

LIFECENTER PLUS

WINTER 2021 GUIDE

#FIGHTWITHFITNESS THIS SEASON - LET LCP HELP YOU STAY ACTIVE AND PRIORITIZE YOUR HEALTH AND FITNESS!

SERVICES & PROGRAMS THAT ARE SAFE, CLEAN, AND COMFORTABLE FOR YOU AND YOUR FAMILY!

BIGGEST LOSER Challenge Starts Jan. 18th

Beyond Safe Protocols
Comfortable Environments
All Level Exercise Classes
Fitness Social Events
Kids Swim Lessons
And MORE!

(330)655-2377 | LIFECENTERPLUS.COM

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HOURS OF OPERATION

Club Hours

Monday-Thursday 5:00am-10:00pm
Friday 5:00am-9:00pm
Saturday 7:00am-7:00pm
Sunday 7:00am-8:00pm

Membership Dept. Hours

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

HOLIDAY HOURS

New Year's Eve

Thursday, December 31
Open 5:00am-4:00pm

New Year's Day

Friday, January 1
Open 12:00pm-6:00pm

Easter Sunday

Sunday, April 4
CLOSED

SEARCH "LCP 60" ON FACEBOOK!

LCP GO® ONLINE FITNESS CLASSES



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



SilverSneakers®
by Tivity Health

RenewActive™
by UnitedHealthcare

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

Sign Up to Receive Our Emails!



Stay updated with the latest LCP news!

Email us at
FitFriends@LifeCenterPlus.com
to join the list!

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
Facebook
/LifeCenterPlus
Follow us on
Instagram

Guests

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

Private Locker Rental

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

LifeCenter Plus Gift Cards

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

BACK IN BUSINESS

& Better!

Please help support a safe reopening of our Club by following the guidelines that will help protect the well-being of our LCP community.

- If you have a fever, symptoms of respiratory infection or have been in contact with anyone with COVID-19, please stay home and take good care of yourself. Your entrance to the Club will not be permitted.
- Maintain 6-foot physical distancing from other people. Our equipment is spaced for proper and safe physical distancing as well.
- Wash your hands vigorously and frequently.
- Avoid touching your face. Cover coughs and sneezes with sleeve or elbow (not hands).
- Masks required upon entering into the Club and throughout the facility while not actively engaging in exercise.
 - Masks are mandatory between 8-9am and 2-3pm daily to insure a safe environment for our at-risk member populations.
 - Masks are mandatory in our Restore Studio and smaller Cardio Studio.
- Temperature check will be taken for all patrons entering the Club. You must also sanitize your hands prior to checking in.
- Please bring your own towel, water, and toiletries.
- Our Group Exercise classes each have limited capacity. Members and Guests are to sign up for classes online, through our Member Self-Service portal.

Thank you for your cooperation. We are stronger together and can do our part to help limit the spread of COVID-19.

KEEPING OUR MEMBERS SAFE,

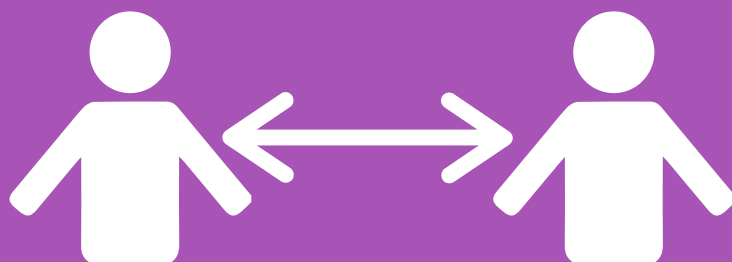
Newly Renovated

We've taken the time during our shutdown to completely update our facility, from new flooring and paint, to better lighting and touchless sanitizing systems.



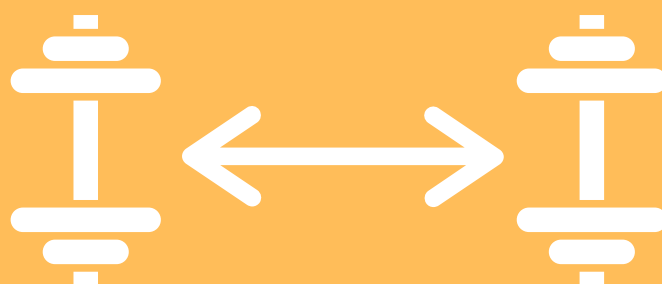
Social Distancing

We've taken an active role in monitoring our facility capacity and maintaining physical distancing protocols.



