break while we watch and entertain your kids! Member and nonmember pricing available - details listed online. Register online (members) or at the Front Desk.

Friday, March 24

Come Line Up! Low-Impact 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.**

Monday, March 27

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.

Kids Spring Break Camps START

9am-5:30pm. School's out so let's have fun at LCP! Join us for games, crafts, swimming, and more! Member and nonmember options available. See page 19 for pricing information and separate flyer for registration details.

Tuesday, March 28

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.

Wednesday, March 29

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.

Pilates Fitness Fusion Workshop

1pm: Pilates & the Foam Roller. Discover how Pilates' focus on movement fundamentals enhances and supports overall fitness! Learn the aspects of Pilates and mind-body that can improve your performance in life and sport. Experience invigorating workouts combining exercises from Pilates AND fitness, maximizing core, strength, coordination, endurance, stability, and more! All fitness levels welcome. Member and nonmember pricing available - see separate flyer for details. Register online (members) or at the Front Desk.

Sunday, April 2

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.

Saturday, April 8

Aqua Easter Egg Hunt

1:30pm. Here comes Peter Cottontail, swimming down the bunny trail! Join us for a wet and wild Easter egg hunt, plus pictures with the Easter Bunny! See page 20 for member and nonmember pricing. Register online (members) or at the Front Desk!



Wednesday, April 12

ActivMotion® Pop-Up Class

8am. ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar's internal rolling steel weights to provide an unparalleled fitness experience. With dynamic resistance, activate more core and joint stability muscles for a stronger body. Truly improve functional fitness and daily movement patterns. **Free for Members.**

Friday, April 14

Parent's Night Out

6pm. Need an evening without the kids to finish up tasks before the Easter Bunny comes? Parents get a well-deserved break while we watch and entertain your kids! Member and nonmember pricing - details listed online. Register online (members) or at the Front Desk.

Thursday, April 20

Foam Roller Workshop

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

Friday, April 21

Family Dive-In Movie: DC LEAGUE OF SUPERPETS

7pm. 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. Register online (members) or at the Front Desk.

Tuesday, April 25

Group Swim Lessons Session 3

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

Friday, April 28

Come Line Up! Low-Impact 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.**

BE SOCIAL WITH US! We share events online and via our social media channels! Like us online.