

LIFECENTER PLUS

WINTER 2024 GUIDE

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

**Find the
JOY of
Fitness and
staying
active here
at LCP!**



All Level Exercise Classes
Fitness Social Events
Kids Swim Lessons
Inclusive Fitness
Family-Friendly
And MORE!

(330)655-2377 | LIFECENTERPLUS.COM

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HOURS OF OPERATION

Club Hours

Monday-Friday 5:00am-9:00pm
 Saturday 7:00am-7:00pm
 Sunday 7:00am-7:00pm

Membership Dept. Hours

Monday 9:00am-7:00pm
 Tuesday-Friday 9:00am-5:30pm
 Saturday & Sunday
BY APPOINTMENT ONLY

HOLIDAY HOURS

New Year's Eve
 Sunday, December 31
 Open 7:00am-4:00pm

New Year's Day
 Monday, January 1
 Open 12:00pm-6:00pm

Easter Sunday
 Sunday, March 31
CLOSED

NEW! LCP TEXTS



SIGN UP TO RECEIVE TEXTS FROM US! UPCOMING EVENTS, SALES, CLASS CANCELS AND MORE!



SCAN THIS TO SIGNUP!

LCP GO®

SEARCH "LCP GO" ON FACEBOOK!
ONLINE FITNESS CLASSES



YOUR FAVORITE CLASSES BY YOUR FAVORITE INSTRUCTORS
2-3 CLASSES POSTED DAILY!

LifeCenter Plus is an official Silver Sneakers® and Renew Active® Facility.
RenewActive™ Silver Sneakers®
 by UnitedHealthcare by Tivity Health

330-655-2377
www.LifeCenterPlus.com
 LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236

DIRECTORY

MAIN LINE 330-655-2377

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Like us on
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Guests

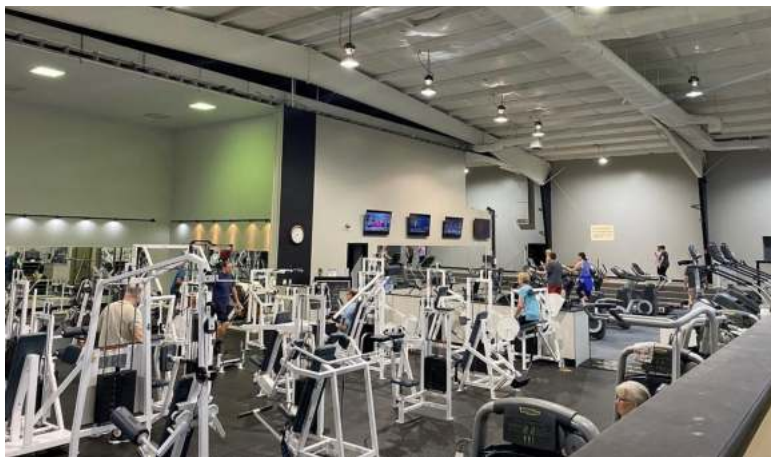
Guests of members are always welcome! Day passes are available for \$10 for individuals of all ages. We ask that you accompany your guest as we are a private facility. Members age 12-15 may only bring in one (1) guest per visit. Members age 16-18 may bring in no more than 4 guests.

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

WINTER

Our Winter Season with programs and schedules start Tuesday, January 2nd!

Monday, 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.

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

Wednesday, January 3

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.**

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.

Tuesday, January 9

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.

Youth Running Club Session 1
6:30-7:30pm. 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.

Friday, January 12

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!? 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.

Saturday, January 13

Spin with Sherry
9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Follow us on Facebook & Instagram for events, news, sales, and MORE!

START SMALL GROUP TRAINING AND CHALLENGE MIDDAY

Wednesday, January 17

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, January 19

Family Dive-In Movie: ELEMENTAL
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.