Gym Reorganization

We've reorganized our facility layouts to further support guidelines for safe and proper physical distancing.



HEALTHY, & COMFORTABLE!

At-Risk Provisions

We've taken our at-risk member populations into consideration by offering two daily time slots where masks are required: 8-9am and 2-3pm.



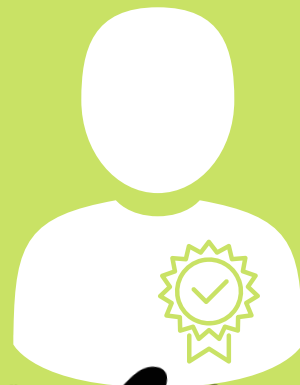
Online Class Signups

To ensure proper occupancy measures are taken, our members can now signup for our exercise classes online through our Member Self-Service Portal.



Certified Staff

We've trained our staff on cleaning and safety protocols, along with enhancing our housekeeping personnel.



#LLPStrong

SAVE-THE-DATES

Friday, January 1

New Year's Day Group Classes

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

Monday, January 4

Winter Racquetball League

Times vary. Members can join in on friendly and competition playing. League dates, details, and contact on page 22. \$15 per Member. Register at the Front Desk.

Wednesday, January 6

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 25. Register online (members) or at the Front Desk!

Tuesday, January 5

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 9. Register online (members) or at the Front Desk.

Friday, January 8

Family Dive-In Movie: ICE AGE

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 9. Register at the Front Desk!

Monday, January 11

Youth Running Club Session 1

6-7pm. Keep your children active with the changes of the school season by running! Member and nonmember pricing available - details on page 25. Register online (members) or at the Front Desk.

Sunday, January 17

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 12 for full details and registration information.

Hops on the Mat Yoga

6:30pm. A relaxing and fun yoga class crafted with the best yoga flow and wine/beer flow there is! Member and nonmember pricing available - details listed online. Register online (members), or at the Front Desk.

Monday, January 18

The BIGGEST Loser Challenge

Jan.18-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 food 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. In-Person and virtual options available. Sign up at the Front Desk!



Friday, January 22

Zumba® Kids Pop-Up Class

7pm. Zumba® Kids features kid-friendly routines based on original Zumba® choreography. We break down the steps for children, making it easy to learn and fun to do. Member & Nonmember pricing available - details listed online. Register at our Front Desk!

Friday, January 29

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 - details listed online. Register at the Front Desk!

Saturday, February 6

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!



Sunday, February 14

Spin & Sip Couples Cycling

5pm. Join us in this high-energy, calorie-burning cycling class, where you and your favorite person can make your hearts race. Afterwards, cool off with some drinks and snacks for the holiday. All cycling levels are welcome to this event, which you will "wheelie" love! Member and nonmember pricing available. Register at the Front Desk!

Share The Love Couples Yoga

6:30pm. Bring your sweetie, friend or family member to this partner yoga event featuring a fun & all-levels yoga sequence. Member and nonmember pricing available. Details listed online. Register online (members) or at the Front Desk!



Like us on Facebook

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Sign up to receive emails!



Stay updated with the latest LCP news!

Email us at:

FitFriends@LifeCenterPlus.com with your email address and name to sign up!

Friday, February 19

Family Dive-In Movie: TANGLED

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 9. Register at the Front Desk!

Sunday, February 21

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 12 for full details and registration information.

DrumFit Together

1:30pm. DrumFit Together is a workout for the whole family that includes all the fun of drumming with zero intimidation factor. Member and nonmember pricing available. Details listed online - register at our Front Desk!

Tuesday, February 23

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 9. Register online (members) or at the Front Desk.

Friday, February 26

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 - details listed online. Register at the Front Desk!

Sunday, February 28

CPR Re-Certification

8am-6pm. Refresh, renew & stay up to date on your skills, to maintain your certification. See page 12 for full details and registration information.

SAVE-THE-DATES

Wednesday, March 3

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 25. Register online (members) or at the Front Desk!

Friday, March 5

Zumba® Kids Pop-Up Class

7pm. Zumba® Kids features kid-friendly routines based on original Zumba® choreography. We break down the steps for children, making it easy to learn and fun to do. Member & Nonmember pricing available - details listed online. Register at our Front Desk!

