

SAVE-THE-DATES



Our Fall Season with programs and schedules start Tuesday, September 5th!



Wednesday, October 11

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Friday, October 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.**

Parent's Night Out

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

Wednesday, October 18

Youth Running Club Session 2

6:30pm. Keep your children active outside of the school classroom by running! Member and nonmember pricing available. See page 19 for details. Register online (members) or at the Front Desk.

Friday, October 20

Family Dive-In Movie: CORALINE

7pm. 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. Register at the Front Desk!

Wednesday, October 25

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Thursday, October 26

Weight Training: The BIG 3 Workshop w/ Trainer Rom

6pm. Learn and improve your techniques surrounding the squat, deadlift, and bench press movements with the help of 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, October 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 and dance levels. **Free for Members.**



Every Other Saturday, 9:00-10:00am
Starting September 9th, 2023!

Combine stability and mobility movements increasing flexibility and range of motion through the joint. This 60-minute flow will improve performance in strength training and overall fitness, while getting in the mental benefits of a standard yoga flow class. **FREE for Members.** 4

Wednesday, September 6

Pedal Pop-Up Cycling Class

9:45am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Kids Martial Arts Fall 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!

Sunday, September 10

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.

Youth Synchro Starts

4pm. Learn basic motions and patterns for the Synchro Swim Team. Includes basic swimming workouts & endurance training. See page 8 for full details and registration information.

Tuesday, September 12

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 see page 7 for details. Register online (members) or at the Front Desk.

Wednesday, September 13

Youth Running Club Session 1

6:30pm. Keep your children active outside of the school classroom by running! Member and nonmember pricing available. See page 19 for details. Register online (members) or at the Front Desk.

Friday, September 15

Parent's Night Out

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

Sunday, September 17

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, September 18

Muscle Building & Bands Workshop w/ Trainer Val

6:45pm. Yes, you can build muscles with bands! Learn how to use bands properly with trainer Val. All fitness levels welcome! Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Friday, September 22

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.**

Family Dive-In Movie: SUPER MARIO BROS

7pm. 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. Register at the Front Desk!

Sunday, September 24

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, September 27

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Friday, September 29

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.**

Sunday, October 1

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.

Wednesday, October 4

Pedal Pop-Up Cycling Class

9:45am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Monday, October 9

Dumbbells and Balance Workshop w/ Trainer Val

12pm. Performing balance exercises with weights added, further strengthens our musculoskeletal function, promoting smooth movement and stronger bones, muscles, tendons, ligaments and soft tissue. Learn how to safely incorporate weights into your balance training with trainer Val. All fitness levels welcome! Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Fall Racquetball League

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 21. **\$25 per Member.** Register at the Front Desk.



BE SOCIAL WITH US!!

Saturday, October 28

Pumpkin Splash Patch

1:30pm. Hunt for your perfect pumpkin in the pool and then deck it out at our decorating station while you sip on cider and holiday treats! Kids will go in small groups for the ultimate pumpkin-picking fun! Registration is **REQUIRED**. Member and nonmember pricing available. See page 21 for details. Register at our Front Desk starting on Monday, October 3rd.



Wednesday, November 1

Pedal Pop-Up Cycling Class

9:45am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Kids Martial Arts Fall 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!

Thursday, November 2

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 - see page 7 for details. Register online (members) or at the Front Desk.

Friday, November 3

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.**

Saturday, November 4

Healthy Eating Workshop w/ Trainer Lindsey

10am. Learn basic strategies for a successful nutrition journey! Trainer Lindsey will go through a variety of important eating topics including protein, macros, 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, November 8

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Friday, November 10

Family Dive-In Movie: HOME

7pm. 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. Register at the Front Desk!



Friday, November 17

Parent's Night Out

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

Monday, November 20

Festive Fitness Holiday Bingo

Nov. 20-Dec. 31. Stay on top of your fitness over the holidays! Challenge yourself with several ways to win a bingo - come to classes, check into the Club, engage on social media and MORE! Prizes for a bingo OR be entered into a grand prize raffle if you fill your card. **Free for Members.** Sign up at Front Desk starting 11/6/23.

Wednesday, November 22

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Thursday, November 23

Turkey Day Classes

6am-12pm. Squeeze in a workout before you sit down for a feast! Offering special classes on Thanksgiving Day. See separate flyer for class times and descriptions.

Friday, November 24

BLACK FRIDAY ANNUAL SALE

All Day. Shop our BIGGEST SALE OF THE YEAR, with discounts off personal training, massage, Reformer, and new memberships. Available to members and nonmembers. See separate flyer for discount and purchase details. **MARK YOUR CALENDARS!!!**



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.**

Thursday, November 30

Kettlebells Beyond the Basic Workshop w/ Trainer Rom

6pm. Go beyond the basic swing and the same 5 moves you see everywhere and make your workouts more fun - and way more effective...Trainer Rom will show you how! All fitness levels welcome! Member and Nonmember pricing available. See separate flyer for details. Register online (members) or at the Front Desk.

Wednesday, December 6

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Spring 2024 Synchro Show: ANNIE
March 16, 2024 @ 4pm

Friday, December 8

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: SCROOGE A CHRISTMAS CAROL

7pm. 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. Register at the Front Desk!

Friday, December 15

Parent's Night Out

6pm. Need an evening without the kids to finish up all your holiday shopping? Parents get a well-deserved break while we watch and entertain your kids! Member and nonmember pricing - details listed online. Register at the Front Desk!

Saturday, December 16

Dashing through LCP!

1:30pm. Santa Claus will be stopping by LifeCenter Plus! Join us for pictures, cookies, and milk. For children of all ages. Don't forget to tell Santa your last-minute Christmas wishes! Available for members and nonmembers. See pricing on page 21. Register at our Front Desk starting on Monday, 11/29/22.



Wednesday, December 20

Hydro-Pilates Popup Class

12:15pm. Pilates meets warm water pool in this 45-minute class. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control. **Free for Members.**

Thursday, December 21

Kids Winter Break Camps START

9:00-5:30pm. School's out so let's have fun at LCP! Join us for games, crafts, swimming, and more! Member and nonmember options are available. See page 20 for pricing information and separate flyer for registration dates & details.

Friday, December 22

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.**

December 27-29 (3DAY)

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.

Saturday, December 30

Lifeguard Re-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.