

LIFECENTER PLUS

WINTER 2023 GUIDE

*Work on your fitness & wellness goals
this winter at LifeCenter Plus!*

**Biggest
Loser
Challenge
Starts
January
16th**



**UNIQUE
PROGRAMS &
SERVICES FOR
YOU AND
YOUR FAMILY!**

All Level Exercise Classes
Fitness Social Events
Kids Swim Lessons
Inclusive Fitness & MORE!

(330)655-2377 | LIFECENTERPLUS.COM

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HOURS OF OPERATION

Club Hours

Effective February 1, 2023

Monday-Friday 5:00am-9:00pm

Saturday 7:00am-7:00pm

Sunday 7:00am-7:00pm

Membership Dept. Hours

Monday - Wednesday 9:00am-5:30pm

Thursday 9:00am-7:00pm

Friday 9:00am-5:30pm

Saturday 10:00am-2:00pm*

1/14/23-3/11/23.

HOLIDAY HOURS

New Year's Eve

Saturday, December 31

Open 7:00am-4:00pm

New Year's Day

Sunday, January 1

Open 12:00pm-6:00pm

Easter Sunday

Sunday, April 9

CLOSED

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

Silver Sneakers®
by Tivity Health

330-655-2377
www.LifeCenterPlus.com

LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236



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DIRECTORY

MAIN LINE 330-655-2377

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Guests

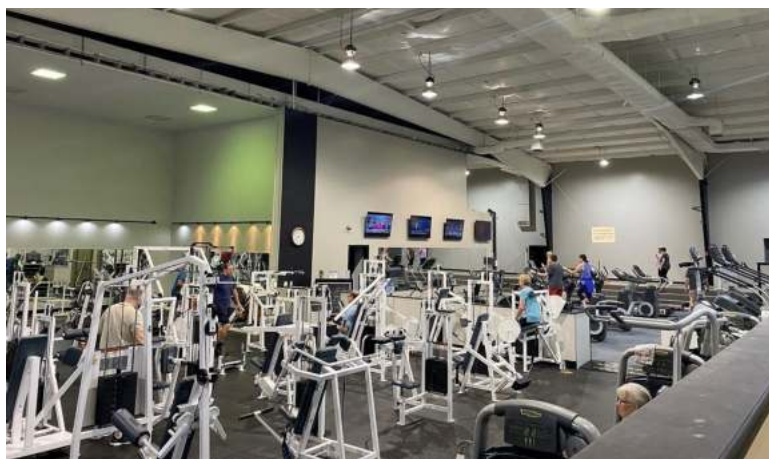
Guests of members are always welcome! Day passes are available for \$10 for individuals of all ages. We ask that you accompany your guest as we are a private facility. Members age 12-15 may only bring in one (1) guest per visit. Members age 16-18 may bring in no more than 4 guests.

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!



SAVE-THE-DATES

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.

Sunday, February 5

Annual Travel Show

2pm. 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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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.**

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

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.

Saturday, March 18

Fall Synchro Show: ENCANTO

4-5pm. Enjoy dance routine performances for songs from the new, extremely popular Disney movie Encanto. Performances by our Synchro Adult and Youth Swim Teams. Tickets go on sale Monday, February 27th, \$5 per person. Purchase your tickets 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.**

Group Swim Lessons

AQUATICS



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!

\$60

Member

\$80

Nonmember

WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: January 10 - February 18

Session 2: February 28 - April 15*

Session 3: April 25- June 3

*** NO CLASSES THE WEEK OF 3/28/23-4/1/23***

QUESTIONS? Contact Aquatics at

330-655-2377 x156 or email Aquatics@LifeCenterPlus.com

WHICH LEVEL IS RIGHT FOR YOU?

Aqua Kids (ages 6mos- 3): A fun intro to the water that allows a child and his/her parent to play together while learning water safety & pre-swimming skills. 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.

