


March 2018

LifeWords

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www.lifeworksfitness.net

Dear LifeWorks Member:

Happy Anniversary LifeWorks! This March we celebrate our 19th year anniversary! Please join us for Member Appreciation Week from March 12 – 16.

Appreciation Week Daily Deals!

Monday, 3/12

19% off HydroMassage Annual Pass
Limit one pass per person. Members Only.

Tuesday, 3/13

19% off Massage Coupon
Therapeutic, Biotension or MRTh only
Limit one massage service per person. Members Only.

Thursday, 3/15 - Anniversary →

Wednesday, 3/14

19% off Pilates Reformer
Limit one pass per person. Members Only.

Friday, 3/16

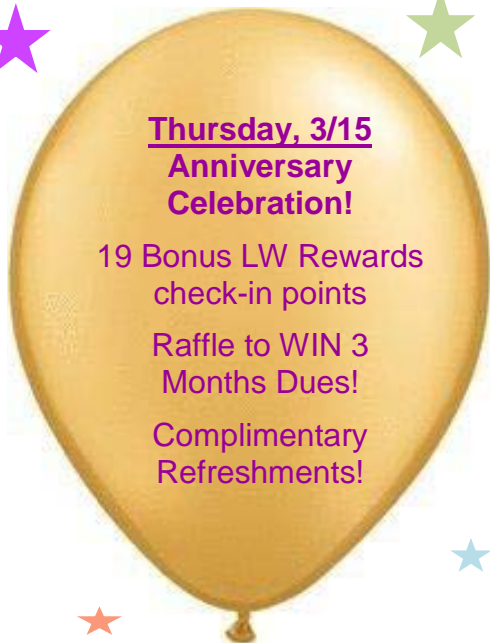
19% off Any ProShop Item
Excludes Clinical Items. Members Only.

For complete details, please see our Anniversary flyer.
Thank you for choosing LifeWorks.

Yours in health,



Karen M. Raisch-Siegel
Karen M. Raisch-Siegel, MS, FABC
Executive Director
440-816-4210
kraisch-siegel@swgeneral.com



Thursday, 3/15 **Anniversary Celebration!**

19 Bonus LW Rewards
check-in points
Raffle to WIN 3
Months Dues!
Complimentary
Refreshments!



This March, every check-in provides a vitamin to a child in need.

Help Make A Difference Check-In on Facebook at LifeWorks

Each time anyone checks-in on FB at LifeWorks, their check in goes toward the amount we contribute to a monthly cause. March's:



The hashtag this month is #vitamins4kids

Attention Members:

Saturday, March 17

LifeWorks will be closing early, 1:00pm for Water Pipe Repairs.



Pilates Reformer

Improve Your Balance and Flexibility. Increase Your Strength. Enhance Your Core.

The Reformer is a sliding, bed-like platform anchored at one end of its frame with resistance springs. The platform moves along a track by either pulling on ropes or pushing off from a stationary bar. The challenge of doing exercises on the Reformer comes from the resistance springs and in more advanced exercises the challenge is maintaining balance on a moving surface.

Reformer classes are taught in a small group setting of six participants. The small size of classes and the expertise of our certified instructors creates a personalized workout with maximum benefits of core strength, flexibility and balance.

The majority of LifeWorks' classes are intermediate. LifeWorks offers beginner classes for new people or for those who just want to master the basic reformer movements. Depending on the participant's level, a beginner may only need to attend one or two beginner classes before they are ready to move to an intermediate class level. The advanced classes are for those who have had reformer training.

Benefits include:

- Develop a strong core and back
- Target the abdominals
- Increases flexibility and strengthens muscles
- Tones the entire body
- Improves posture and alignment
- Decreases back, neck and joint pain
- Improves athletic performance

Introduction to Reformer Class

Intro classes are designed to both educate you on the reformer and to use the reformer. Join a LifeWorks Pilates Instructor to experience this wonderful workout.

Intro to Reformer Class

Thursday, 3/22 at 6PM

\$5 members and \$12 Nonmembers.

Sign up at the LifeWorks Service Desk or email janderson@swgeneral.com for more information.



The Secret (but not so secret) Keys to Weight Loss

This motivating seminar will review information about permanent weight loss and how it is possible to achieve.

Learn about boosting metabolism, fueling your body, exercising smart, and burning fat. There really is no secret to lasting change, it's just understanding how to make it happen. Join our fitness coordinator, Becky, to learn the necessary habits you must have in place to meet your goals.

Wednesday, March 14 at 7:00 pm

- FREE to members and guests
- No sign up required



Personal Safety Seminar

During this seminar, you'll learn:

- Tips to stay safe (being aware of surroundings)
- Safety tips for Home, Car, Travel
- Self protection techniques
- Using things you carry as potential weapons against an attacker

Wednesday, March 28 from 6:00 – 6:45pm

- FREE to members and guests
- Sign up at the service desk



A MONTH CLUB

Visit LifeWorks 10x a month or more and earn 5 bonus LW Rewards points. Your visits are tracked automatically when you check in — no entry necessary.

Watch the 10x a month board to see your name go up each month. The names listed in **RED** are those members that visited more than 20x a month!

Stay Motivated!