

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

Summer 2022 Fitness Class Schedule

CLASSES BEGIN July 21 AND END September 15th

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 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 8 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

Thursday, July 21, 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

Thursday, July 21, 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 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!

Instructor: **Tuesdays -Daimeyon Williams / Thursdays – Sheridan Bowser**

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.

Instructor: **Tuesdays -Daimeyon Williams / Thursdays – Sheridan Bowser**

** No class Tuesday, July 19 due to instructor availability. If something changes, we will let you know.**

FITNESS CENTER HOURS	
Monday through Thursday	6:00am – 9:00pm
Friday	6:00am – 8:00pm
Saturday	9:00am – 5:00pm
Sunday	9:00am – 5:00pm

*** Over holidays and/or holiday breaks, the fitness center hours may be different.***