



HEALTH AND FITNESS CENTER



www.lifecenterplus.com

The area's premier health and fitness facility.



LifeCenter plus is a health and fitness club that will tempt you into a life of well-being. No, there isn't a fountain of youth, but you can increase strength, stamina and agility.

Whether you're a beginner looking for a place to get started or a workout veteran looking for a more comprehensive fitness facility, you'll want to experience the vital benefits of health and fitness with us. The energy that powers LifeCenter plus is poised to ignite your ambition. It'll take you a step beyond other clubs to your healthiest level of overall fitness.

We'll help you realize your fitness vision and make the learning curve as short as possible. You'll be revelling in the rewards of your efforts sooner than you thought possible.





Our degreed exercise physiologists and certified staff are available to monitor your progress and help you maximize your time. Not only will you drop inches off here and there, you'll also lower your pulse rate, strengthen your heartbeat and improve your eating habits.

It all starts with a physical evaluation. Our staff will use that assessment to help determine which activities are physically best for you. They'll design a fitness program tailored to your personal preferences and fitness goals. And if you're interested in an even more personalized program, our Pilates and Personal Training packages will meet your needs

Maybe the intensity of your day calls for a long and revitalizing swim. Or perhaps you'd prefer the camaraderie of classes and team sports. You can choose from an array of group or individual activities that will fit your schedule, physical condition and personal fitness goals. And for the ultimate reward, you can indulge in a soothing professional massage or a soak in the whirlpool.



Step away from stress: The business cool down

Success at work usually doesn't come without a price. Stress and anxiety are often a trade off for achievement and growth. Exercise is one of the best ways to relieve stress from daily tension and anxiety. With less stress, many people will begin to feel more energized and alive. When they start seeing the results of exercise, they tend to take pride in their success and feel good about who they are.

Studies show that employees who participate in company fitness programs are happier, healthier and more productive. They lose body fat, lower their blood pressure, increase their strength and aerobic capacity, and feel much better overall.

Wellness programs benefit not only the employee but the employer as well, where it counts most—the bottom line. Corporate wellness memberships add up to reduced absenteeism and disability time, improved productivity, lower health care costs and medical claims, and lower turnover rates. After your organization's initial investment, the wellness program immediately starts paying for itself.