Friday, March 12

Family Dive-In Movie: MONSTERS UNIVERSITY

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 9. Register at the Front Desk!

Sunday, March 14

Yoga, Together! Family Yoga

4:30pm. Enjoy this 60-minute class for the whole family to enjoy! This yoga sequence will incorporate breathing, partner poses, games, and relaxation so that the everyone is able to have fun and share in the health and well-being that yoga brings. Member and nonmember pricing on page 9. Register at the Front Desk!

Friday, March 19

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 - details listed online. Register at the Front Desk!

HIIT & Hops

6pm. Join in on this high-intensity workout class, followed by a cooling happy hour! Member and nonmember pricing available - details listed online. Register online (members) or at the Front Desk!

Sunday, March 28

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 12 for full details and registration information.

Monday, 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 12 for full details and registration information.

Tuesday, March 30

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 12 for full details and registration information.

Wednesday, March 31

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 12 for full details and registration information.

Thursday, April 1

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 12 for full details and registration information.

Friday, April 2

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 12 for full details and registration information.

Saturday, April 3

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 12 for full details and registration information.

Saturday, April 3

Aqua Easter Egg Hunt

1:30pm. Here comes Peter Cottontail, swimming down the bunny trail! Join us for a wet, wild, and safe Easter egg hunt, plus pictures with the Easter Bunny! Kids will go in groups of 10 for proper social distancing measures within our pool area. FREE for members with details listed online. Register at the Front Desk!



Friday, April 9

Sweat & Sip

6pm. Join in on this high-intensity workout class, followed by a cooling happy hour! Member and nonmember pricing available - details listed online. Register online (members) or at the Front Desk!

Sunday, April 11

DrumFit Together

1:30pm. KDrumFit Together is a workout for the whole family that includes all the fun of drumming with zero intimidation factor. Member and nonmember pricing available. Details listed online - register at our Front Desk!

Friday, April 16

Family Dive-In Movie: THE SECRET LIFE OF PETS 2

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 9. Register at the Front Desk!

Sunday, April 18

Lifeguard Re-Certification

8am-6pm. Update your skills while also extending your certification for another two years. See page 12 for full details and registration information.

Tuesday, April 20

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 9. Register online (members) or at the Front Desk.

Friday, April 23

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!

Sunday, April 25

CPR Re-Certification

8am-6pm. Refresh, renew & stay up to date on your skills, to maintain your certification. See page 12 for full details and registration information.

Wine'd Down Yoga

6:30pm. Recharge and relax during this gentle yoga class where you can enjoy a tasty or bubbly beverage afterwards! Member and nonmember pricing available - details listed online. Register online (members) or at the Front Desk!

We share events online and via our social media channels!

Group Swim Lessons

AQUATICS



Lessons that Create Progress



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

\$60

Member

\$80

Nonmember

WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: January 5 - February 13

Session 2: February 23 - April 10*

Session 3: April 20 - May 29

NO CLASSES THE WEEK OF 3/29/21-4/2/21

WHICH LEVEL IS RIGHT FOR YOU?

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

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

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

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

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

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

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

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

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

Swim Lessons

AQUATICS

TUESDAY

LEVEL	TIME	1 (1/5-2/9)	2* (2/23-4/6)	3 (4/20-5/25)
Preschool	5:30-6:00pm	SWM2101	SWM2136	SWM2171
	6:10-6:40pm	SWM2102	SWM2137	SWM2172
Level 1	5:30-6:00pm	SWM2103	SWM2138	SWM2173
	6:10-6:40pm	SWM2104	SWM2139	SWM2174
Level 2	5:30-6:00pm	SWM2105	SWM2140	SWM2175
	6:10-6:40pm	SWM2106	SWM2141	SWM2176
Level 3	5:30-6:00pm	SWM2107	SWM2142	SWM2177
	6:10-6:40pm	SWM2108	SWM2143	SWM2178
Level 4	6:00-6:50pm	SWM2109	SWM2144	SWM2179
Level 5/6	7:00-7:50pm	SWM2110	SWM2145	SWM2180

