

June 2025

LifeWords

Respect. Share. Be Kind.

LifeWorks is more than a fitness center, it's a community. Every member contributes to the healthy environment we all share, and we're grateful for your part in making it a place where people feel comfortable, motivated, and supported.

Here are a few friendly reminders to help keep that spirit strong:

- **Share the space.** All equipment is shared, and we all have different routines. If someone's waiting or if you see someone eyeing a machine, offer to let them "work in" or take turns. A polite ask can go a long way.
- **Return equipment when you're done.** Re-rack your weights and place equipment back where it belongs. It helps keep the gym organized and safe for everyone.
- **Clean up after use.** Please wipe down machines and benches after you finish. It's a simple habit that shows respect for others.
- **Be a good neighbor.** Courtesy, patience, and a friendly attitude help create an atmosphere where everyone can thrive.

Thank you for helping LifeWorks stay a welcoming place for all.



Member Appreciation Day!
Wednesday, June 25

Double Check-in Points

Early Morning Coffee

Member Brunch 11am-1pm

Afternoon Snacks

Win Prizes



Crush it with Chelsea

Personal Training Special

Receive 10% off when you purchase a personal training package to work with Chelsea.

On sale now thru June 14.

Contact Katy Momirovic at 440-816-4222 or kmomirovic@swgeneral.com to schedule your sessions with Chelsea.

Training packages can be purchased at the Service Desk. All packages expire 6 months from purchase date.



Chelsea Boytim
NASM Certified Personal Trainer

NEW: Raindrop Massage at LifeWorks

Raindrop technique bodywork combine unique, targeted massage and energy approaches with premium, authentic essential oils for a deeply harmonizing, rejuvenating, and relaxing experience. Benefits include improved circulation, reduced stress, pain relief, support of the body's natural defenses.

Available Thursdays, 7:30am- 2:30pm.

To schedule your appointment, call 440-816-4202.

Welcome to our new massage therapist!

Receive 10% off your Raindrop Massage when you book with Wendy Ormsby now thru June 30.

Dr. Wendy Ormsby, DC: Graduated from Life University in Atlanta, Georgia in 1999 with a doctorate in Chiropractic medicine. Her desire to help people spans across many platforms, one of them being the Raindrop Massage/Lymphatic drainage combination. Her ability to read the body and understand the needs of the client is top priority. Wendy believes the inborn ability to heal resides in all of us when given the proper care and truly loves to help people restore harmony. Her expertise is in the support of the human frame, both muscular and skeletal. She is also proficient in athletic taping, trigger point therapy and myofascial release. Wendy grew up in Brunswick Ohio and is qualified to give sports/wellness physicals as well.

POOL PARTY

Wednesday, June 18

5:30 – 7:00pm

Come make a splash with us as we celebrate summer with a special water class lineup! Featuring LifeWorks' instructors Eileen and Anna team teaching sections of your favorites: Cardio Strength, Aqua Cardio, Go H2O.

FREE to all members! No sign up required.

Pilates Reformer Intro Class

Saturday, June 14

12:30pm with Leslie

Prepare to workout on the Pilates Reformer. Your instructor will educate you on Pilates, show you how to use the Reformer, and put you through a workout. Class will be held in the Pilates/Yoga Studio.

Members: \$8; Nonmembers: \$15

Space is limited.

Sign up at the Service Desk or call 440-816-4202.

For more information contact Jamie at 440-816-4223 or janderson@swgeneral.com

Hypnosis for Stress Relief

Friday, June 13

6:00 – 7:30pm

LifeWorks Yoga Studio

Experience the freedom of a stress free life! Join our group hypnosis session for tranquility and discover how to effortlessly relax and center yourself, even in the face of stress. Learn how hypnosis can create a positive wellness in your life, with the guidance of certified hypnotist Linda Thunberg.

Members: \$49; Nonmembers: \$59

Space is limited.

Sign up at the Service Desk or call 440-816-4202.

For more information contact Jamie at 440-816-4223 or janderson@swgeneral.com

LifeWorks Run Club

May – September

First Sunday of each month at 9am

Meet in the LifeWorks front entrance. Rain or shine.

Attend one session, or as many as you'd like!

\$15/person one time fee

Includes FREE LifeWorks Run Club t-shirt

Sign up at the LifeWorks Service Desk.

For more info, contact Mallory, mdiebel@swgeneral.com.

FREE Sunrise Yoga

Friday, June 20

5:45am Yoga will be held on the LifeWorks outdoor track.

No sign up necessary. If inclement weather, class will be held in the Yoga Studio.



Weight Loss with H2O

Mondays, June 9 – July 14

4:30 – 5:30pm

6-Week Session

Join our Aquatic Specialist, Lynn, for a low-impact resistance training and cardiovascular exercise weight loss program using the lap pool. This class is designed for those who are looking to lose weight and work in a small group environment with the goal of improving movement, strength and aerobic fitness. Healthy eating tips will be included.

Members: \$30; Nonmembers: \$72

Sign up at the Service Desk or call 440-816-4202.

For more information contact Jamie at 440-816-4223 or janderson@swgeneral.com

LifeWorks 14th Annual Fight Like a Girl Golf Outing

Friday, August 15

Valleaire Golf Club

9am shot gun start

9-hole Scramble for all golfers

Register early to receive a discount!

\$65/person by June 30

\$70/person beginning July 1

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 register your foursome today!



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