

# LifeCenter plus expansion: aquatics center featuring five pools

As Northeastern Ohio's premier health and fitness facility, LifeCenter plus (LCP) has been serving the Hudson and Stow communities for more than 25 years. Located at 5133 Darrow Rd., south of downtown Hudson, the LifeCenter building began as an ice skating rink in the 70s. It later became the Premier Racquetball Club, which further evolved into a racquet and fitness club. Today, the 58,000-square-foot, multipurpose facility offers complete fitness and wellness resources to members and visitors of every age and fitness level.

## A full-service club

Recently named one of the top 100 clubs in North America by "Club Industry" magazine, LCP has consistently been a leader among Northeast Ohio fitness facilities in offering the latest, cutting-edge programs and equipment. It's currently the only club around that offers three levels of Pilates mat classes as well as Pilates Allegro Reformer personal training classes (now offered in five-week sessions and open to nonmembers at a terrific price). Trekking, cardio-kickboxing, Spinning® and Mind/Body/Soul classes are some of the other popular exercise trends members can enjoy.

LCP staff take pride in maintaining a family-friendly environment while providing a superior fitness experience. The club employs massotherapists, fitness trainers and a nutritionist, all licensed/certified, as well as a concierge. Members can receive customized, personal training to pursue their fitness goals, in either one-on-one or small-group sessions.

## Senior-adult programming

In recent years, LCP has developed a reputation for the quality and extent of its senior-adult programs, including arthritis pain management, physical mobility and post-surgery rehabilitation. Fitness staff, working together with senior members' physicians, help those members regain and often surpass their pre-surgery independence and mobility. The club even offers inexpensive, senior-specific and medical memberships, as well as free wellness lectures that are open to the public. Often, senior-adult members find the camaraderie and social support at LCP is what keeps them committed to exercise.

## Programs for kids

LifeCenter also provides ample opportunities for young people to not only have fun, but begin developing good fitness habits. "Kids Klub" and "Kids Klub plus" are age-specific programs encompassing various social, motor-skill and/or sport-skills activities. Very young children can "work out" in the Kids Center while their parents work out in the club. LCP even offers kid-specific personal training, yoga and circuit training.

During the summer, LCP runs full- and half-day camps for kids three to six years old and seven to 14 years old, with before and after care available. The club also offers special holiday and "day off school" activities, Red Cross swimming lessons and themed birthday party packages.

## Continued growth

During the last several months, the LCP campus has increased significantly



with the addition of a 33,000-square-foot combined indoor/outdoor aquatics center, which includes:

- a separate entrance with cascading waterfall;
- a courtyard with benches, pathways, flowers and a butterfly garden;
- a 30' x 50' warm-water therapy pool, kept at 90 degrees, with ramped entry and aquatic resistance;
- a heated, six-lane, outdoor lap pool;
- a heated, zero-depth entry pool;
- a kiddie pool, giant slide, raining palm trees and a game room;
- two funbrellas, 20' and 12' wide;
- an adult sun deck with mister;
- a deck fire pit;
- "Gecko" concession stand/restaurant;

- men's, women's and family changing rooms;
- conference and birthday party rooms.

In addition to its multitude of fitness and wellness programs, LCP books travel packages to destinations near and far. Nonmembers and members can sign up for day trips, national and international excursions, dinner and Broadway show combinations and gaming adventures.

LifeCenter plus adds new programs and amenities all the time. To keep community members abreast on all that's happening, LCP produces a quarterly program guide and monthly newsletter. The club also maintains a Web site and online newsletter, accessible at [lifecenterplus.com](http://lifecenterplus.com). LifeCenter plus is open 5:30 a.m. - 10 p.m., Monday - Friday; 9 a.m. - 7 p.m., Saturday; and 9 a.m. - 9 p.m., Sunday.



# Keefe Group Brings Innovation to Jails

Just like the fast-paced, fast-changing times in which we live, the corrections industry is rapidly evolving and growing. In a business where safety and security are always the highest priority, it's vital that 21st-century correctional agencies have the tools and resources they need to operate efficiently, meet challenging budget demands and, most importantly, maintain public safety. For more than 40 years, Keefe Group has been a leader in providing innovative products, technologies and services to the corrections industry.

Since delivering its first single-serve coffee packets in 1975, Keefe has pioneered the evolution of products designed to fit the unique needs of facilities nationwide. Today it offers a wide spectrum of solutions, from commissary supply and operations to package programs, from offender management technologies to inmate telecommunications and more. Among the innovations that Keefe has brought to corrections along the way are flexible packaging to replace glass jars and metal cans, tuna in ready-to-eat pouches and clear cases on electronic items. The company is devoted solely to corrections and has built its success on a philosophy of not just meeting, but exceeding its customers' expectations in every way. Superior service and tailor-made solutions are Keefe Group's hallmarks.

## Founded in and Serving Missouri

Headquartered in St. Louis, Keefe Group employs more than 570 residents in Missouri alone and partners with 49 city and county jails around the state. It provides a range of services at each, including bulk commissary supply and commissary management, Securepak inmate care packages, Secure Deposits trust fund depositing, ICSolutions inmate telephone technologies and video visitation.

Keefe Group's products and services help offset shrinking corrections budgets by creating efficiencies that reduce costs. For instance, when Keefe manages a facility's



The Keefe Group recently recognized partners that had been with the company for 20 years. Pictured are (from left) Steve Busch, regional vice president with Keefe; Jennifer Basham and Captain Jenny Atwell, both with the Boone County Sheriff's Office; and Don Roennigke senior account manager with Keefe.

commissary operations, corrections staff are freed up to focus on other important work. And Keefe's telephone technologies help streamline the flow of communication, while its Secure Deposits services improve facility processes.

Keefe also helps inmates stay connected with their support networks on the outside. Its inmate phone services provide flexible and convenient options for talking with families and friends. The Securepak program lets families conveniently order and send food, personal care items, electronics and clothing to their incarcerated loved ones, while video visitation allows them to stay in touch visually, in real time, from the comfort of home.

Steve Busch, vice president of Keefe Group's Midwest Division, explains why collaborating with his customers is so rewarding. "It's very gratifying to not only help our customers operate their facilities more safely and efficiently, but to also get to know them personally and build real, lasting relationships. Some great examples are the Jefferson County Sheriff's Office in Hillsboro, the Boone County Sheriff's Office in Columbia, the St. Louis County Sheriff's Office in Clayton and the Newton County Sheriff's Office in Neosho, all of whom have partnered with us for over 20 years.

We feel extremely fortunate to be able to serve such loyal customers."

## Giving Back to Communities

Keefe Group places a high value on giving back to the communities in which it does business, via advocacy, education, prevention and guidance. The company has been a long-time supporter of the Missouri Sheriffs' Association and a premier partner since 2012, and proudly provides support to another 14 national and 60 state associations. Keefe has extended its outreach far beyond the traditional association partnerships to include organizations that are both directly and indirectly affected by the correctional environment. These include Puppies Behind Bars, which trains inmates to raise service dogs for wounded war veterans and law enforcement, as well as the Big Brothers Big Sisters Amachi program, which pairs mentors with children of incarcerated parents. And through its affiliated foundation, the company donated more than \$145,000 in 2014 to charitable organizations that support the corrections industry.

For more information about how Keefe Group can help your facility, contact Joe Bauer at 314-264-2967 or [jbauer@keefegroup.com](mailto:jbauer@keefegroup.com).