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

THURSDAY

LEVEL	TIME	1 (1/7-2/11)	2* (2/25-4/8)	3 (4/22-5/27)
Preschool	5:30-6:00pm	SWM2111	SWM2146	SWM2181
	6:10-6:40pm	SWM2112	SWM2147	SWM2182
Level 1	5:30-6:00pm	SWM2113	SWM2148	SWM2183
	6:10-6:40pm	SWM2114	SWM2149	SWM2184
Level 2	5:30-6:00pm	SWM2115	SWM2150	SWM2185
	6:10-6:40pm	SWM2116	SWM2151	SWM2186
Level 3	5:30-6:00pm	SWM2117	SWM2152	SWM2187
	6:10-6:40pm	SWM2118	SWM2153	SWM2188
Level 4	6:00-6:50pm	SWM2119	SWM2154	SWM2189
Level 5/6	7:00-7:50pm	SWM2120	SWM2155	SWM2190

SATURDAY

LEVEL	TIME	1 (1/9-2/13)	2* (2/27-4/10)	3 (4/24-5/29)
Aqua Kids	11:00-11:30am	SWM2121	SWM2156	SWM2191
Preschool	9:00-9:30am	SWM2122	SWM2157	SWM2192
	9:40-10:10am	SWM2123	SWM2158	SWM2193
	10:20-10:50am	SWM2124	SWM2159	SWM2194
Level 1	9:00-9:30am	SWM2125	SWM2160	SWM2195
	9:40-10:10am	SWM2126	SWM2161	SWM2196
	10:20-10:50am	SWM2127	SWM2162	SWM2197
Level 2	9:00-9:30am	SWM2128	SWM2163	SWM2198
	9:40-10:10am	SWM2129	SWM2164	SWM2199
	10:20-10:50am	SWM2130	SWM2165	SWM2200
Level 3	9:00-9:30am	SWM2131	SWM2166	SWM2201
	9:40-10:10am	SWM2132	SWM2167	SWM2202
	10:20-10:50am	SWM2133	SWM2168	SWM2203
Level 4	9:00-9:50am	SWM2134	SWM2169	SWM2204
Level 5/6	10:00-10:50am	SWM2135	SWM2170	SWM2205

WINTER SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: January 5 - February 13

Session 2: February 23 - April 10*

Session 3: April 20 - May 29

NO CLASSES THE WEEK OF 3/29/21-4/2/21

\$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 8th: ICE AGE

February 19th: TANGLED

March 12th: MONSTERS UNIVERSITY

April 16th: THE SECRET LIFE OF PETS 2

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

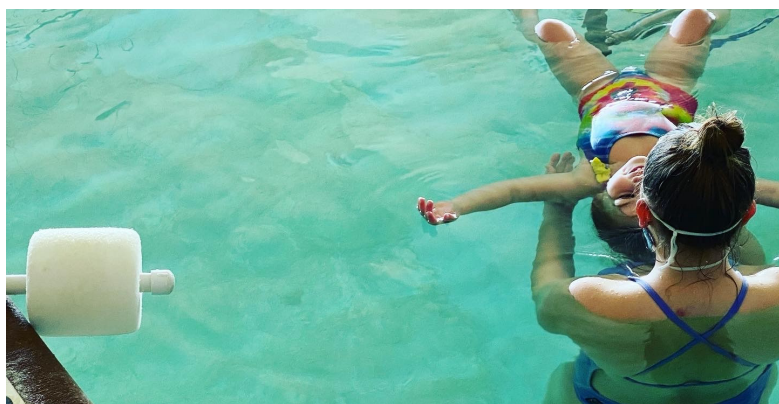
AQUATICS

PRIVATE SWIM LESSONS

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

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

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



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

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

SEMI-PRIVATE SWIM LESSONS

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

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

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

REFERRAL PROGRAM

When you refer your friends, family, coworkers, that is the BEST compliment that we can receive, so we would like to reward you!

GROUP SWIM LESSON REFERRAL

Refer a family, receive YOUR choice of \$5 Club Bucks OR a FREE Dive-In Movie Ticket!

PRIVATE SWIM LESSON REFERRAL*

Refer a family, receive one (1) LCP service of your choice! Choose from massage, personal training, Reformer, nutrition and more!