Monday, January 22

Indoor Garden Workshop
1:30pm. Do you want to enjoy a year-round supply of healthy, homegrown herbs, veggies, and baby greens? AND with a fraction of the time and work as outdoor gardens? Learn how in this workshop, **Free for Members.**

Friday, January 26

Friday Family Fitness Event
6:30pm. Get ready to sweat together and have fun with this 60-minute exercise class that is great for all ages within your family. Enjoy snacks and refreshments post-workout. Member and nonmember pricing available - see online or separate flyer for details. Register online (members) or at the Front Desk. Build healthy habits and routines, TOGETHER!

Wednesday, January 31

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.**

BENDS AND BREWS!
COMING IN FEBRUARY!!

Wednesday, February 7

Pedal Pop-Up Cycling Class
9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Friday, February 9

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 14

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, February 16

Family Dive-In Movie: MATILDA
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.

SPIN & SIP COUPLES YOGA THIS February!



Saturday, February 17

Spin with Sherry
9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Friday, February 23

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!? 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.

Saturday, February 24

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!

PARTY HEARTY ZUMBA THON

Tuesday, February 27

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, February 28

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.**

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!

Wednesday, March 6

Pedal Pop-Up Cycling Class

9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Friday, March 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: TMNT MUTANT MAYHEM

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, March 9

Spin with Sherry

9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Sunday, March 10

LCP Indoor Triathlon

Time, TBD



Wednesday, March 13

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, March 15

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 16

Spring Synchro Show: ANNIE

4-5pm. Enjoy the song and dance of the popular comic character Little Orphan Annie, poolside!

Performances by our Synchro Mermaids and Aquatones. \$5/Person, tickets available starting March 1st, 2024, purchase at our Front Desk.



Friday, March 22

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, March 23

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!



WERQ/Zumba® Dance Event



Monday, March 25

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.

Tuesday, March 26

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 27

Lifeguard New Cert.

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.

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, March 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.

Wednesday, April 3

Pedal Pop-Up Cycling Class

9:30am. Cycling classes are a great cardio workout! Enjoy this 60-minute classic cycling class format that is great for ALL levels! **Free for Members.**

Friday, April 12

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: WISH

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.

Friday, April 19

Friday Family Fitness Event

6:30pm. Get ready to sweat together and have fun with this 60-minute exercise class that is great for all ages within your family. Enjoy snacks and refreshments post-workout. Member and nonmember pricing available - see online or separate flyer for details. Register online (members) or at the Front Desk. Build healthy habits and routines, TOGETHER!

Tuesday, April 23

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 26

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 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.

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 9 - February 17

Session 2: February 27 - April 13*

Session 3: April 23 - June 1

NO CLASSES BETWEEN 3/26/24-3/30/24 FOR SPRING BREAK

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.

Refund/Cancellation Policy: 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). 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? Contact Aquatics at 330-655-2377 x156 or email Aquatics@LifeCenterPlus.com

Group Swim Lessons

AQUATICS

TUESDAY

LEVEL	TIME	1 (1/9-2/13)	2* (2/27-4/9)	3 (4/23-5/28)
Preschool	5:00-5:30pm	SWM2024001	SWM2024036	SWM2024071
	5:40-6:10pm	SWM2024002	SWM2024037	SWM2024072
Level 1	5:00-5:30pm	SWM2024003	SWM2024038	SWM2024073
	5:40-6:10pm	SWM2024004	SWM2024039	SWM2024074
Level 2	6:20-6:50pm	SWM2024005	SWM2024040	SWM2024075
	7:00-7:30pm	SWM2024006	SWM2024041	SWM2024076
Level 3	6:20-7:00pm	SWM2024007	SWM2024042	SWM2024077
	7:10-7:50pm	SWM2024008	SWM2024043	SWM2024078
Level 4	5:00-5:50pm	SWM2024009	SWM2024044	SWM2024079
Level 5/6	6:00-6:50pm	SWM2024010	SWM2024045	SWM2024080

