

# LIFECENTER PLUS

FALL 2024 GUIDE

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

We are  
**YOUR Club**  
to help  
"Fall" into  
Fitness this  
season!

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

**(330)655-2377 | LIFECENTERPLUS.COM**

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



**330-655-2377**  
[www.LifeCenterPlus.com](http://www.LifeCenterPlus.com)  
 LifeCenter Plus, 5133 Darrow Rd. Hudson, OH 44236

# HOURS OF OPERATION

## Club Hours

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

## Membership Dept. Hours

Monday 9:00am-6:00pm  
 Tuesday-Wednesday 9:00am-5:00pm  
 Thursday 9:00am-4:00pm  
 Friday-Sunday BY APPOINTMENT ONLY

## Kids Korner Hours

Monday-Friday (AM) 8:30am-11:30am  
 Monday-Thursday (PM) 5:00pm-8:00pm  
 Saturday 8:00am-12:00pm

# HOLIDAY HOURS

## Thanksgiving Eve

Wednesday, November 27  
 Open 5:00am-8:00pm

## Thanksgiving Day

Thursday, November 28  
 Open 6:00am-12:00pm

## Christmas Eve

Tuesday, December 24  
 Open 5:00am-4:00pm

## Christmas Day

Monday, December 25  
 CLOSED

## New Year's Eve

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

## New Year's Day

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

# NEW! LCP TEXTS



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

SCAN THIS TO SIGNUP!



# 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 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

Wednesday, October 9

Our Fall Season with programs and schedules start Tuesday, September 3rd!

Fall



## 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.**

## Sunday, September 22

### 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.

## Friday, October 11

### 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. See separate flyer for details. Register online (members) or at the Front Desk.

## Monday, September 2

LifeCenter Plus' main facilities will be closed on Monday, September 2nd in observance of Labor Day. Our Outdoor Pools will be open 12-4pm

LABOR DAY

## Tuesday, September 24

### Barre Burn Pop-Up Class

**11:30am.** 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.**

## Friday, October 18

### Family Dive-In Movie: THE HAUNTED MANSION

**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 7. Register at the Front Desk!

## Sunday, September 8

### 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, October 23

### 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.**

## Tuesday, September 10

### 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 see page 7 for details. Register online (members) or at the Front Desk.

## Wednesday, September 25

### 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.**

## Wednesday, October 23

### 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 Fall 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, September 11

### 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, September 27

### Come Line Up! Low-Impact Line Dancing Evening Pop-Up

**5:30pm.** Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

## Friday, October 25

### 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.**

## Friday, September 13

### 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.**

10/3/24 @ 7PM W/MARIA

## Sunday, October 6

### 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.

### Come Line Up! Low-Impact Line Dancing Evening Pop-Up

**5:30pm.** Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

**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. See separate flyer for details. Register online (members) or at the Front Desk.

## Monday, October 7

### Fall Racquetball League

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

## COME LEARN THE "THRILLER" DANCE!

Learn this popular dance from the hit Halloween song with instructor Cindy! Free for members

## Sunday, September 15

### 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, October 8

### Barre Burn Pop-Up Class

**11:30am.** 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.**

10/5/24 & 10/19/24

5:30-6:30PM

## Friday, September 20

### Family Dive-In Movie: KUNG FU PANDA 4

**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 7. Register at the Front Desk!





# BE SOCIAL WITH US!!

Shop our **BIGGEST SALE OF THE YEAR**, with discounts off personal training, massage, Reformer, and new memberships. Available to members and nonmembers. See separate flyer for discount and purchase details.

**MARK YOUR CALENDARS!!!**



## Saturday, October 26

**Pumpkin Splash Patch**  
**1:30pm.** Hunt for your perfect pumpkin in the pool and then deck it out at our decorating station while you sip on cider and holiday treats! Kids will go in small groups for the ultimate pumpkin-picking fun! Registration is REQUIRED. Member and nonmember pricing available. See page 21 for details. Register at our Front Desk starting on Monday, October 3rd.



## Tuesday, November 5

**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 - see page 7 for details. Register online (members) or at the Front Desk.

## Wednesday, November 6

**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.**

**Youth Running Club Fall Session STARTS** **6:30-7:30pm.** Keep your children active while school is out for the summer, by running! Member and nonmember pricing available - details on page 19. Register online (members) or at the Front Desk.

## Friday, November 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: THE GARFIELD MOVIE**  
**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 7. Register at the Front Desk!

## Tuesday, November 19

**Barre Burn Pop-Up Class**  
**11:30am.** 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, November 20

**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, November 22

**Come Line Up! Low-Impact Line Dancing Evening Pop-Up**  
**5:30pm.** Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

**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. See separate flyer for details. Register online (members) or at the Front Desk.