Referral is for families new to private swim lessons. Referral prize dependent upon package purchased by referral. Please see Aquatics for details

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).*

Register via phone to 330-655-2377 Ext.156
or via email to Aquatics@LifeCenterPlus.com

Private/Semi-Private SPLASH

6-Week Sessions, 30-Minute Lessons*

PRIVATE: Member \$185 | Nonmember \$210

SEMI-PRIVATE: Member \$190 | Nonmember \$215

Day	Session	Dates	Time
Saturday	1	Jan. 9-Feb. 13	10:00-3:00pm
	2	Mar. 6 - Apr. 10	10:00-3:00pm
	3	May 1 - May 22*	10:00-3:00pm
Monday	1	Jan. 11 - Feb. 15	3:00-7:00pm
	2	Mar. 8 - Apr. 12	3:00-7:00pm
	3	Apr. 26 - May 24*	3:00-7:00pm
Wednesday	1	Jan. 13 - Feb. 17	3:00-6:00pm
	2	Mar. 10 - Apr. 14	3:00-6:00pm
	3	Apr. 28 - Jun. 2	3:00-6:00pm

Saturday 3rd session is a short 4-week session. No class May 31st due to Memorial Day holiday (make-ups will be arranged per instructor.)

ALL LESSON DATES AND TIMES ARE SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES SURROUNDING THE PANDEMIC.

Kids Fit Group Swim (Lap Exercise)

6-Week Sessions, 60-Minute Group Lessons

Member \$105 | Nonmember \$135

6-Week Sessions, 30-Minute Group Lessons

Member \$53 | Nonmember \$68

**6 PARTICIPANTS MAXIMUM FOR PROPER PHYSICAL
DISTANCING PROTOCOLS TO BE MET**

Day	Session	Dates	Time	Code
Saturday	1	Jan. 9 - Feb. 13	12:00-12:30pm	SPL212207
	2	Mar. 6 - Apr. 10	12:00-12:30pm	SPL212209
	3	May 1 - May 22*	12:00-12:30pm	SPL212211
Wednesday	1	Jan. 13 - Feb. 17	6:00-7:00pm	SPL212208
	2	Mar. 10 - Apr. 14	6:00-7:00pm	SPL212210
	3	Apr. 28 - Jun. 2	6:00-7:00pm	SPL212212



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

Private/Semi-Private lessons can be purchased at the Front Desk.
* Group lessons or lessons funded by the county need to have the Blue Registration Form filled out please!

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.

RECERTIFICATION

\$75 | \$85

Sessions	Date	Time	Code
1	February 28	8:00-6:00pm	AQU212213
2	April 25	8:00-6:00pm	AQU212214



American Red Cross



5 REASONS WHY YOU SHOULD LEARN CPR:

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

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. **Contact our Aquatics Director for a complete list of required prerequisites.**

NEW CERTIFICATION

\$210 | \$230

Sessions	Date	Time	Code
1	March 29, 30, 31	8:00-6:00pm	AQU212215
2	April 1, 2, 3	8:00-6:00pm	AQU212216

RECERTIFICATION

\$160 | \$180

Sessions	Date	Time	Code
1	January 17	8:00-6:00pm	AQU212217
2	February 21	8:00-6:00pm	AQU212218
3	March 28	8:00-6:00pm	AQU212219
4	April 18	8:00-6:00pm	AQU212220



Our Red Cross Certifications require a minimum number of participants.

Contact our Aquatics Department with any questions!

330-655-2377 Ext.156 or via email to

Aquatics@LifeCenterPlus.com.

FITNESS ASSESSMENT

Initial Assessment Free for Members

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

ATHLETE ASSESSMENT

Member \$45

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

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.

THE IMPORTANCE OF 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.

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

"I am so glad to be back to LifeCenter. I've reconnected with Amelia for personal training and POP Pilates classes. After letting go of exercise and overeating during the COVID shutdown I'm starting to feel healthy again. I have felt very comfortable with the staff's determination to keep the gym clean and everyone safe during the reopening. I feel extremely confident and secure with their efforts to keep the facility COVID free." - Tori S.



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

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

One-on-One 30-Minutes

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

Small Group 30-Minutes*

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

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

Small Group 45-Minutes*

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

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

One-on-One 1-Hour

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

Small Group 1-Hour*

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

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

One-on-One 45-Minutes

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

Personal Training

FITNESS

Virtual Personal Training

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

Virtual One-on-One 45-Minutes

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



Onsite Personal Training

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

1-Person Onsite Training 1-Hour

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

Small Group Onsite Training 1-Hr.*

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

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

WHICH TRAINING IS RIGHT FOR ME?

