

LIFEWORDS



February 2012

Upcoming Programs

Begin the week of 2/26 – 6 Week Sessions – See Flyers for Details

For more information, contact Candi at 440-816-4205 or cchristner@swgeneral.com.

Fitness Programs

Baby Boomer Bootcamp

Members Only!

- Mon. and/or Wed., 6:30–7:30 pm
- 1 day/wk: \$24; 2 days/wk: \$48
- Instructor: Faye

Bootcamp for Moms

- Wed., 6:30–7:30 pm
- Members: \$24, Nonmembers: \$70
- Instructors: Mallory

Golf Conditioning

- Tuesdays, 7:30-8:30 pm
- Members: \$24; Nonmembers: \$70
- Instructor: Mallory

Hot Yoga

- Sat., 10:00–11:00 am
- Members: \$24; Nonmembers: \$70
- Instructor: Karen K.

Joint Replacement Reformer

- Fri., 10:30 –11:30 am
- Members: \$65 ; Nonmembers: \$125
- Instructor: Marissa

Tai Chi

- Tues., 10:30 –11:30 am
- Members: \$24; Nonmembers: \$70
- Instructor: Robin

LifeWorks Program Policies:

Programs run for 6 weeks, unless noted otherwise. Must sign up three days prior to class start. Programs require a minimum number of participants. Should this not be met, you will be contacted and issued a full refund. Full refunds are available until three days prior to the first class. No refunds are available after a class has begun. All members are required to check in for programs with their membership card. Nonmembers are required to show a photo ID to enter the facility. Persons without proper ID may be denied entrance. Class times, dates and prices are subject to change at any time.

Aquatic Programs

Parent & Child Swim Lessons:

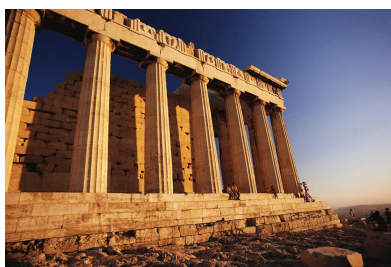
Children's lessons are taught in the Warm Water Pool (91-93 degrees) with parent and child in the water together.

- Members: \$30; Nonmembers: \$60
- Instructor: Sheena

Infant (6 - 18 mo.): Water adjustment and exploration, swimming readiness skills, songs and games.

Toddler (19 - 36 mo.): Beginning swimming skills, kicking, bubbles, songs, and games.

Preschool (3 - 4 yrs): Swim skills on front and back, floating, underwater exploration.



Travel with LifeWorks

Greece: The Best of Athens & the Greek Isles

September 26 - October 6, 2012

- \$2,719 per person based on double occupancy
- 11 Day trip includes a 7-Day Cruise
- Most meals included

For more information contact **Louise Richley**, LifeWorks Evening Manager at **440-816-4202** (Mon. – Thurs. 7-10 pm) or lrichley@swgeneral.com.

Small Group Training

For details contact Leigh at 440-816-4207 or lcavalli@swgeneral.com.

BeachBody

- Tues., Thurs., 5:30–6:30 pm & Saturdays 9–10 am
- Tues., Thurs., 6:30–7:30 pm & Saturdays 9–10 am
- Members: \$126; Nonmembers: \$180
- Instructor: Faye & Mallory

Distance Challenge

- 8 Week Challenge begins March 27
- Tuesdays, 6:00-7:00 pm & Saturdays 8:00-9:00 am
- Members: \$122; Nonmembers: \$159
- Instructor: Lesa

HIIT

- Sundays, 11:30–12:30 pm
- Members: \$54; Nonmembers: \$78
- Instructor: Mari

Iron Yoga

- Sundays, 12:00–1:00 pm
- Members: \$54; Nonmembers: \$78
- Instructor: Jamie

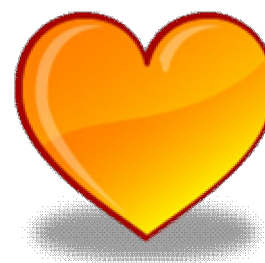
Kettlebell

30-Minute Classes

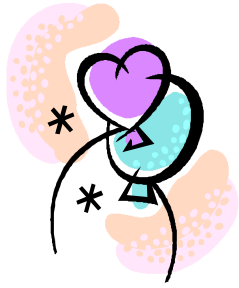
- Sundays, 12:30 –1:00 pm
- Thursdays, 6:15–6:45 pm
- Members: \$27; Nonmembers: \$39

1-Hour Class

- Mondays, 7:30–8:30 pm
- Members: \$54; Nonmembers: \$78
- Instructor: Dan



For Your Information



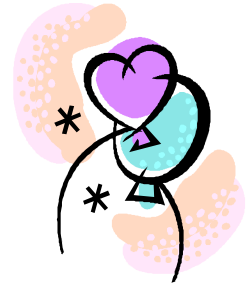
Family Add-On Special

Share your active lifestyle with your family!

FREE Enrollment

for your family add-ons in February 2012.

Stop by Membership for assistance or contact them to schedule an appointment at 440-816-4214 or kraisch-siegel@swgeneral.com.



Valentine's Day

Tuesday, 2/14



Gift Certificates

Available at the Service Desk.

Couples Massage - 45 Minutes

Sunday, 2/12 and Tuesday, 2/14

Enjoy a massage along with your loved one in the same room at the same time.

45 Minutes Appts Only = \$99 per Couple

Call and schedule today before we sell out.
440-816-4202

Intro Classes and Free Seminars/Camps

Intro to Spinning®: Wednesday, February 15, 4:30 pm

Intro to TRX®: Saturday, February 18, 10:30 am

Intro to Pilates Reformer*:

Sunday, February 12, 11:00 am

Tuesday, February 21, 6:00 pm

*\$5 members, \$12 nonmembers. Sign up at the service desk. Questions, contact Jamie at 440-816-4223 or janderson@swgeneral.com.

Military Bootcamp: Friday, February 17, 6:30 pm

Sign up at the Service Desk

Women's Self Defense: Friday, February 24, 6:30 pm

Sign up at the Service Desk

Cell Phones Prohibited: Cell phone use is prohibited in the locker rooms and when exercising on the equipment.

Wi-Fi: LifeWorks is equipped with wireless access.

Guest Policy: For February/March, guests are only permitted after 1 pm on Saturdays & Sundays.

LifeWorks Inclement Weather Policy: When bad weather strikes, contact LifeWorks Service Desk at 440-816-4202 for updates on our facility hours and programs.

If staff is unavailable to answer the phone, updates will be on a recording. The hours will be adjusted only for extreme weather.

You can receive this publication via your home e-mail by sending your name and e-mail address to lifeworksinfo@swgeneral.com. Check out us on the web at www.lifeworksfitness.net.



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