Registration is open to Members and Nonmembers and cannot be taken over the phone. Payment is due at the time of registration. You may sign up for any session until 4 days before the class starts, however, space is limited and admission to your class of choice is not guaranteed. Please provide an email address on the registration form to receive an emailed receipt and registration confirmation. Cancellations must be submitted 48 hours in advance to the start of the session in order to receive a full refund. Once the session starts, there are no refunds or credits. NO MAKE UP CLASSES FOR MISSED LESSONS.

Swim Lessons

AQUATICS

TUESDAY

LEVEL	TIME	1 (1/10-2/14)	2* (2/28-4/11)	3 (4/25-5/30)
Preschool	5:00-5:30pm	SWM231	SWM23360	SWM23710
	5:40-6:10pm	SWM232	SWM23370	SWM23720
Level 1	5:00-5:30pm	SWM233	SWM23380	SWM23730
	5:40-6:10pm	SWM234	SWM23390	SWM23740
Level 2	6:20-6:50pm	SWM235	SWM23400	SWM23750
	7:00-7:30pm	SWM236	SWM23410	SWM23760
Level 3	6:20-6:50pm	SWM237	SWM23420	SWM23770
	7:00-7:30pm	SWM238	SWM23430	SWM23780
Level 4	5:00-5:50pm	SWM239	SWM23440	SWM23790
Level 5/6	6:00-6:50pm	SWM23100	SWM23450	SWM2380

^Our group swim lessons require a minimum number of participants.^

THURSDAY

LEVEL	TIME	1 (1/12-2/16)	2* (3/2-4/13)	3 (4/27-6/1)
Preschool	5:00-5:30pm	SWM23110	SWM23460	SWM2381
	5:40-6:10pm	SWM23120	SWM23470	SWM2382
Level 1	5:00-5:30pm	SWM23130	SWM23480	SWM2383
	5:40-6:10pm	SWM23140	SWM23490	SWM2384
Level 2	6:20-6:50pm	SWM23150	SWM23500	SWM2385
	7:00-7:30pm	SWM23160	SWM23510	SWM2386
Level 3	6:20-6:50pm	SWM23170	SWM23520	SWM2387
	7:00-7:30pm	SWM23180	SWM23530	SWM2388
Level 4	5:00-5:50pm	SWM23190	SWM23540	SWM2389
Level 5/6	6:00-6:50pm	SWM23200	SWM23550	SWM2390

SATURDAY

LEVEL	TIME	1 (1/14-2/18)	2* (3/4-4/15)	3 (4/29-6/3)
Aqua Kids	11:00-11:30am	SWM23210	SWM23560	SWM2391
Preschool	9:00-9:30am	SWM23220	SWM23570	SWM2392
	9:40-10:10am	SWM23230	SWM23580	SWM2393
	10:20-10:50am	SWM23240	SWM23590	SWM2394
Level 1	9:00-9:30am	SWM23250	SWM23600	SWM2395
	9:40-10:10am	SWM23260	SWM23610	SWM2396
	10:20-10:50am	SWM23270	SWM23620	SWM2397
Level 2	9:00-9:30am	SWM23280	SWM23630	SWM2398
	9:40-10:10am	SWM23290	SWM23640	SWM2399
	10:20-10:50am	SWM23300	SWM23650	SWM23100
Level 3	9:00-9:30am	SWM23310	SWM23660	SWM23101
	9:40-10:10am	SWM23320	SWM23670	SWM23102
	10:20-10:50am	SWM23330	SWM23680	SWM23103
Level 4	9:00-9:50am	SWM23340	SWM23690	SWM23104
Level 5/6	10:00-10:50am	SWM23350	SWM23700	SWM23105

WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: January 10 - February 18

Session 2: February 28 - April 15*

Session 3: April 25 - June 3

NO CLASSES THE WEEK OF 3/28/23-4/1/23

\$60

Member

\$80

Nonmember



DIVE-IN MOVIES

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

January 13th: RUMBLE

February 17th: THE BAD GUYS

March 10th: MINIONS: RISE OF GRU

April 21st: DC LEAGUE OF SUPERPETS

Shows start at 7:00pm. 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.