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

THURSDAY

LEVEL	TIME	1 (1/11-2/15)	2* (2/29-4/11)	3 (4/25-5/30)
Preschool	5:00-5:30pm	SWM2024011	SWM2024046	SWM2024081
	5:40-6:10pm	SWM2024012	SWM2024047	SWM2024082
Level 1	5:00-5:30pm	SWM2024013	SWM2024048	SWM2024083
	5:40-6:10pm	SWM2024014	SWM2024049	SWM2024084
Level 2	6:20-6:50pm	SWM2024015	SWM2024050	SWM2024085
	7:00-7:30pm	SWM2024016	SWM2024051	SWM2024086
Level 3	6:20-7:00pm	SWM2024017	SWM2024052	SWM2024087
	7:10-7:50pm	SWM2024018	SWM2024053	SWM2024088
Level 4	5:00-5:50pm	SWM2024019	SWM2024054	SWM2024089
Level 5/6	6:00-6:50pm	SWM2024020	SWM2024055	SWM2024090

SATURDAY

LEVEL	TIME	1 (1/13-2/17)	2* (3/2-4/13)	3 (4/27-6/1)
Aqua Kids	11:00-11:30am	SWM2024021	SWM2024056	SWM2024091
Preschool	9:00-9:30am	SWM2024022	SWM2024057	SWM2024092
	9:40-10:10am	SWM2024023	SWM2024058	SWM2024093
	10:20-10:50am	SWM2024024	SWM2024059	SWM2024094
Level 1	9:00-9:30am	SWM2024025	SWM2024060	SWM2024095
	9:40-10:10am	SWM2024026	SWM2024061	SWM2024096
	10:20-10:50am	SWM2024027	SWM2024062	SWM2024097
Level 2	9:00-9:30am	SWM2024028	SWM2024063	SWM2024098
	9:40-10:10am	SWM2024029	SWM2024064	SWM2024099
	10:20-10:50am	SWM2024030	SWM2024065	SWM2024100
Level 3	9:00-9:40am	SWM2024031	SWM2024066	SWM2024101
	9:50-10:30am	SWM2024032	SWM2024067	SWM2024102
	10:40-11:20am	SWM2024033	SWM2024068	SWM2024103
Level 4	9:00-9:50am	SWM2024034	SWM2024069	SWM2024104
Level 5/6	10:00-10:50am	SWM2024035	SWM2024070	SWM2024105

WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: January 9 - February 17

Session 2: February 27 - April 13*

Session 3: April 23 - June 1

NO CLASSES THE WEEK OF 3/26/24-3/30/24

\$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 19th: **ELEMENTAL**

February 16th: **MATILDA**

March 8th: **TMNT MUTANT MAYHEM**

April 12th: **WISH**

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

SEMI-PRIVATE SWIM LESSONS

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

SYNCHRONIZED SWIMMING

The Aquatones

ADULT SYNCHRO

Monday, Wednesday, Friday 10:00-11:00am
Members \$60 | Nonmembers \$80
Code: AQU202402

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 \$30 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: AQU202401

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!

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).*

Private SPLASH

30-Minute, one-on-one lessons
 held between September - December 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. 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

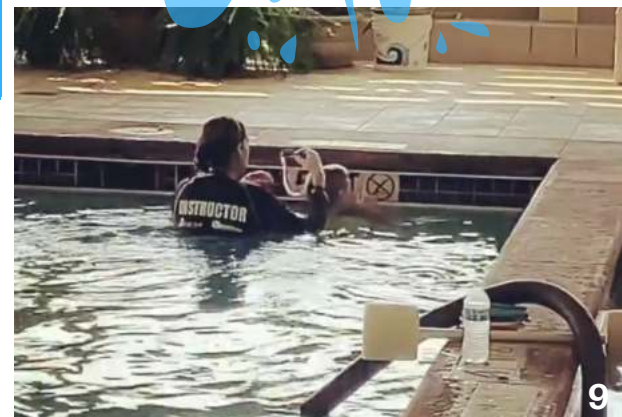
Day	Session	Dates	Time	Code
Tuesday	1	Jan. 2 - Feb. 6	6:00-7:15pm	SPL202401
	2	Feb. 13 - Mar. 19	6:00-7:15pm	SPL202402
Saturday	1	Jan. 6 - Feb. 10	12:30-1:30pm	SPL202403
	2	Feb. 17 - Mar. 23	12:30-1:30pm	SPL202404

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 Team 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 Director 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 25, 26, 27	8:00-6:00pm	AQU202403

RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	March 29	8:00-6:00pm	AQU202404



QUESTIONS?