At-The-Club Training

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

Virtual Training

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

On-Site Training

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

Land & Water Classes

GROUP EX

NEW! Aqua Beats

Tuesday and Thursday 9:15-10:00am

A blend of total body water & water resistance exercises, to the beat of music. Because the water is less impact on the joints during the class, you can have a good cardio-tone workout while having fun!

Balance It Out!

Tuesday 9:00-9:45am

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

Balance with BOSU

Monday 12:00-12:45pm

Blending together intense fat burning cardio segments with muscle toning segments, this 1-hour low impact, yet challenging class with the BOSU ball is designed to improve your balance and strengthen your core to the max!

30/30 CycleSculpt

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.

NEW! DrumFIT®

Friday 6:00-6:45pm

A high-energy workout that combines cardio, muscle conditioning, balance and flexibility with all of the fun of drumming and zero intimidation factor.

Dynamic Rolling

Wednesday, 6:30-7:00pm

Foam rolling is a self-myofascial release (SMR) technique used to relieve muscle soreness, joint stiffness, and more. Get "rolling" in a class with effective stretching techniques for your muscles!

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!

Happy Hour HIIT

Tuesday and Thursday 5:30-6:30pm

Trade cocktails for cardio, and strength on the rocks, with a twist of core in this all levels HIIT class!

Hydro-Pilates

Monday 11:00-11:45am

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.

Ignite

Monday 5:30-6:30pm

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

Inferno

Wednesday 5:30-6:30pm

Saturday 10:45-11:45am

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

Kickboxing

Monday 9:00-9:45am

This high energy class will have you punch, kick and block your way through a fun and challenging cardiovascular "knock-out"!

LIIT for Days

Monday 10:00-10:45am

Friday 9:30-10:30am

Jumpstart your weekend with this all-levels LIIT class that mixes low impact exercise repetitions with generous rest intervals. You'll target and strengthen muscles and burn fat before the weekend starts!

Mat Pilates

Tuesday 10:15-11:15am

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

PiYo®

Thursday 9:30-10:30am

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

BYOMTW

Bring Your Own Mat, Towel, & Water

Classes subject to change. Please see the schedule located online at www.LifeCenterPlus.com for the most current class times.

Land & Water Classes

GROUP EX

Pop Pilates®

Wednesday 5:30-6:30pm

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)!

Power Step

Thursday 9:00-10:00am

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

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.

Sculpt

Tuesday 9:15-10:15am

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

NEW! Senior Strong

Tuesday 11:00-11:45am

This tabata-style workout incorporates balance, strengthen-training, and every exercise is to the beat of the music! Great for our exercise levels, especially our older adults!

Silver Seniors

Monday, Wednesday, & Friday 11:00-11:45am

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

Silver Sneakers® Classic

Monday 8:00-8:45am

Friday 10:00-11:00am

Increase muscle strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.

Silver Sneakers® Circuit

Thursday 10:45-11:45am

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

Silver Sneakers® Splash

Wednesday 12:30-1:30pm

Friday 1:00-2:00pm

In this fun, shallow-water exercise class you'll use a signature splashboard to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

Shred Tread

Monday, Tuesday, & Wednesday 5:30-6:30pm

A treadmill class full of intervals and inclines, testing both your endurance and speed!

Spark

Wednesday 12:00-12:30pm

Jump start your lunchtime workout and boost any mid-day lolls with 30 minutes of intense intervals.

Trilogy

Tuesday and Thursday 7:00-8:00am

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

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

Water in Motion

Monday 6:00-6:45pm

Jump into this fun and challenging power class to improve your physical fitness by using a variety of formats, flotation equipment and deep-water resistance.

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

Monday 10:00-11:00am

Wednesday and Friday 9:30-10:30am

Saturday 11:30-12:30pm

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!

GROUP EXERCISE

Sign Up for Classes Online through our Self-Service Portal



Use your LCP ID# for Username & Password for the 1st time you login!

Access the Self-Service Portal from our LCP website homepage (left-hand sidebar).

Questions?

Email Fitfriends@LifeCenterplus.com for any login assistance.

INDOOR CYCLING

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!

Power Ride

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

Rise & Shine Ride

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

Studio Ride

Classic cycling class.

