

December 2018

LifeWords



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www.lifeworksfitness.net



November 19 through January 1



LifeWorks brings you Thriving through the Holidays, a wellness initiative to help you do more than just survive this holiday season...we want you to **THRIVE!**

Prize Drawings ~ Intro Classes ~ Incentive Programs ~ Wellness Talks ~ Challenges ~ & more!

Complete an entry for the prize drawings at the Thriving through the Holidays table each time you check in. Weekly prizes will be drawn and winners will be notified. Entries are cumulative, so the more you check in, the greater your chances of winning!

You could win great prizes including personal training, massage and even free dues, just for working out!

Visit the Thriving through the Holidays table for more information.

Participation is open to active LifeWorks members. Complete one entry form for each visit. Prizes drawn weekly. Entries are cumulative through entire program. Prizes are as-is and may not be redeemed for cash or other items. Grand prize is non-transferrable and is for 2019 dues only.

FREE TALKS

Receive 5 LW Rewards Points for attending a talk. Free to members and guests. No sign-up required. Held in Conference Room D.

Stressed is Just Desserts Spelled Backwards

Tuesday, December 4 at 11:30am or 7:00pm

Learn how to manage stress by taking charge of your thoughts, emotions, schedule and your reaction to life events. Discover very simple techniques for de-stressing and how to enjoy your life more.

On the Go Holiday Fitness

Wednesday, December 5 at 11:45 am

Thursday, December 6 at 7:00 pm

Don't let this holiday season prevent you from meeting your health and fitness goals! Join one of our exercise specialists and learn simple exercises that can be done anywhere during your holiday travels.

The Secret Keys to Weight Loss

Saturday, December 8 at 10 am

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.

Gratitude Tree

Help Decorate our Gratitude Tree

We are grateful for the opportunity to be a part of your wellness journey!

What are you grateful for this holiday season?

Stop by the Gratitude Table to fill out your ornament and add it to our tree!



Member Referral End of Year Spectacular!



If your referral joins LifeWorks now through 12/31/18... They receive a **free** year of HydroMassage **plus** our lowest Enrollment Fee offer of \$19! You'll receive a **free** year of HydroMassage plus **500 LW's** Rewards points!

Contact Membership for details at 440-816-4214 or jlivers@swgeneral.com.

*Must commit to a one (1) or two (2) year agreement, excludes month to month agreements. Account add-ons receive enrollment special but are not eligible for referral points. Other restrictions may apply.



Holiday Hours

Christmas Eve, Mon. 12/24: 5am – 1pm
 Christmas Day, Tues. 12/25: CLOSED

New Year's Eve, Mon. 12/31: 5am – 1pm
 New Year's Day, Tues. 1/1: 9am – 1pm



Group Exercise Holiday Schedule

Christmas Eve

7:30 am 100 min. Spin® with Lisa
 9:30 am Intervals with Sandy
 60 min. Spin® with Rosanne
 Go H2O with Charlotte

Ho Ho Ho... Two... Three... Four...



Happy Healthy Holidays!

New Year's Eve

7:30 am 100 min. Spin® with Lisa
 8:45 am Max 30 with KRS and Nicole
 9:30 am Body Force with Kathy
 60 min. Spin® with Peggy
 Go H2O with Sandy

This will replace the regular classes on 12/24 and 12/31.
 There are no classes on 1/1.

12 Days of Fit-Mas

12/13/18 thru 12/24/18

1st Day, 12/13

15% off One-on-One Personal Training Packages**

2nd Day, 12/14

15% off any Proshop Item

3rd Day, 12/15

15% off any LW Logo Apparel

4th Day, 12/16

15% off a Group Pilates Reformer Package**

5th Day, 12/17

15% off any 60-Minute Massage*

6th Day, 12/18

15% off any 30-Minute Massage*

7th Day, 12/19

15% off One-on-One Personal Training Packages**

8th Day, 12/20

15% off any 60-Minute Massage*

9th Day, 12/21

15% off any 30-Minute Massage*

10th Day, 12/22

15% off any LW Logo Apparel

11th Day, 12/23

15% off a Group Pilates Reformer Package**

12th Day, 12/24

15% off any Proshop Item



- Only 1 sale item/package/session per person per day.
- *Massage coupon valid between 1/1/19 and 3/31/19
 Massage coupons all expire on 4/1/19. Not responsible for lost or stolen coupons.
- **One-on-One Training & Pilates Reformer Packages expire 6 months from date of purchase
- Purchases must be made in person.
- Cannot be combined with other discounts, promotions or coupons.
- All sales are final.
- No refunds/exchanges will be given on any item purchased with this special.

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.



This December, every 5 check-ins or reviews on Facebook to LifeWorks, will provide the gift of a book to a child.

The hashtag this month is #givebooks

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.

December's:



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