

April 2025

LifeWords

LifeWorks will be
Closed for Easter
Sunday, April 20

Get Ready For
SPRING

SPECIALIZED PROGRAM OFFERINGS

Sign up at the Service Desk.
Space is limited for some
programming.

For more information on
specialized programs,
contact Jamie Anderson at
janderson@swgeneral.com
or 440-816-4223.

Reformer Pilates fore Golfers

Tuesdays, 6:35-7:35pm

April 8 - May 13

Use the Pilates Reformer machine to improve your game.

Members: \$72; Nonmembers: \$96 Space is limited.



Yoga fore Golfers

Fridays, 4:00-5:00pm

April 11 - May 16

Create natural improvements in functional flexibility.

Improve your stability and balance for a better center of gravity to improve your golf swing. Enhance your concentration and focus.

Members: \$30; Nonmembers: \$72

Train Your Way to a 5K

Saturdays, 9:00-10:00am

April 26 - May 31

A structured program to guide you from walking to jogging or running at your own pace. Receive a simple, progressive plan to help you stay motivated and injury free.

Members: \$30; Nonmembers: \$72



LifeWorks Run Club

May - September

First Sunday of each month at 9am

One-time fee of \$15 to join. Attend as many Sundays as you want.

Join by Monday, April 14 to receive a FREE LifeWorks Run Club t-shirt.

Spring Reset,
Fresh Start!



BALANCED HABITS NUTRITION PROGRAM

Lose Weight and Feel Great!

Rev your metabolism at any age and keep it going with
this 28 day Kickstart Nutritional Program.

REAL Results, using REAL Food, for your REAL Lifestyle

NEXT SESSION DETAILS

- **Start Date: Friday, May 16**
- **Early Bird: \$159 by Monday, May 5**
- Regular Fee: \$179
- Last day to sign up is Friday, May 9
- Limited Spots Available. **Sign up starts April 7.**
- Sign up at the Service Desk.
- For more information, contact Katy at 440-816-4222 or kmomirovic@swgeneral.com

INCLUDES

- Personalized Meal Plans & Tips
- Certified Food Coach
- Weekly Weigh Ins
- Learn more at

<https://new.balancedhabits.com/lifeworks-kick-start/>



Dance Party

Saturday, April 12

6-8pm

Old Oak Center

7575 Old Oak Blvd. Middleburg Heights

Get your dance moves ready and join us
for a fun dance party!

\$5/person

LifeWorks members & guests

Sign up at the Service Desk by April 7.



Spring Shape Up

A 5-Week Team Training Program

Get Motivated, Moving & Ready for Summer Activities!

Includes Unlimited Team Training Sessions

- Choose from 4 different training options
- Offered 6 days a week
- Work with a certified personal trainer

Monday, April 21 – Saturday, May 24

Members: \$49 Nonmembers: \$89

Sign up at the Service Desk
by Friday, April 18.



Questions? Contact Katy Momirovic at
kmomirovic@swgeneral.com
Or 440-816-4222.

Weight Loss with H₂O

Mondays, April 7 – May 12

4:30 – 5:30pm

Join our Aquatic Supervisor, Lynn, for a low-impact resistance training and cardiovascular exercise weight loss program using the lap pool. Improve your movement, strength and aerobic fitness. Healthy eating tips will be included.

Members: \$30 Nonmembers: \$72

Sign up at the Service Desk

Questions? Contact Jamie Anderson at
janderson@swgeneral.com
or 440-816-4223.

Hormone Balancing

A workshop for women of all ages

Sunday, April 27

1:00 – 2:00 pm

LifeWorks Yoga Studio

Hormone Balancing: The pathways to a balanced body including brain connections, liver and gut integrity, adrenal fatigue and much more. There is something for everyone during this Q&A workshop, led by Dr. Wendy Ormsby of Synergy Chiropractic & Holistic Therapy in Brunswick.

Members: \$5 Nonmembers: \$15

Sign up at the Service Desk
(no refunds after April 19)

For questions, contact Jamie at janderson@swgeneral.com.



LifeWorks 14th Annual

Fight Like a Girl Golf Outing

Friday, August 15

The annual Fight Like a Girl Golf Outing helps raise funds to keep LifeWorks' Fitness is Power® exercise program for breast cancer survivors going strong!

Registration Details Coming Soon!



Fitness is our passion

Wellness is our focus.

Education is our way.