## Monday, November 25

**Festive Fitness Holiday Bingo**  
**Nov. 20-Dec. 31.** Stay on top of your fitness over the holidays! Challenge yourself with several ways to win a bingo - come to classes, check into the Club, engage on social media and MORE! Prizes for a bingo OR be entered into a grand prize raffle if you fill your card. **Free for Members.** Sign up at Front Desk starting 11/6/23.

## Thursday, November 28

**Turkey Day Classes**  
**6am-12pm.** Squeeze in a workout before you sit down for a feast! Offering special classes on Thanksgiving Day. See separate flyer for class times and descriptions.

## Wednesday, December 4

**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, December 6

**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.**

## Friday, December 13

**Family Dive-In Movie: A CHARLIE BROWN CHRISTMAS**  
**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 7. Register at the Front Desk!

## Wednesday, December 18

**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, December 20

**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!

## Saturday, December 21

**Dashing through LCP!**  
**1:30pm.** Santa Claus will be stopping by LifeCenter Plus! Join us for pictures, cookies, and milk. For children of all ages. Don't forget to tell Santa your last-minute Christmas wishes! Available for members and nonmembers. See pricing on page 21. Register at our Front Desk starting on Monday, 11/29/22.



## December 26-28 (3DAY)

**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.

## Friday, December 27

**Come Line Up! Low-Impact Line Dancing Evening Pop-Up**  
**5:30pm.** Life is a dance so join in on the fun during this evening hour class of low-impact line dance routines. Available to all fitness and dance levels. **Free for Members.**

## Sunday, December 29

**Lifeguard Re-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.



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

## FALL SESSIONS

**6 WEEK SESSIONS (1x weekly)**

**Session 1: September 10 - October 19**  
**Session 2: November 5 - December 21 \***

**\*NO CLASSES THE WEEK OF HALLOWEEN AND  
NO THE WEEK OF THANKSGIVING\***

## 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](mailto:Aquatics@LifeCenterPlus.com)**

# Group Swim Lessons

# AQUATICS

## TUESDAY

LEVEL	TIME	1	2*
		(9/10-10/15)	(11/5-12/17)
Preschool	5:00-5:30pm	SWM2024186	SWM2024221
	5:40-6:10pm	SWM2024187	SWM2024222
Level 1	5:00-5:30pm	SWM2024188	SWM2024223
	5:40-6:10pm	SWM2024189	SWM2024224
Level 2	6:20-6:50pm	SWM2024190	SWM2024225
	7:00-7:30pm	SWM2024191	SWM2024226
Level 3	6:20-7:00pm	SWM2024192	SWM2024227
	7:10-7:50pm	SWM2024193	SWM2024228
Level 4	5:00-5:50pm	SWM2024194	SWM2024229
Level 5/6	6:00-6:50pm	SWM2024195	SWM2024230

## THURSDAY

LEVEL	TIME	1	2*
		(9/12-10/17)	(11/7-12/19)
Preschool	5:00-5:30pm	SWM2024196	SWM2024231
	5:40-6:10pm	SWM2024197	SWM2024232
Level 1	5:00-5:30pm	SWM2024198	SWM2024233
	5:40-6:10pm	SWM2024199	SWM2024234
Level 2	6:20-6:50pm	SWM2024200	SWM2024235
	7:00-7:30pm	SWM2024201	SWM2024236
Level 3	6:20-7:00pm	SWM2024202	SWM2024237
	7:10-7:50pm	SWM2024203	SWM2024238
Level 4	5:00-5:50pm	SWM2024204	SWM2024239
Level 5/6	6:00-6:50pm	SWM2024205	SWM2024240

\*Our group swim lessons require a minimum number of participants.\*

## FALL SESSIONS

6 WEEK SESSIONS (1x weekly)

Session 1: September 10 - October 19

Session 2: November 5 - December 21\*

\*NO CLASSES THE WEEK OF HALLOWEEN OR THE WEEK OF THANKSGIVING\*

**\$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!

**Sept. 20th: KUNG FU PANDA 4**

**Oct. 18th: THE HAUNTED MANSION**

**Nov. 8th: THE GARFIELD MOVIE**

**Dec. 13th: A CHARLIE BROWN CHRISTMAS**

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.\*

## SATURDAY

LEVEL	TIME	1	2*
		(9/14-10/19)	(11/9-12/21)
Aqua Kids	11:00-11:30am	SWM2024206	SWM2024241
Preschool	9:00-9:30am	SWM2024207	SWM2024242
	9:40-10:10am	SWM2024208	SWM2024243
	10:20-10:50am	SWM2024209	SWM2024244
Level 1	9:00-9:30am	SWM2024210	SWM2024245
	9:40-10:10am	SWM2024211	SWM2024246
	10:20-10:50am	SWM2024212	SWM2024247
Level 2	9:00-9:30am	SWM2024213	SWM2024248
	9:40-10:10am	SWM2024214	SWM2024249
	10:20-10:50am	SWM2024215	SWM2024250
Level 3	9:00-9:40am	SWM2024216	SWM2024251
	9:50-10:30am	SWM2024217	SWM2024252
	10:40-11:20am	SWM2024218	SWM2024253
Level 4	9:00-9:50am	SWM2024219	SWM2024254
Level 5/6	10:00-10:50am	SWM2024220	SWM2024255

