



LIFE CENTER FOR SENIORS

THIS FORM IS NOT AN APPLICATION FOR OR RENEWAL OF MEMBERSHIP

SPRING 2016 Class Schedule

CLASSES BEGIN APRIL 11 AND END JUNE 9, 2016

LCS courses, a community service to older adult learners, are taught on the Life University campus. It's a great opportunity to learn and experience new things...and socialize!

If you are 55 years old or over, or are married to a member who is, you qualify to join the LCS Program. You must live within a 60-mile radius of Life University campus. Classes are offered in a program for Atlanta area residents by the Life University Center for Seniors (LCS). A **\$40** annual membership qualifies you for participation in all activities of the LCS including: fitness classes, University Library, Wellness Center, chiropractic care, five-mile walking trail, tennis courts, etc. **Class fees are \$15 per class, per quarter for 8 weeks. You are required to present your scannable LCS name badge each time you participate in any LCS Wellness Center activity.**

When you become a member, you will receive a temporary LCS membership paper ID by mail that you need to replace with a scannable picture ID for **\$5 exact cash or check** at the Student Services office. In addition, you will need to get a parking permit for your automobile by showing your LCS ID, license and registration to the Life Campus Security Office located in MOD2 behind the library when driving to the campus via Life's Way.

CLASS REGISTRATION FORM

\$15 per Class for 8 Weeks

Deadline for Registration FRIDAY, JANUARY 22, 2016

Class Choice: 1 _____ 2 _____ 3 _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Emergency Contact Name and Phone # REQUIRED):

EMAIL Address REQUIRED (yours, emergency contact, friend to be used for university closing notifications):

Check enclosed \$ _____ Check # _____ Mail To:
Life Center for Seniors 1269 Barclay Circle, Marietta, GA 30060 or Place in Wellness Center Drop Box

Monday 11:00 noon – 11:50 p.m. Wednesday– 11:00 – 11:50 noon

ZUMBA – Come to the Wellness Center for an invigorating, high-energy workout that doesn't feel like a workout at all! This class, filled with upbeat music, provides structure to your workout so that you don't have to. Kimberly's fun and energetic personality is contagious in this party positive mental attitude for a great stress-relief!

Instructors: Monday Instructor: **Kimberly Rodriguez**

Tuesday and Thursday 11:00 am – 11:50 noon

FLEXIBILITY – Are you looking to gain flexibility and strength to help improve your overall health? Or are you looking for an opportunity to break some sweat in a healthy and positive environment? If one or even both apply to you, then come and join our flexibility and strength training class at Life University. This class is a great opportunity for building a stronger body and healthier mind with fun activities. Do not let this good opportunity pass you by and come join us!

Instructors: Tuesday Instructor **Yankar Vazquez-Soto**
Thursday Instructor **Joshua Martin**

Tuesday and Thursday 12:00 noon – 12:50 pm

FUN IS FITNESS - This is a low impact fitness class using hand weights and flexibility exercises. Based on research conducted at Tufts University, participants will note positive outcomes such as increased strength, improved balance and range of motion, as well as prevention/reversal of osteoporosis. Studies indicate also that stronger people increase activity levels and are less prone to falls. Stronger muscles also prevent injuries to joints. Spinal health is implicit to all stretching movements. LCS provides 3 lb. weights and above. Join us for fun and improved fitness.

Instructors: Tuesday Instructor **Yankar Vazquez-Soto**
Thursday Instructor **Travis Thans**

Tuesday 1:00 pm – 1:50 pm Thursday 5:30 pm - 6:30 pm

TAI CHI - Sometimes referred to as a moving meditation. The slow and continuous movement brings about a quiet and relaxed state of mind. Connecting the mind and body aids in reducing stress, and therefore healing. This ancient art is practiced by people of all ages all over the world. Research has shown that continuous practice is an effective therapy for many of the ailments that so often come with aging. It is recommended by health professionals, including the Arthritis Foundation.

Instructor: **Dr. Kathryn Hoiriis**, LU Faculty, Center for Excellence in Teaching and Learning, Aerobics Room

WELLNESS CENTER HOURS FOR LIFE CENTER FOR SENIORS MEMBERS	
Monday and Wednesday	5:30 am -11:00 am & 1:00 pm – 5:00 pm
Tuesday and Thursday	5:30 am – 9:00 pm
Friday	5:30 am – 8:00 pm
Saturday & Sunday	10:00 am – 5:00 pm