TGIF Ride

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

CYCLING SCHEDULE

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



WERQ®

Tuesday and Thursday 7:00-8:00pm

Saturday 12:30-1:30pm

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 7:00-8:00pm

Saturday 9:30-10:30am

Sunday 5:30-6:30pm

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



Ashtanga Vinyasa

Intermediate/Advanced

Tuesday and Thursday 5:30-6:30pm

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

Gentle Yoga

Beginner/Intermediate

Thursday 7:00-7:55am

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.

NEW! Power Yoga

Beginner/Intermediate

Tuesday & Thursday 7:00-8:00pm

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

Restorative Yoga

Beginner/Intermediate

Monday 4:30-5:45pm

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

Qi Gong & Tai Chi Combo

Friday 8:00-9:30am

Saturday 10:30-12:00pm

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 9:00-10:15am

Monday 11:15-12:30pm (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.

Pilates Reformer **GROUP EXERCISE**

PILATES REFORMER

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

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

NEW Student Discount! New students are eligible for **15% 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

9:00-10:00am | 5:30-6:30pm | 6:45-7:45pm

Tuesday

8:00-9:00am | 9:30-10:30am

Wednesday

9:00-10:00am | 6:45-7:45pm

Thursday

8:00-9:00am | 9:30-10:30am | 5:30-6:30pm

Friday

12:00-1:00pm

Saturday

11:00-12:00pm | 12:00-1:00pm

Sunday

11:00-12:00pm | 12:00-1:00pm

Monthly Unlimited Reformer*

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

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

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

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

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



REFORMER PRICING One-on-One 30 Minutes

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

One-on-One 1 Hour

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

Group Training 1 Hour

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

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

Massage

Plus! (Amenities)

Massages are available at the Massage Center of Hudson 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.

Massage Loyalty Cards available!



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 *Currently closed!*

Our rockwall area is currently closed due to state mandate and CDC policies.



Pickleball OPEN PLAY

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

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



Racquetball

Leagues are open to PrimeTime Members only.

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



Winter Session

January 4 - March 13

Members \$15 per league

Open Registration: Begins December 7th

Semifinals: week of February 28th

Finals: week of March 7th

CODE: RAQ2021001

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

The pandemic is an ever-evolving situation. Hours may change. Access is based on a first-come, first-serve basis.

Keeping Your Kids Safe!

LifeCenter Plus' Kids Korner is required by the Summit County Health Department to follow the Day Care Responsible Restart Ohio standards. Here is how we are creating a safe and healthy environment for our employees and your children:

- Only 1 parent can check in/check out their child in the Kids Korner.
- Children are required to have a temperature check and wash/sanitize hands upon arrival.
- Children must wash/sanitize hands prior to leaving Kids Korner.
- Employees will perform daily symptom assessments and temperature checks.
- Staff and children (age 2 years and over) will wear masks at all times.
- Employees will follow rigorous hand washing throughout the day.
- Toys will be rotated and sanitized in an organized fashion throughout the day.
- The maximum capacity for our Kids Korner is now 18 at one time.

Youth Fitness Assessment

Free for Members

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

Youth Machine Orientation

Free for Members

Required for ages 12-17

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

Youth Program Design

Member \$30

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

Youth/Family Pop-Ups!

Youth Members \$5 | Youth Nonmembers \$8
Member Family \$10 | Nonmember Family \$15

High-energy workout options for all exercise levels and ages that combine cardio, muscle conditioning, balance and flexibility! Zumba® Kids features kid-friendly routines based on original Zumba® choreography. We break down the steps for children, making it easy to learn and fun to do.

DrumFIT® Together is a workout for the whole family that includes all the fun of drumming & zero intimidation factor.

