

LifeCenter Plus

5133 Darrow Rd
Hudson, OH 44236

330-655-2377 x 130
FitFriends@LifeCenterPlus.com

CLUB HOURS

Mon-Thurs 5am-10pm
Fri 5am-9pm
Sat 7am-7pm
Sun 7am-8pm

HOLIDAY HOURS

Thanksgiving: 6am-Noon
Christmas Eve: Closes at 4pm
Christmas Day: CLOSED
New Years Eve: Closes at 4pm
New Years Day: Noon-6pm
Easter Sunday-CLOSED
Memorial Day: Outdoor Pools
July 4th: Outdoor Pools open
Labor Day: Outdoor Pools open

MEMBERSHIP DEPT HOURS

Mon/Wed 9am-7pm
Tues/Thurs 9am-5:30pm
Fri 9am-5:30pm
Sat & Sun
APPOINTMENT ONLY

KIDS KORNER HOURS

Mon-Thurs 8:30am-
11:30am | 5pm-8pm
Fri 8:30am-11:30am
Sat 8am-noon
Sun closed

LifeCenterPlus.com



Summit
County
Employees
**\$55 Monthly
Membership**
ZERO Enrollment Fee

MEMBERSHIP BENEFITS

Here are some of the countless options you have with your LifeCenter Plus Membership:

- ✓ 100+ group exercise classes offered weekly
- ✓ Free fitness assessment available
- ✓ Free child care (children 6 weeks – 6 years old)
- ✓ Indoor running track
- ✓ Full fitness center with free weights, cardio & strength machines
- ✓ 5 Pools – Indoor and Outdoor
- ✓ And so much more!!!

MEMBERSHIP DUES

MEMBERSHIP TYPE	MONTHLY* Add 6.75% tax
EMPLOYEE	\$55
SPOUSE	\$30
CHILD (7+yrs)*	\$15

Dues & Charges*:

- Corporate Rates based upon a 12-month contract.
- Dues are payable through a monthly bank draft via a checking account, savings account, or a credit card, OR through payroll deduct (per Employer's discretion). Prices listed above do not include 6.75% sales tax and are subject to change without notice. Actual amount may vary due to possible pro-rated first month Member Dues.
- \$10 Card ID Fee – for children ages 0-6yrs old (1-time fee for admittance to club and member privileges). Children living at home ages 7-24yrs old will receive the same type of membership as their parents and may enroll and participate in any club program, event or league as youth members.
- Rate listed for child of employee is price per child.

Safe, Comfortable, Clean

LifeCenter Plus has taken every precaution and step to ensure the safety and overall well-being of their Members. Here is some things to note in their efforts surrounding COVID-19:

- If you have a fever, symptoms of respiratory infection or have been in contact with anyone with COVID-19, please stay home and take good care. Your entrance to the Club will not be permitted.
- Maintain 6-foot physical distancing from other people. Our equipment is spaced for proper and safe physical distancing as well.
- Wash your hands vigorously and frequently.
- Avoid touching your face. Cover coughs and sneezes with sleeve or elbow (not hands).
- Masks are strongly encouraged while within LCP.
- Masks required upon entering into the Club and throughout the facility while not actively engaging in exercise (updated: 7.10.20)
- Temperature check will be taken for all patrons entering the Club. You must also sanitize prior to checking in.
- Masks required between 8-9am and 2-3pm daily for our at-risk member populations.
- Masks required in our Restore Studio and smaller Cardio Studio
- Please bring your own towel and water.
- Our Group Exercise classes each have limited capacity. Members and Guests are to sign up for classes online, through our Member Self-Service portal.

100+ Classes to Tone Your Body & Mind

LifeCenter Plus offers over 100 group exercise classes each week with certified instructors intent on making your fitness experience enjoyable. We offer classes on land such as HIIT, Power Step, Zumba and WERQ, in the water, classes for advanced cyclists, barre, yoga classes for the seasoned yogi & those new to the mat and so much more!

- Ages 13 and older welcome to participate in class
- Free to members | Must enroll online in Member Self-Service Portal for occupancy measures
- Schedule subject to change; check our website for the most up-to-date class schedule

Fit is not a Destination, It's a Way of Life

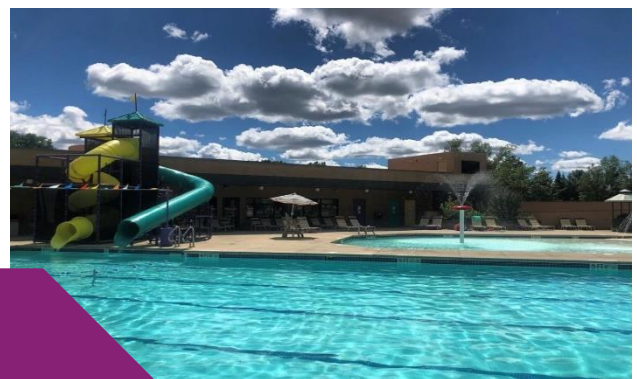
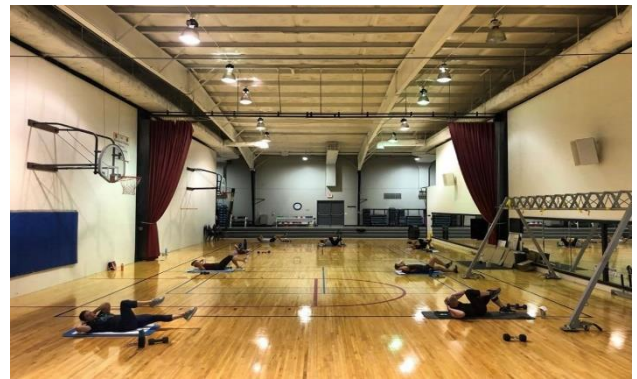
We need all the advice of an expert sometimes, as well as the personal attention that comes with a trainer or nutritionist.

We offer private, semi-private (2 people), small group (2-4 people) and group (5-10 people) to help you set and meet your specific goals in order to reach your personal level of physical fitness. We also offer private consultations with our on-site nutrition specialists to help you analyze your eating habits and design an individualized nutrition plan that addresses your specific dietary and supplemental needs.

Our certified trainers and nutrition specialists have the expertise and education to design and implement a workout program that's right for you!

Dip into Fun with Our Pools!

LifeCenter Plus facilities include five pools and offer several aquatics programs including kids Red Cross Swim Lessons, private swim lessons, and SPLASH Adaptive swimming. Two indoor pools include a 25 meter sized pool and the largest warm water therapy pool in the area with resistance river and ramp.



FREE Training When you join the Club!*

It's okay to ask for help. You never know how that extra push and additional guidance can help you reach your fitness goals.

Free training is limited to one (1) per new member. See Membership for details.



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