

# LifeWords

March 2024

*Celebrating 25 Years of Health & Wellness!*

Dear Valued Members,

We are thrilled to announce that LifeWorks is celebrating its 25<sup>th</sup> anniversary this month! It's a remarkable milestone that fills us with pride and gratitude as we reflect on our journey over the past quarter-century. As we commemorate this special occasion, we want to extend our heartfelt thanks to each and every one of you. Whether you joined us in our early days or recently became a member of our fitness family, your support and dedication have been instrumental to our success.

We look forward to celebrating with you! Please join us on Monday, March 25 and receive 25 bonus check-in rewards points, enter to win special prizes, take advantage of a variety of discounts and enjoy some anniversary treats.

As we look ahead to the next 25 years and beyond, we remain committed to providing you with the highest quality facilities, programs, and support to help you achieve your wellness goals and live your best life. Thank you for choosing LifeWorks of Southwest General as your fitness home, and here's to many more years of health, happiness, and success together!



Yours in health,

Karen M. Raisch-Siegel, MS, FABC  
Executive Director



## Join us as we celebrate 25 years of health & wellness! Monday, March 25

### MEMBER APPRECIATION ANNIVERSARY SPECIALS

**Purchase at the Service Desk.**

#### **25% off Any Percussive Massage Package**

Limit one package per person. Members Only.

#### **\$25 off Pilates Reformer Package**

10 or 20 class package. Limit one package per person. Members Only.

#### **25% off any LW Logo ProShop Item**

Valid on LifeWorks logo items only. Limit one per person. Members Only.

#### **25% off any HydroMassage Package**

Limit one package per person. Members Only.

#### **\$25 off Personal Training Package**

12 or more sessions. Limit one package per person. Members Only.

### **Monday 3/25**

### **25<sup>th</sup> Anniversary Celebration!**

**25 Bonus LW Rewards  
check-in points!**

**Enter to WIN prizes!**

**Complimentary  
Snacks!**

Members **Only** Special – item or service must be purchased by a LW member. Purchases must be made in person. \*Only **one (1) service/package** per person can be purchased. Cannot be combined with any other discounts. Regular package expiration dates apply. All sales are final.  
No refunds/exchanges on any item purchased with this special. Specials valid Monday, March 25, 2024 only.

# COUCH TO 5K

**FREE 6-Week Incentive Training Program**  
**Sunday, March 10 – Saturday, April 20**

New to running and want to go from  
couch to 5K in just six weeks?

Whether you are starting from scratch or building up again following an injury, if you want to run 5K you've come to the right place. This beginner's training plan will help you to build your fitness, taking you from couch to 5K in just six weeks...just in time for the Southwest General Old Oak Run on Saturday, April 20!

## TO PARTICIPATE:

- Fill out your name and email on one of the log sheets in the Couch to 5K Binder at the Fitness Desk. Keep it in the binder or take it and return it at the end of the program.
- Pick up the Training Program Sheet at the Fitness Desk to get started.
- Log your daily progress each week on your log sheet.
- Visit the Fitness Desk throughout the program to pick up additional resources and information.



**LifeWorks will be closed for Easter  
on Sunday, March 31.**

## 25<sup>th</sup> Anniversary Referral Special

**Your Friends Join For Only 25¢**

For more details about our **25¢** enrollment fee special, please contact membership at  
**LifeWorksFitness @swgeneral.com** or  
**440-816-4214** or

**Hurry promotion ends Sunday, 3/31/2024.**

**JOIN ONLINE  
OR IN PERSON**



**Join us for a fun Dance Party!**

**Saturday, April 6, 7 – 9pm**

in the LifeWorks Lobby

Free to Members and one guest.

Sign-up details coming soon!

## Chair Yoga

This program is for anyone looking to remain seated while enjoying the benefits of YOGA. Designed and instructed for those with injuries, chronic conditions, weight challenges, neurological conditions, and inflexibility, you'll use movement and breath to stretch your body and fill your soul. **Sign up at the Service Desk beginning March 4.**

**Mondays, 11:45am – 12:45pm**

**March 18 – April 22**

6-Week Session

Members: \$27; Nonmembers: \$72



**Thursdays, 11:15am – 12:15pm**

**March 14 – April 25** (no class 4/18)

6-Week Session

Members: \$27; Nonmembers: \$72

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