Group Name: **LIFECENTER PLUS KIDS SWIM LESSONS**



THESE SERVICES CURRENTLY HAVE A WAITLIST!

# AQUATICS

## Private Swim & SPLASH

### 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.

*"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 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

**S.P.L.A.S.H.**  
Swim, Persevere, Learn,  
Achieve, Socialize  
and Have Fun!

### Private SPLASH

30-Minute, one-on-one lessons held between September - December 2024 | **SCHEDULED WITH SPLASH COORDINATOR** 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 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 Registration Form filled out and submitted to our Registration Box! See separate flyer online for Kids Fit Swim Classes and registration codes.

**QUESTIONS?** Contact Aquatics at  
330-655-2377 x156 or email  
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	September 8, 15, 22	8:00-6:00pm	AQU202407
2	December 26, 27, 27	8:00-6:00pm	AQU202409

### RECERTIFICATION \$160 | \$180

Sessions	Date	Time	Code
1	October 6	8:00-6:00pm	AQU202408
2	December 29	8:00-6:00pm	AQU202410



\*Our Red Cross Certifications require a minimum number of participants.\*

*Contact our Aquatics Team with any questions!*

**330-655-2377 Ext. 156 or via email to [Aquatics@LifeCenterPlus.com](mailto:Aquatics@LifeCenterPlus.com).**

## 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](mailto: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

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

**Ask about our assessment and program design services. Ask about our 4+ Group Training!**

# GROUP EXERCISE



## CYCLING CLASSES

*Your Club for some "ME time" to crush your goals and stay active!*

### 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!

### 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!

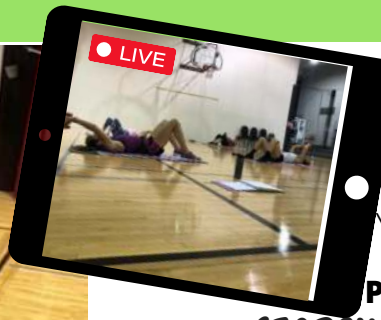
## CYCLING SCHEDULE

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



## Land & Water Classes

# GROUP EX



## LCP GO® ONLINE CLASSES

• YOUR FAVORITE CLASSES BY  
YOUR FAVORITE INSTRUCTORS

**2-3 CLASSES POSTED DAILY!** **FREE FOR OUR MEMBERS**

**SEARCH "LCP GO" ON FACEBOOK!**

### 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!

### 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 5:45-6:45pm**

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!

### NEW! Lunch Crunch

**Tuesday and Thursday 12:00-12:45pm**

An all-levels workout with dumbbells to shred your body from head to toe! Tuesdays will focus on the upper body, and on Thursdays, lower body. A great way to squeeze in that activity throughout your day! **(starts week of 9/10/24)**

### MRT HIIT

**Monday and Wednesday 5:30-6:30pm**

MRT, "Metabolic Resistance Training", where intense cardiovascular & muscular training are combined to improve muscle recruitment, strength, endurance & reaction time.

### 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 (starting 9/14)**

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!

### 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.

### It's Back! Core On The Chair

**Thursday 11:30-12:00pm**

A class designed to build core muscle groups while improving posture through performing a variety of exercises, all on the chair! Enjoy a quick class focused on strengthening the core.

### 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.

## Pilates Mat Challenge

Monday 7:45-8:45am | Friday 7:45-8:30am  
Thursday 12:00-1:00pm

This class focuses on the Classical Pilates mat exercises using proper technique, precision of the movement, flow, and progressions. Challenge your movements by using various props: Magic Circle, weights, the foam roller, the fitness ball, Reformer on the mat, ActivMotion Bar, and the Pilates arc.

## NEW! Pilates Mat

Tuesday & Thursday 7:00-8:00pm

This class will focus on strength, stability, posture, proper breath control, and flexibility. Work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. You'll feel the burn here!

## 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®

Monday 6:30-7:30pm | 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)!