Zumba® Kids

January 22nd | March 5th @ 7:00 pm

DrumFIT® Together (family)

February 21st | April 11th @ 1:30pm



ZUMBA®
kids



DRUMFIT

EMPOWERING CHILDREN OUTSIDE THE HOME & SCHOOL

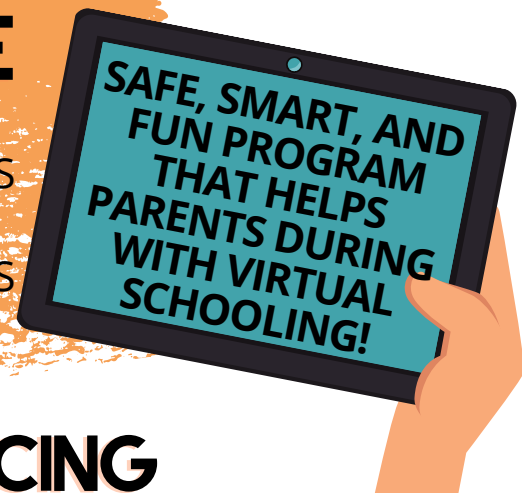


A safe, smart and fun program for school-age children (ages 5-13 years). With local elementary schools and districts choosing to continue with distance learning, LifeCenter Plus is here to help provide a safe, fun, and supervised environment. Our full-day and half-day program options are offered within a managed classroom-like environment, and provide the support your child needs to stay connected with their classroom teacher(s). Your child will stay engaged with their daily assignments and we will help them be successful for the school year, giving parents peace of mind!

2020-2021 SCHOOL SEASONS

SAMPLE DAILY SCHEDULE

- 7:00-9:00AM:** BEFORE CARE
- 9:00-11:00AM:** VIRTUAL LEARNING/CRAFTS & ACTIVITIES
- 11:00-1:00PM:** LUNCH BREAK AND RECESS TIME
- 1:00-3:00PM:** VIRTUAL LEARNING/CRAFTS & ACTIVITIES
- 3:00-5:30PM:** AFTER CARE



LCP SAFE CHECKS & SUPPORT

- Daily temperature checks and COVID health screenings
- Face masks required for all participating children and LCP staff
- Extended hours available for before and after school
- Flexible day/week options available for families
- Supervised small groups with social distancing
- Wi-Fi access and tables with clear dividers for safety
- School work assistance/support
- Supporting local elementary and middle schools

PRICING

MEMBER

- 3 Full Days: \$135/week
- 5 Full Days: \$210/week
- Drop-In Full Days: \$50/day
- 3 Half Days: \$81/week
- 5 Half Days: \$125/week
- Drop-In Half Days: \$30/day

NONMEMBER

- 3 Full Days: \$171/week
- 5 Full Days: \$270/week
- Drop-In Full Days: \$62/day
- 3 Half Days: \$105/week
- 5 Half Days: \$165/week
- Drop-In Half Days: \$38/day

BEFORE & AFTER CARE

- Before Care ONLY: \$25/week
- After Care ONLY: \$25/week
- Before AND After Care: \$40/week

**REGISTER IN-PERSON OR VIA EMAIL TO FITFRIENDS@LIFECENTERPLUS.COM
CALL US WITH ANY QUESTIONS! (330)655-2377 EXT. 112**

Programs

Youth

AQUA Egg Hunt



Kids, Get Running!

LCP Junior Running Club

January 11 - March 3

Keep your children active with all the at-home virtual learning with

running in a fun and team-like environment!

Expect 15 minutes of warm-up and stretching, 30 minutes of running activities, and 15 minutes of core work with each class. *Ages 6-14. Limit 9*

CODE	MEMBER	NONMEMBER
MONDAY CODE: CHP212221	\$45	\$65
WEDNESDAY CODE: CHP212222	\$45	\$65
MONDAY & WEDNESDAY CODE: CHP212223	\$70	\$100

Saturday, April 3rd | 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 go in groups of 10 for proper social distancing measures within our pool area.

**Free for Members
\$5 Nonmembers**



Martial Arts

Ages 5 and up, limit 15 per class

8-week sessions - Wednesdays

Class held in the Barre Studio.

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

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

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

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



Session	Dates	Age Group	Time	Code
1	January 6 - February 24	9 and under	6:00-6:45pm	CHP212224
1	January 6 - February 24	10 and older	7:00-8:00pm	CHP212225
2	March 3 - April 28*	9 and under	6:00-6:45pm	CHP212226
2	March 3 - April 28*	10 and older	7:00-8:00pm	CHP212227

NO Classes on March 31st.

Testing

**Session 1: February 24
Session 2: April 28**

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

When & How to Register!

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

It's easy!
ONLINE 24/7

Self-Service

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

IN-PERSON

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



MAIL

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



FAQS

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

Registration cannot be taken over the phone.

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

PAYMENTS

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

REGISTRATION FEES

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

REFUNDS & TRANSFERS

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

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

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

