

lakehealth.org/LiveHealthy		November 2018					440-375-8777
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Program descriptions on back	29 Rock-wall Open Climb 7:30–9 pm	30 Masters Swim Club 6 pm	31 Halloween Private and Semi-private Swim Lessons are now offered	1 Masters Swim Club 6 pm	2 Whirlpool closed for cleaning ----- Parents' Night Out 5–10 pm	3 Rock-wall Open Climb 11 am – 12:30 pm	
	4 <i>Daylight Savings Time Ends... "Fall" back one hour!</i>	5 Rock-wall Open Climb 7:30–9 pm	6 Election Day Integrative Med Health & Wellness Series: "Understanding Reflexology" 6 pm ----- Cooking for Wellness 6 pm	7 Private and Semi-private Swim Lessons are now offered	8 Masters Swim Club 6 pm	9 Mentor High School Swim Meet All pools close at 5 pm	10 Integrative Medicine Children's Wellness Series: "Stress Less with Yoga" 9 am ----- Personal Training Fitness Seminar 10 am
11 Veterans Day FREE GUEST DAY	12 Rock-wall Open Climb 7:30–9 pm	13 LiveHealthy Member Orientation 6 pm ----- Masters Swim Club 6 pm	14 Rock wall: Open Climb 7:30–9 pm	15 Masters Swim Club 6 pm	16	17 Private and Semi-private Swim Lessons are now offered ----- Rock-wall Open Climb 11 am – 12:30 pm	
18	19 Rock-wall Open Climb 7:30–9 pm	20 NuFit Series: "Healthy Holiday Eating Tips" and "Targeting Trouble Areas" 6 pm	21 No Group Exercise Classes after 5 pm	22 Thanksgiving LiveHealthy Holiday Hours: 5:30 am – 1 pm ----- Turkey Burn group ex class 9 am	23 Black Friday PumpRx group ex class 9:15 am	24 Rock-wall Open Climb 11 am – 12:30 pm	
25 FREE GUEST DAY	26 Holiday Program Package Sale begins ----- Camp KidHealthy: 8:30 am – 3:30 pm	27 Masters Swim Club 6 pm	28 Private and Semi-private Swim Lessons are now offered	29 "Permanent Weight Loss Revealed" Seminar 6 pm	30 Parents' Night Out 5–10 pm	1 Integrative Medicine Children's Wellness Series: "Health for the Holidays" 9 am	
Member Holiday Program Package Sale November 26 – December 31, 2018 Members may purchase program/service packages at a discount – Personal Training, Pilates Training, Swim Lessons, Nutrition, Babysitting, Guest Passes and Membership (<i>See poster, flier and letter for details</i>). Holiday sale packages purchased don't expire until June 2019.							

PROGRAM and EVENT DESCRIPTIONS – November 2018

Register at the Front Desk unless stated otherwise.

Camp KidHealthy

November 26, 8:30 am – 3:30 pm

Bring your kids to fun filled days of climbing the rock wall, swimming in the pool, making crafts, and playing games in the gym! See flier for details.

Registration required at Front Desk. Fee.

Cooking for Wellness

November 6, 6 - 7 pm.

Registered dietitian Melinda Wivell gets creative in the kitchen with Sweet Potato and Turkey Skillet!

Register through the Best of Health Line at 440-953-6000. Seating is limited. Fee. Conference Room.

Free Guest Day

November 11, 8 am – 6 pm

November 25, 8 am – 6 pm

Pick-up guest pass prior to date at Front Desk. *Free.*

Integrative Medicine Children's Wellness Series:

November 10, 9 – 10 am, "Stress Less with Yoga"

December 1, 9 - 10 am, "Health for the Holidays"

See flier for details. *Register through the Best of Health Line at 440-953-6000. Fee.*

Integrative Medicine Health and Wellness Series:

"Understanding Reflexology"

November 6, 6 – 7 pm.

Join Denise Brown for a presentation about Reflexology! *Register through the Best of Health Line at 440-953-6000. Conference Room A. Free.*

LiveHealthy Member Orientation*

November 13, 6 – 7 pm

Hear more about what each department offers and meet LiveHealthy managers and staff.

Registration recommended. Conference Room. Free.

Masters Swim Club

Ongoing, Tuesday and Thursday, 6 - 7 pm

Our coaches create weekly workouts and provide motivation so you can reach new heights! See flier for details. *Lap Pool. Fee.*

Member Holiday Program Package Sale

November 26 – December 31

Happy Holidays from **LiveHealthy!** Members may purchase program/service packages at a discount.

See poster, flier and letter for more details!

NuFit Nutrition and Fitness Series*

November 20, 6 – 7 pm.

Nutrition topic: "Healthy Holiday Eating Tips."

Fitness topic: "Targeting Trouble Areas."

Registration required. Conference Room. Free.

Parents' Night Out

November 2 and 30, 5 – 10 pm

Let us entertain and feed your kids while you do your holiday shopping or have a date night. Includes treats, games and swimming! See flier for details.

Registration required at KidHealthy. Fee.

"Permanent Weight Loss Revealed" *

November 29, 6 – 7:30 pm.

Maximize your metabolism! Learn what to do and how. *Registration required. Conference Room. Members Free. Fee for guests.*

Personal Training Fitness Seminar

November 10, 10 – 11 am

Learn the impact of strength training on performance and overall longevity with LiveHealthy personal trainer Chris. *Registration recommended. Conference Room B. Free.*

Rock Wall: Open Climb

Mondays: November 5, 12, 19, 26, 7:30 – 9 pm

Saturdays: November 3, 10, 17, 24, 11 am-12:30pm

Our LiveHealthy rock wall experts are available to assist you in climbing. *No experience required. Registration is not required. Free.*

Turkey Burn Group Exercise Class

November 22, 9 – 10 am

Join our fitness staff for a fun full-body workout to burn that bird! *Basketball court. Free.*

* **Road Map to Fitness**