


January 2018

# LifeWords

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[www.lifeworksfitness.net](http://www.lifeworksfitness.net)

Dear LifeWorks Member:

Happy 2018! Thank you for starting your new year with LifeWorks. A big thank you for your support for the Salvation Army's Tree of Hope (Angel Tree). We donated over **200** toys to children. We also want to thank you for all of your support for our various events throughout the year to support community charities as well as our LifeWorks Fitness is Power exercise program for breast cancer survivors.

A few things to remember in 2018 to help you stay motivated:

**10x a Month Club:**

Simply workout 10x a month or more and you'll see your name posted on the board and you will be entered to win an additional 25 LW Rewards Points.

**LW Rewards Program:**

For various activities (even just checking in) and for every dollar you spend, you earn points. As the points total up, you can redeem them for a reward. If you need to join the rewards program, please make sure that LW has your email address and then log on to <https://www.perkville.com/biz/7344/earning/>.

**Complimentary Fitness Coaching:**

Any time you need any assistance we are here. If you want to get new exercises, get a new exercise program, have a health assessment, please just schedule an appointment at the fitness desk. If no one is available, please let the service desk know and we'll get a staff member for you.

**Sweat Angels/Causely:**

LifeWorks has partnered with Sweat Angels to support a different cause each month, we need your help. All we need you to do is come in and workout! Then log onto your Facebook account and check-in on FB. (This is not the same as checking in to workout.) Each FB check-in goes toward the amount we donate so do some good and come workout.

**Free Incentive Programs:**

Throughout the year, we offer free incentive programs to help change up your routine or just to provide a good excuse to get here. Watch for flyers in the fitness, group exercise and aquatics areas.

**"Motivation is what gets you started. Habit is what keeps you going."** – Jim Ryun, Olympic Track Star



Yours in health,

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



Every 10 Facebook check-ins at LifeWorks will help provide a winter coat to someone 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. January's:



The hashtag this month is #keepwarm

**LIFEWORKS INCLEMENT WEATHER POLICY**

When bad weather strikes, please either check the website or call LifeWorks at **440-816-4202** for updates on our facility hours and programs.

If staff is unavailable to answer, any updates will be on a recording. Hours will only be adjusted for extreme weather.

Be sure to download the free LifeWorks app. Notifications will be sent through the app and via email whenever possible to keep you updated with the most current information.



## SPECIALIZED PROGRAMS

THE NEXT SESSION STARTS THE WEEK OF 9/25

Tai Chi – NEW evening class!

Parent/Child Swim Lessons

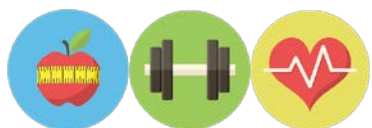
Hypnosis

Back to the Mat

Chair Yoga

Kettlebell

Weight Loss with Water



See the flyer bin for more info. Sign up at the service desk.

### Results Weight Loss Program

Jan 22 – Mar 17

#### About the program:

- Participate in a Functional Movement Screen (FMS) to learn the best exercises for your individual goals
- Participate in small group and team training workout sessions
- Learn how to apply basic yet effective nutrition principles to your eating habits
- Complete weekly nutrition challenges
- Attend bi-weekly informational talks
- Pricing: Members \$99, Nonmembers \$179\*\*

Free informational meeting: Tues, Jan 16 @ 7:00 PM

Sign up by Sat, Jan 20 at service desk.

### FREE TALK

#### 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 Bercier, to learn the necessary habits you must have in place to meet your goals.

Wednesday, January 10 at 7:00 pm or

Saturday, January 13 at 9:00 am

- Free to members and guests
- No sign up required

## WELCOME TO GROUP EXERCISE!

Thank you for choosing LifeWorks and we hope that you will try a Group Exercise Class. All of our classes are included in membership so come give them a try! Classes provide proper instruction, motivation, and fun. Whether you are new or looking to change up your current routine, a Group Exercise class can make the difference.

Below are a few suggestions to make your group exercise experience enjoyable and rewarding.

- The majority of our classes are designed for any fitness level. This means we show many modifications for how to do the exercise. We show beginning level modifications and more advanced level modifications.
- We recommend new participants say hello to the instructor. That way the instructor will know you are new and could provide more introductory information. In addition, the instructor wants to get to know you. They want you to feel comfortable and part of the group.
- It is very helpful to arrive early for class. That way, you will have time to speak with the instructor and learn what is needed for the workout.
- We offer various Intro classes so members can learn more about a particular class. The upcoming intro classes are listed below.

We do hope that you try some different classes this Winter schedule, and if you have any questions or concerns, please let us know. Winter schedule begins Monday, 1/ 8.

Stacey Hancock is the coordinator of the group exercise department, and along with two assistants, Lisa Barno and Jamie Anderson. All three have been instructing group exercise classes for over 25 years. In addition, all of the group exercise instructors are certified and many others have been teaching group classes for over 20 years.

### FREE INTRO CLASSES

#### Intro to Spin (45 minutes)

Saturday, January 13 at 11:00am  
Wednesday, January 31 at 4:30pm  
Monday, February 12 at 8:30am  
Saturday, February 24 at 11:00am

- FREE to members
- No sign up required
- Class meets in Studio B



#### Intro to TRX (30 minutes)

Friday, January 19 at 8:30am  
Tuesday, February 13 at 4:00pm

- FREE to members
- No sign up required
- Class meets in Basketball Courts



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