

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

## Winter 2022 Fitness Class Schedule

**CLASSES BEGIN January 18 AND END March 10.**

Life Center for Seniors and Life University's Fitness 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 they also provide an opportunity for fun, stress relief and socialization.

If you are a current LCS member, you are eligible to enroll in the Fitness Center's fitness classes. **Class fees are \$15 per class, per quarter for eight weeks.** You are required to present your scannable LCS name badge for Fitness 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**

**Tuesday, January 18, 2022**

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 Turn in at the Fitness Center.

**Deadline for Registration is First Day of Classes**

**Tuesday, January 18, 2022**

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

**Tuesday and Thursday 11:00 a.m.-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, 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; come join us!

Instructor: **Sheridan Browser**

**Tuesday and Thursday Noon-1:00 p.m.**

**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. The LCS provides 3 lb. weights and above. Join us for fun and improved fitness.

Instructor: **Sheridan Bowser**

<b>FITNESS CENTER HOURS</b>	
<b>Monday through Thursday</b>	<b>6:00 a.m.-9:00 p.m.</b>
<b>Friday</b>	<b>6:00 a.m.-8:00 p.m.</b>
<b>Saturday</b>	<b>9:00 a.m.-5:00 p.m.</b>
<b>Sunday</b>	<b>9:00 a.m.-5:00 p.m.</b>