

April 2026

# LifeWords

LifeWorks will be Closed for Easter Sunday, April 5



STAY CONNECTED.  
**STAY INSPIRED.**  
*Join Us on Facebook!*

Be part of our growing wellness community. Follow our Facebook page for the latest updates, inspiration, and exclusive content.



### GET UPDATES ON:

  <b>YOGA CLASSES</b> Strength, flexibility, and mindfulness for all levels.	  <b>CHAIR YOGA CLASSES</b> Accessible, gentle movement for every body.	  <b>REFORMER CLASSES</b> Build strength, improve posture, and tone with precision.	  <b>SOUNDBATH</b> Relax, reset, and restore through healing sound.	  <b>WORKSHOPS &amp; SPECIAL EVENTS</b> Deepen your practice & connect at our unique events.
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### PLUS, ENJOY:

- ✔ Wellness Tips & Inspiration
- ✔ Timely Announcements
- ✔ Exclusive Offers & Promotions
- ✔ A Supportive Community
- ✔ And So Much More!





## FOLLOW US ON FACEBOOK!

Search for *LifeWorks Yoga & Reformer* or scan the QR code to join our community today.



[facebook.com/LifeworksYogaReformer](https://facebook.com/LifeworksYogaReformer)

*"Wellness is a journey. Let's take it together."* ♥

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**LifeWorks Fitness Center**  
Thursday, April 16, 2026  
5am - 9pm

**Free Guest Day**  
One Day \$0 Enrollment  
Membership Special

Your referrals can now join online!  
[www.lifeworksfitness.net/membership](http://www.lifeworksfitness.net/membership)

**Members Receive 1,000 LW Rewards Points** if your referral joins on 4/16/26!

One day only.  
Referrals from established LW members only.

spring reset

# ~a~ HEALTHY mind IN A HEALTHY BODY



### How to Use Exercise as a Stress Reliever

Exercise is one of the best strategies for combating stress, and it can also improve other aspects of your health. Persistent stress over time can increase your risk for several chronic diseases, including heart disease, diabetes, and obesity. In contrast, exercising regularly can help reduce your stress levels, improve your health, and reduce the risk of chronic disease. According to research, as little as 20-30 minutes of cardio can help you feel less stressed.

### WE'RE HERE TO HELP

**Schedule your complimentary fitness assessment or program review with our fitness staff.** Visit the fitness desk or service desk to schedule your appointment or contact Katy, fitness coordinator, at [kmomirovic@swgeneral.com](mailto:kmomirovic@swgeneral.com) or 440-816-4222.

## Country Line Dance

**Wednesday, April 15**  
**7:15 – 8:15pm in Studio A**

Join us for some fun line dancing, led by instructor Karen Kosciński. Please wear athletic shoes.

**LW Members: \$5**  
**Nonmembers: \$8**

Sign up at the Service Desk.  
Space is limited. No refunds



## Chair Yoga & Strength

**Mondays, April 6 – May 11, 4:30 – 5:30pm**  
**OR**

**Thursdays, April 9 – May 14, 11:15am – 12:15pm**

Maintain and improve your bone density, reduce the risk of osteoporosis and fractures, and build strength for everyday activities while improving flexibility and balance and supporting your joint health and mobility.

**Members: \$30 Nonmembers: \$72**  
Sign up at the Service Desk

Questions? Contact Jamie Anderson at [janderson@swgeneral.com](mailto:janderson@swgeneral.com) or 440-816-4223.

## Sound Bath Healing Meditation

**Sunday, April 26**  
**1:00 – 2:00 pm in the Yoga Studio**

Join certified Yoga instructors Jamie and Kim to immerse yourself in a deeply relaxing soundbath designed to calm the nervous system, release tension and restore balance. This guided meditative experience uses crystal singing bowls and therapeutic sound vibrations to support deep relaxation. Bring a Yoga mat, pillow & blanket.

**LW Members: \$20 Nonmembers: \$38**  
Sign up at the Service Desk. Space is limited.

For more information contact Jamie Anderson at [janderson@swgeneral.com](mailto:janderson@swgeneral.com) or 440-816-4223.

## Tai Chi

**Sundays, April 12 – May 24**  
(no class 5/10)  
**11:30am – 12:30pm**

Balance ~ Tranquility ~ Strength  
Experience the gentle, flowing movements of Tai Chi. A mind-body practice that blends slow, controlled motions with focused breathing to promote balance, flexibility, and relaxation. Meditation in motion. Low-impact and for all fitness levels.

**Members: \$30 Nonmembers: \$72**  
Sign up at the Service Desk

For questions, contact Jamie at [janderson@swgeneral.com](mailto:janderson@swgeneral.com).

## Intro to Pilates Reformer

**Saturday, April 18**  
**12:35pm in the Yoga/Pilates Studio**

Prepare to workout on the Pilates Reformer. Your instructor will educate you on Pilates, show you how to use the Reformer, and put you through a workout. Class will be held in the Yoga/Pilates Studio.

**Members: \$10; Nonmembers: \$20**  
Sign up at the Service Desk. Space is limited.

For questions or more information, contact Jamie at 440-816-4223 or [janderson@swgeneral.com](mailto:janderson@swgeneral.com).

## Racquetball Tournament

**Sunday, May 3**

- **10:00am – 12:30pm:** Singles Tournament (A & B divisions)
- **12:30 – 1:00pm:** Lunch provided in the café
- **1:00 – 3:00pm:** Doubles Tournament (Teams assigned with one A player and one B player based on results of Singles Tournament)
- All games rally scoring to 15 points. Round robin matches and then bracket play.
- **Prizes for 1<sup>st</sup> and 2<sup>nd</sup> Place**

**LW Members Only: \$20/person**  
Sign up at the Service Desk. Space is limited.

*Save the Date!*

**Friday**  
**7/31/26**

**LifeWorks 15<sup>th</sup> Annual**  
**Fight Like a Girl Golf Outing**



**Fitness is our passion**  
**Wellness is our focus.**  
**Education is our way.**