

THIS FORM IS NOT AN APPLICATION FOR OR A RENEWAL OF MEMBERSHIP

Winter 2019 Fitness Class Schedule

CLASSES BEGIN January 14 AND END March 8

Life Center for Seniors and Life University's Wellness Center have partnered together to provide an opportunity for our LCS members to take part in fitness classes. These classes are not only a wonderful wellness tool but provide an opportunity for fun, stress relief, and socialization.

If you are a current LCS member, you are eligible to enroll in the Wellness Center's fitness classes. Class fees are \$15 per class, per quarter for 8 weeks. You are required to present your scannable LCS name badge for Wellness Center access and for participation in any LCS activity

CLASS REGISTRATION FORM
\$15 per Class for 8 Weeks

Deadline for Registration is First Day of Classes
MONDAY, January 14, 2019

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

Deadline for Registration is First Day of Classes

**MONDAY, January 14, 2019**

**FOR SECURITY PURPOSES, WE MUST HAVE YOUR NAME ON THE ROSTER NO LATER THAN THE FIRST DAY OF CLASS.**

**Monday 11:00 am – 12:00pm**

**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: *Joshua Winslow*

**Tuesday and Thursday 11:00 am – 12:00pm**

**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** *Deilyn Bonilla*

**Thursday** *Joshua Martin*

**Tuesday and Thursday 12:00pm – 1:00pm**

**FUN IS FITNESS** - This is a minimal 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** *Toni Ivy*

**Thursday** *Deilyn Bonilla*

<b>WELLNESS CENTER HOURS</b>	
<b>Monday through Thursday</b>	<b>5:30 am – 9:00 pm</b>
<b>Friday</b>	<b>5:30 am – 8:00 pm</b>
<b>Saturday</b>	<b>8:00 am – 5:00 pm</b>
<b>Sunday</b>	<b>9:00 am – 5:00 pm</b>