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

Our Red Cross Certifications require a minimum number of participants.

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!

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.

Ask about our fitness services for youth family members!

BENEFITS

The initial fitness assessment can give you of your fitness levels and where to begin on your fitness journey. Ongoing testing can be used as a yardstick, and any changes can be tracked and monitored with the help of our trainers. Some beneficial reasons for ongoing fitness tests are listed below:

- 1 Obtain scientific baseline measurements of your fitness levels
- 2 Learn how movement patterns contribute to exercise routine and daily life
- 3 Develop a personal awareness of your physical health
- 4 Establish attainable goals and maintain accountability
- 5 Keep yourself motivated to continue training at the Club
- 6 Allows you to see a measurable change in your progress and journey
- 7 Identify limitations that could potentially put you at risk of injury
- 8 Increases your self-awareness and self-confidence in any fitness environment

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 FitFriends@LifeCenterPlus.com

TRY A TRAINER

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

\$75 MEMBER **\$99** 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).

One-on-One 30-Minutes

Sessions	Member	Nonmember
1	\$35	\$45
5	\$165	\$215
10	\$310	\$410

2-Person 45-Minutes*

Sessions	Member	Nonmember
1	\$27/pp	\$37/pp
5	\$125/pp	\$135/pp
10	\$230/pp	\$240/pp

One-on-One 45-Minutes

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

3-Person 45-Minutes*

Sessions	Member	Nonmember
1	\$21/pp	\$32/pp
5	\$100/pp	\$110/pp
10	\$190/pp	\$200/pp

One-on-One 1-Hour

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

2-Person 1-Hour*

Sessions	Member	Nonmember
1	\$34/pp	\$45/pp
5	\$160/pp	\$170/pp
10	\$300/pp	\$310/pp

3-Person 1-Hour*

Sessions	Member	Nonmember
1	\$27/pp	\$38/pp
5	\$125/pp	\$135/pp
10	\$230/pp	\$240/pp

Ask about our 4+ Group Training!

PP - Per Person Pricing. All group participants must purchase package together.

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!

NEW! Chair Pilates

Friday 8:30-9:15am

With the support of a chair, practice positions and movements that yield less stress on joints, while at the same time stabilizing your range of motion, engaging your core and muscles, and making you stronger.

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, your own body weight, and stations.

30/30 CycleSculpt

Tuesday and 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.

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!

NEW! G.A.S. Up (Glutes, Abs, & Stretch)

Wednesday 10:00-10:30am

This 30-Minutes glutes and abs class will help you burn tons of calories, tone your Abs and grow your glutes. Giving you the perfect 3 in 1 session to sweat it out and show us what you are made of!

Hydro-Pilates

Monday 12:00-12:45pm

Thursday 1:15-2:00pm

Pilates meets warm water pool. Pilates movements involve non-impact strengthening and stretching that require precise breathing and muscle control.

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 6:00-6:45pm

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!

MRT HIIT

Monday 5:30-6:30pm

Wednesday 5:45-6:30pm

MRT, "Metabolic Resistance Training", where intense cardiovascular and muscular training are combined to improve muscle recruitment, strength, endurance and reaction time. Mondays calls for a grittier way to start your week with slightly heavier weights - aka Muscle-Maker Monday.

Pilates Mat Challenge

Monday 7:45-8:45am

Friday 7:45-8:30am

Thursday 12:00-1:00pm

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!

Land & Water Classes

GROUP EX

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!

Pop Pilates®

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 9:00-10:00am

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

Silver Seniors

Monday 10:30-11:15am

Wednesday 10:45-11:30am

Friday 8:15-9:00am

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!

Strong Start

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.

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, 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.