Group Name: LIFECENTER PLUS
KIDS SWIM LESSONS



Private Swim Lessons Adult & Youth Synchro

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.



"Laura is my son's swim instructor for both private and group lessons. I chose her to be my son's private swim instructor because she showed her skill, professional attitude, and love for kids. She cares what kids of this age think and feel. Her smile comforts the kids and helped my son to try a new thing! I really thank her for giving my son a great experience of swimming as a beginner."
-Wang 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.

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

SYNCHRONIZED SWIMMING

ADULT SYNCHRO

The Aquatones
Monday, Wednesday, Friday 10:30-11:30am
Members \$60 | Nonmembers \$80
Code: AQU2301

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

Synchro programs require a minimum # of participants. *A \$25 Swimmer Fee will be charged additionally per swimmer each season to ensure artistic representation for synchro performances (CODE 191126).*

YOUTH SYNCHRO

Synchro Mermaids
Sunday 4:00-5:30pm
Members \$50 | Nonmembers \$70
Code: AQU2302

Young swimmers will learn basic motions and patterns for the Synchro Swim Team. Classes include basic swimming workouts and endurance training. Participants must be in Red Cross Level 3 or equivalent.



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

Private SPLASH

30-Minute, one-on-one lessons
held between January - April 2023
SCHEDULED WITH SPLASH COORDINATOR
PRIVATE SWIM LESSONS

Lessons	Member	Nonmember
4	\$130	\$160
6	\$200	\$225
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!

Kids Fit Group Swim (Lap Exercise)
6-Week Sessions, 40-Minute Group Lessons
Member \$85 | Nonmember \$115
6 PARTICIPANTS MAXIMUM

Day	Session	Dates	Time	Code
Wednesday	1	Jan. 4 - Feb. 8	3:30-4:10pm	SPL2301
	2	Feb. 15 - Mar. 22	3:30-4:10pm	SPL2302
	1	Jan. 4 - Feb. 8	7:30-8:10pm	SPL2303
	2	Feb. 15 - Mar. 22	7:30-8:10pm	SPL2304
Saturday	1	Jan. 7 - Feb. 11	12:30-1:10pm	SPL2305
	2	Feb. 18 - Apr. 8	12:30-1:10pm	SPL2306
Sunday	1	Jan. 8 - Feb. 12	2:00-2:40pm	SPL2307
	2	Feb. 19 - Apr. 9	2:00-2:40pm	SPL2308

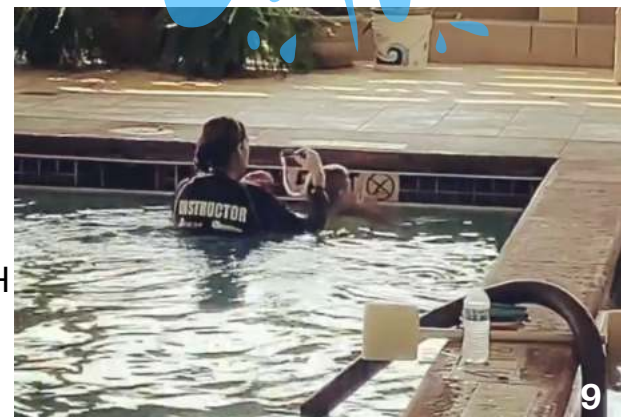
NO Classes 3/25, 3/26, 4/1, 4/2 for Spring Break.

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).*



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



QUESTIONS? To learn more about SPLASH or questions on registration, please contact our Aquatics Department at 330-655-2377 Ext. 156 or email us at: Aquatics@LifeCenterPlus.com

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 Team 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 Team for a complete list of required prerequisites.

5 REASONS WHY YOU SHOULD BECOME A LIFEGUARD:

1. Make a difference in your job.
2. Help others and a chance to save lives.
3. It's a challenging yet rewarding job skill.
4. Experience a team like no other!
5. A NEW skill for YOU!