## 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!

## Strength & Sweat

Saturday 10:00-10:50am

Kick off your weekend with a 45-minute strength and cardio sweat session, incorporating circuits, stations, & group-style fitness! (time included for setup/teardown)

## 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 9:00-10:00am |

Friday 10:00-11:00am

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 11:00-12:00pm

Sunday 4:00-5:00pm

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

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 8:15-9:00am | 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!



## 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**

**Wednesday 1:00-2:00pm (with stretch)**

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. Wednesday incorporates yoga equipment.

## 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*

**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.

**SEE FLYER FOR DETAILS AND TO SIGN UP!**

**BENDS**

**AND**

**BREWS!**

**10/3/24 @ 7PM W/MARIA**

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

# 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 **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 understand 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**

**6:00-7:00pm**

**Tuesday**

**8:00-9:00am | 6:00-7:00pm**

**Thursday**

**11:00-12:00pm**

**Friday**

**12:00-1:00pm**

**Saturday**

**9:15-10:15am**

**Sunday**

**10:00-11:00am**

## Monthly Unlimited Reformer\*

**MONTHLY: \$140/Month Members | \$175/Month Nonmembers**

**6-MONTHS: \$125/Month Members | \$150/Month Nonmembers**

**12-MONTHS: \$105/Month Members | \$125/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	\$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!

# 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.





# NEW! Reiki Healing



**A Japanese form of energy healing.**

Using a technique called “palm healing”, therapists transfer energy through their palms to the client, promoting emotional and physical healing.

FREE  
15min.  
**DEMOS**  
with Melissa H.  
Sign up at  
Front Desk!

## Reiki Rates\*

Session	Price
30-minute Reiki Session	\$40
60-minute Reiki Session	\$75
90-minute Reiki Session	\$120
Three 30-minute Reiki	\$115
Three 60-minute Reiki	\$215
Five 30-minute Reiki	\$185
Five 60-minute Reiki	\$345

\*Price does not include sales tax.\*

## Reiki Healing Benefits:

- ✓ Relieves pain, anxiety, and fatigue
- ✓ Boosts mood and improves tension
- ✓ Enhances quality of life

Sign up for a **FREE** demo at our Front Desk OR book your Reiki appointment!

# 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

**Wednesday 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!



## YOUTH SYNCHRO

**Sunday 4:00-5:30pm**

**Members \$50 | Nonmembers \$70**

**Code: AQU202411 Starts September 8th!**

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.

Synchro programs require a minimum # of participants. \*A \$25 Swimmer Fee will be charged additionally per swimmer each season to ensure artistic representation for synchro performances (CODE 191126).\*



**PARENT'S NIGHT OUTS ARE BACK THIS FALL! SEE SEPARATE FLYER FOR DATES/TIMES, DETAILS, & REGISTRATION.**

**Parents' Night Out**



# Kids, Get Running!

**LCP Youth Run Club** *Wednesday* **6:30-7:30pm**

**FALL SESSION: November 6 - December 18**

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.*

CODE	MEMBER	NONMEMBER
<b>WEDNESDAY FALL SESSION: CHP202414</b>	<b>\$45 PER SESSION</b>	<b>\$65 PER SESSION</b>

## Pumpkin Splash Patch

Saturday, October 26th  
starts at 1:30pm

Hunt for your perfect pumpkin in the pool, and then deck it out at our decorating station while you sip on cider and holiday treats! For children of all ages. Kids will go in small groups (if necessary) for the ultimate pumpkin-picking fun!  
\$8 for Members | \$12 for Nonmembers

## Santa Claus is Comin' to LCP!!!

Saturday, December 21 | starts at 1:30pm

Santa Claus will be stopping by LifeCenter Plus! Join us for pictures, cookies, and milk. For kids of all ages. Don't forget to tell Santa your last-minute Christmas wishes!  
\$8 for Members | \$12 for 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	August 28 - October 16	9 and under	6:00-6:45pm	CHP202415
1	August 28 - October 16	10 and older	7:00-8:00pm	CHP202416
2	October 23 - December 18*	9 and under	6:00-6:45pm	CHP202417
2	October 23 - December 18*	10 and older	7:00-8:00pm	CHP202418

\*NO Classes November 27th or December 25th\*

## Testing

Session 1: October 16  
Session 2: December 18

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

# Pickleball, & Racquetball

# Plus! (Amenities)



## Pickleball OPEN PLAY

**Monday, Wednesday, Friday 12:15-3:15pm**  
**Tuesday and Thursday 1:00-3:15pm**

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.



## Fall Session

**October 7th - December 14th**  
**Members \$25 per league**

Open Registration: Begins September 16th

Semifinals: week of December 1st

Finals: week of December 8th

**CODE: RAQ202405**



## 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](http://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](mailto: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.