Waves

Wednesday and Friday 9:00-10:00am

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

Weekend Warrior

Saturday 7:00-8:00am

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 10:45-11:45am

Sunday 4:45-5:45pm

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 (w/ Dance Combo)

Saturday 9:00-10:00am

Sunday 4:45-5:45pm (w/ Dance Combo)

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

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!

Don't forget to bring your own mat, water bottle, & sweat towel!

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. *Tuesday is 60-minutes of riding and 30-minutes of weights, unless otherwise communicated.*

Infinite Ride

This high intensity interval training ride is upbeat with epic music! Through hills, sprints, jumps, pushups, and dumbb 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!

TGIF Ride

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

TGIS (thank goodness it's spinning!)

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	Studio Ride
Tuesday	9:00-10:30am*	CycleSculpt
Wednesday	6:00-7:00pm	Studio Ride
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

PEDAL POPUPS FREE for Members

Wednesdays @ 9:30am

FEBRUARY 7TH
MARCH 6TH
APRIL 3RD

Saturdays @ 9:30am

JANUARY 13TH
FEBRUARY 17TH
MARCH 9TH





Ashtanga Vinyasa

Intermediate/Advanced

Tuesday and Thursday 5:45-6:45pm

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

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 (sunrise)

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.

Vinyasa Flow

Intermediate/Advanced

Monday and Wednesday 9:00-10:30am

Wednesday 5:30-6:30am (Slow)

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.

Share the love

PARTNER YOGA

Coming in February!

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.



REFORMER PRICING One-on-One 30 Minutes

Sessions	Member	Nonmember
1	\$30	\$40
5	\$145	\$195
10	\$280	\$380

One-on-One 1 Hour

Sessions	Member	Nonmember
1	\$55	\$70
5	\$270	\$345
10	\$530	\$680

Group Training 1 Hour

Sessions	Member	Nonmember
1	\$16/pp	\$18/pp
5	\$75/pp	\$85/pp
10	\$140/pp	\$160/pp

PP - Per Person Pricing.
All group participants must purchase package together.



SCAN HERE!
Members can book their group sessions on self-service portal!

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!*

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	\$40
60-minute massage	\$75
90-minute massage	\$120
Three 30-minute massages	\$115
Three 60-minute massages	\$215
Five 30-minute massages	\$185
Five 60-minute massages	\$345

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.

Youth HIIT

Thursday 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!



Kids, Get Running!

LCP Youth Run Club

Tuesdays & Thursdays
6:30-7:30pm

WINTER SESSION:
January 9 - February 29

Keep your children active around back-to-school 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.

PRICING

DAY	MEMBER	NONMEMBER
TUESDAY CODE: CHP2401	\$50 PER SESSION	\$70 PER SESSION
THURSDAY CODE: CHP2402	\$50 PER SESSION	\$70 PER SESSION
TUESDAY & THURSDAY CODE: CHP2403	\$80 PER SESSION	\$100 PER SESSION

(OR THROUGH MEMBER SELF-SERVICE PORTAL TO REGISTER)

★ ★ ★ ★ ★

Parents' Night Out

★ ★ ★ ★ ★

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



AQUA Egg Hunt

Saturday, March 23rd 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 GO OVER 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 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 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 3 - February 21	9 and under	6:00-6:45pm	CHP202404
1	January 3 - February 21	10 and older	7:00-8:00pm	CHP202405
2	February 28 - April 24*	9 and under	6:00-6:45pm	CHP202406
2	February 28 - April 24*	10 and older	7:00-8:00pm	CHP202407

NO Classes March 27.

Testing

Session 1: February 21
Session 2: April 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 THURSDAY, 5:00-7:00pm



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 1st - March 9th
Members \$25 per league

Open Registration: Begins December 11th

Semifinals: week of February 25th

Finals: week of March 3rd

CODE: RAQ202401

Winter-Spring Session

March 11th - May 18th
Members \$25 per league

Open Registration: Begins February 19th

Semifinals: week of May 5th

Finals: week of May 12th

CODE: RAQ202402

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.