NEW CERTIFICATION \$210 | \$230

Sessions	Date	Time	Code
1	March 27, 28, 29	8:00-6:00pm	AQU202301

RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	January 22	8:00-6:00pm	AQU202302
2	April 2	8:00-6:00pm	AQU202303

Our Red Cross Certifications require a minimum number of participants.



SCAN HERE!

to register
for a
Certification!



Contact our Aquatics Team 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.



Scan above to fill out a new client form to get started!
Questions? Contact
Fitness at
330-655-2377 Ext.121
or email us at
FitFriends@LifeCenterPlus.com

TRY A TRAINER

ARE YOU LOOKING TO MAKE SIGNIFICANT CHANGES AND MEET YOUR HEALTH & WELLNESS GOALS? OUR TRAINERS CAN HELP!

\$59

MEMBER

\$89

NONMEMBER

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).

"Trainer Valarie has made a huge difference in my quality of life. I was concerned about balance, muscle mass, distance walking, stamina and strength, especially after my recent bariatric surgery in March, 2022. I wanted a more active lifestyle and was concerned about my ability to keep up with the others and avoid injury when I was traveling last summer to Europe and San Francisco (note: I walked across the Golden Gate Bridge with my granddaughter). I also wanted to be stronger for my upcoming hip replacement. Valarie has given me the guidance to safely do a routines at home outside of our training, and has encouraged me to workout even while away from home. This has been a huge win-win for me."
-Member Marilyn O.

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

Land & Water Classes

GROUP EX



Aqua Barre

Tuesday 12:15-1:00pm

Focusing on postural strength, alignment, flexibility, and balance, you will utilize the barre for ballet and Pilates-inspired exercises in the pool. This class is great for those who are looking to lengthen and tone muscles but want to avoid stress on the joints.

Aqua Combo

Tuesday and Thursday 9:00-9:45am

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 9:15-10:00am

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!

Chisel

Tuesday and Thursday 5:30-6:30pm

Work all muscle groups with a variety of strengthening and conditioning exercises. This sculpting class tones upper and lower body using resistance with hand weights and your own body weight.

Core On The Chair

Thursday 11:30-12:00pm

A class designed to build core muscle groups while improving posture through performing a variety of exercises all on the chair! Enjoy a quick class focused on strengthening the core.

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!

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

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

Thursday 9:00-9:50am

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

Low-Impact Line Dance

Thursday 10:45-11:30am

Sunday 5:30-6:30pm

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!

Pilates Mat Challenge

Thursday 12:00-1:00pm

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 10:00-11:00am

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!

Land & Water Classes

GROUP EX

Pop Pilates®

Monday 6:30-7:30pm

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)!

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!

Step It Up!

Monday 9:15-10:15am

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

Trilogy

Tuesday and Thursday 7:00-8:00am

Friday 9:15-10:10am and

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, 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

Sunday 4:30-5:30pm

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.

Zumba®

Monday and Wednesday 6:45-7:45pm

Friday 11:00-12:00pm (starts 2/24/23)

Saturday 9:30-10:30am

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, all while providing you with the cardiovascular and muscular endurance you need...and to the beat of the music!

BYOMTW Bring Your Own
Mat, Towel, &
Water

GROUP EXERCISE



Your Club for some "ME time" to crush your goals and stay active!

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.

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!

Rise & Shine Ride

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

Studio Ride

Classic cycling class.

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** - **Name That Tune!** Music from the 50's-current played during this class. **Thursdays** - With Music Trivia! Guess the title, artist, and year of these hits from the 50's through today. Look forward to themed nights such as movie and TV themes, disco night, and members favorites.

CYCLING SCHEDULE

DAY	TIME	CLASS
Monday	5:45-6:45am	Rise & Shine Ride
Monday	6:30-7:30pm	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
Sunday	9:00-10:00am	Infinite Ride

SCAN HERE!

