

July 2018

LifeWords



Like us on Facebook



Follow us on twitter

Download our FREE app!

Search for LifeWorks of Southwest General



www.lifeworksfitness.net

Dear LifeWorks Member:

Happy July! With this summer starting off with record high temperatures, it's a great time to try a group exercise class, land and/or water. These classes are taught by some of the area's top instructors. The best part about any of our classes is that they can be modified or advanced based on your fitness level. Our instructors do a fantastic job of accommodating folks. Remember, age is just a number. At LifeWorks, the classes are based on a person's fitness levels.

Another reason to take a group exercise class during these hot summer days, is to be motivated on those lazy days of summer. The instructor and music will get you through the workout and you'll feel great.

If you are ready to enter this fun world of exercise, please arrive to class a few minutes early so that the instructor can get you set up.

As a reminder, our annual maintenance is coming up. The pools and hot tubs will close the week of August 6. The facility is closed Saturday, August 11 and Sunday, August 12.

Make this summer a safe and joyful one... Stay cool (wear light clothing to exercise), feel cool (drink plenty of water before, during and after your workout), and be cool (exercise during the cooler times of the day and in shaded areas).



Yours in health,

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

Special Hours

LifeWorks annual maintenance and cleaning week is below. Please know that the entire facility remains open when the aquatic center is closed.

Facility CLOSED

Saturday 8/11 & Sunday 8/12

Aquatic Center CLOSED

Monday 8/6 thru Sunday 8/12



Christmas in July Sale

Wednesday, July 25

Enjoy a special day of special pricing. All purchases must be made in person that day. All Sales are **final**. Additional discounts cannot be applied to the items below.

15% Off: Any Proshop Item

15% Off: 60-Minute Massage Coupon*

(Massage Coupons are valid from 7/26/18 thru 12/31/2018)

15% Off: Private Training Package*

15% Off: Group Pilates Reformer Packages*



*Limited to 2 coupons or packages per person

All Purchases must be made in person. **One day only.** Must be an active LW Member to receive the member pricing. All Massage Coupons **EXPIRE** 12/31/18. Prescriptions are not accepted on massage coupons.

All Private Training Packages expire 6 months from date of purchase.

Christmas in July discount **cannot** be combined or used with other member discounts.

Not responsible for lost or stolen coupons or receipts of service.

LW Rewards points for massage will be awarded once coupon is redeemed.



JULY IS REFER A FRIEND MONTH!

Receive **1,000** LifeWorks Rewards Points for every new member you refer to LifeWorks now thru 7/31/16.

Pass along this savings to your friend:

\$19 Enrollment

Celebrating our 19th Year Anniversary

To: _____

From: _____

For details or to schedule an appointment, please call Membership at 440-816-4214 or email JLivers@swgeneral.com

Certain restrictions apply. Points not awarded for add-ons. Offer expires 7/31/18.



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. July's:



The hashtag this month is #givewater

Every check-in this month will provide 50 gallons of safe water to someone in need.

The 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 staff to learn the necessary habits you must have in place to meet your goals.

Wednesday, July 11 at 7:00 pm

- FREE to members and guests
- No sign up required



Swing into Shape!

July 15 - August 25

Goal: Exercise 3 times each week for 6 weeks.

The Rules:

- Each workout equals a base hit, four hits equals a run. Goal is to have 4 runs by the end of the Game.
- Score a HOME RUN by working out more than 3 times a week and earn 5 extra rewards points
- All who finish the Game with 4 runs or more will earn 10 Reward Points and be entered to win the grand prize of 100 LW Reward Points!
- FREE for members
- Sign-up at the Fitness Desk in the Swing into Shape Binder.



Swing Fore Survivors

LifeWorks 9th Annual
**Fight Like a Girl
Golf Outing**

Wednesday, August 8

Coppertop at Cherokee Hills
11:30 am shot gun start
9-hole Scramble for men and women
Register early to receive a discount!
\$60/person by July 1st
\$65/person beginning 7/2/18

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!

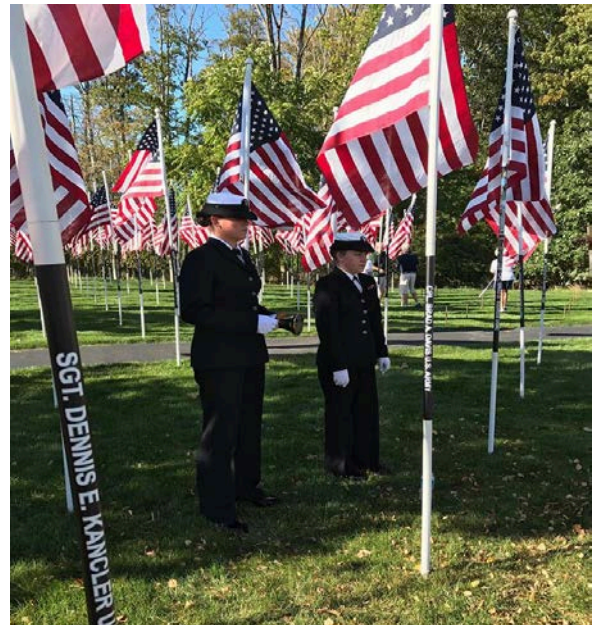
Stop at the LifeWorks Service Desk or call 440.816.4202 to reserve your spot today!

Ohio Flags of HONOR

We will be hosting Ohio Flags of Honor this year from

Friday, 10/5 – Sunday, 10/7.

This memorial honors the Ohio heroes who bravely sacrificed their lives in the service of their country. Please watch for details and volunteer opportunities.



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