Download our
Group Exercise
Schedule!





Ashtanga Vinyasa

Intermediate/Advanced

Tuesday 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 & 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.

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 9:00-10:30am

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?

Email FitFriends@LifeCenterPlus.com

to 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 (Reformer Jump)

Tuesday

8:00-9:00am | 11:00-12:00pm | 6:00-7:00pm

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

NEW! Reformer Jump Sessions*

The Reformer Jump class is an hour class of choreographed cardio routines that utilize the Reformer and an attached spring board. You will be launched into an exhilarating, high-energy aerobic workout! The jump board works you from head-to-toe, sculpting and shaping legs, constantly working and stabilizing the core, increasing heart rates, burning calories, AND all without the harsh impact on joints.

Schedule your sessions HERE!



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

Recovery

Massages are available at the Massage Center of Hudson seven days a week, 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 6 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!



Kids, Get Running!

LCP Junior Running Club
WINTER SESSION

January 11 - March 1
Wednesday, 6:30-7:30pm

Keep your children active outside of school hours and during the winter months 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 total.

CODE	MEMBER	NONMEMBER
WEDNESDAY SESSION ONE: CHP2301	\$50 PER SESSION	\$70 PER SESSION

Youth HIIT Class Wednesday 5:45-6:30pm

This high-intensity 45-minute class is specifically designed for our young members, ages 5-13. Held at the same time as our adult Wednesday Hump Day HIIT class, your child won't want to miss this epic workout that incorporates cardio, strength, and endurance. A great way to shake off any midweek worries! FREE for Youth Members.



Parents' Night Out
PARENT'S NIGHT OUTS WILL CONTINUE THIS WINTER! SEE SEPARATE FLYER FOR DATES/TIMES, DETAILS, & REGISTRATION.

SPRING Break CAMP

Ages 5-13
Occurs when Hudson & Stow school districts are off. School's out so let's have fun at LCP! Join us for games, crafts, swimming, and more! Member and nonmember options are available. Each participant should bring a bathing suit, towel, snack, and tennis shoes. All participants must pack a lunch. Please see separate flyer for more details, registration codes and information! Preregistration is **REQUIRED** for Spring Break Camps.

Pricing	Camp Day 9:00AM-5:30PM
Member	\$60/day
Nonmember	\$75/day

AQUA Egg Hunt

**Saturday, April 1
starts at 1:30pm**

Here comes Peter Cottontail, swimming down the bunny trail! Join us for a wet and wild Easter egg hunt, and pictures with the Easter Bunny! Kids will swim in our Warm Water Pool, where they will catch and release easter eggs, and then they will "hop" along down to our cafe area, where they will enjoy snacks, coloring, and pictures with the Easter Bunny! Pre-registration is required.

**\$8 Members
\$12 Nonmembers**

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



**GREAT
OPTION FOR
SMALL TEAM
OR GROUP
GATHERINGS!**

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

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

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

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 improved 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 Issinryu 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	January 11 - March 1	9 and under	6:00-6:45pm	CHP2302
1	January 11 - March 1	10 and older	7:00-8:00pm	CHP2303
2	March 8 - May 3*	9 and under	6:00-6:45pm	CHP2304
2	March 8 - May 3*	10 and older	7:00-8:00pm	CHP2305

NO Class on March 29th for Spring Break

Testing

**Session 1: March 1
Session 2: May 3**

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

Tuesday & Thursday, 5:00-8:00pm

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



Pickleball OPEN PLAY

Monday-Friday 12:15-3:15pm

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.



Winter Session

January 2nd - March 11th

Members \$15 per league

Open Registration: Begins December 12th

Semifinals: week of February 26th

Finals: week of March 5th

CODE: RAQ202301

Winter-Spring Session

March 13th - May 20th

Members \$15 per league

Open Registration: Begins February 20th

Semifinals: week of May 7th

Finals: week of May 14th

CODE: RAQ202302

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.112.

