

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Program descriptions on back	31 <i>New Year's Eve</i> LiveHealthy Holiday Hours: 8 am – 2 pm Holiday Program Package Sale ends	1 <i>New Year's Day</i> LiveHealthy Holiday Hours: 8 am – 2 pm Total Body Intervals group ex classes: 9 am Land 10:05 am Water	2 Camp KidHealthy: 8:30 am – 3:30 pm	3	4 Mentor High School Swim Meet All pools close at 5 pm Whirlpool closed for cleaning	5 Integrative Medicine Children's Wellness Series: "Slide into 2019 like a Rockstar" 9 am Rock-wall Open Climb 11 am – 12:30 pm
6	7 SUPER SATURDAY Event registration begins	8 LiveHealthy Member Orientation 6 pm	9	10 Registration for Group Swim Lessons ends Masters Swim Club 6 pm	11 Private and Semi-private Swim Lessons are now offered	12 Personal Training Fitness Seminar 10 am Rock-wall Open Climb 11 am – 12:30 pm
13 Private and Semi-private Swim Lessons are now offered	14 Pilates Reformer and Barre Complimentary Demo Week Red Cross Swim Lessons begin Rock-wall Class 6 – 7:30 pm	15 NuFit Series: "Fad Diets and Nutrition Trends" and "Busting Belly Fat" 6 pm	16 Pilates Reformer and Barre Complimentary Demo Week	17 Pilates Reformer and Barre Complimentary Demo Week Masters Swim Club 6 pm	18 SUPER SATURDAY registration ends Pilates Reformer and Barre Complimentary Demo Week	19 Super Saturday! Group Exercise Event and Open House 8 am – 1 pm NuFit Series: "Fad Diets" and "Busting Belly Fat" 10:30 am
20	21 <i>MLK Day</i> Camp KidHealthy: 8:30 am – 3:30 pm 12-Week Fitness & Nutrition Program Organizational / Informational meeting 6 pm	22 Cooking for Wellness 6 pm Masters Swim Club 6 pm	23 Private and Semi-private Swim Lessons are now offered	24 Masters Swim Club 6 pm	25	26 Red Cross WSI course begins Rock-wall Class 9:30 – 11 am Rock-wall Open Climb 11 am – 12:30 pm
27	28 Rock-wall Class 6 – 7:30 pm Rock-wall Open Climb 7:30 – 9 pm	29 Masters Swim Club 6 pm	30	31 Masters Swim Club 6 pm	1	2 Integrative Medicine Children's Wellness Series: "Fun with Fitness"

SUPER SATURDAY Event and Member Appreciation Day!

January 19 at LiveHealthy Fitness Center 8 am – 12 pm.

Showcasing the latest releases of PumpRx, Zumba®, Cycle, Transform™ and more!

FREE event! FREE Guest Day for classes; share the experience with your friends!

Registration at Front Desk from January 7 through January 18 (required).

SAVE THE DATE!

PROGRAM and EVENT DESCRIPTIONS – January 2019

Register at the Front Desk unless stated otherwise.

12-Week Fitness and Nutrition Program Organizational / Informational Meeting

January 21, 6:00 – 7:00 pm. 12-Week Exercise and Nutrition Program. See flyer for details. Registration recommended at Front Desk or Fitness Desk. *Conference Room. (Informational Meeting is Free; 12-Week program requires a Fee).*

Camp KidHealthy

January 2, 8:30 am – 3:30 pm

January 21, 8:30 am – 3:30 pm

For kids 5 to 12 years old. Fun-filled days of climbing the rock wall, swimming, crafts and games in the gym! See flier for details. *Registration required at Front Desk. Fee.*

Cooking for Wellness

January 22, 6 - 7 pm.

Registered dietitian Melinda Wivell gets creative in the kitchen with Roasted Vegetables and Fruit and Yogurt Parfait! *Register through the Best of Health Line at 440-953-6000. Seating is limited. Fee. Conference Room.*

Integrative Medicine Children's Wellness Series:

January 5, 9 - 10 am, "Slide into 2019 like a Rockstar."

February 2, 9-10 am, "Fun with Fitness."

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

LiveHealthy Member Orientation*

January 8, 6 – 7 pm

Learn 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.*

NuFit Nutrition and Fitness Series*

January 15, 6 – 7 pm

January 19, 10:30 – 11:30 am

Nutrition topic: "Fad Diets and Nutrition Trends."

Fitness topic: "Busting Belly Fat."

Registration requested. Conference Room. Free.

Pilates Reformer and Barre Complimentary Demo Week

January 14 – 19, days and times through the week.

See flyer for specific days, times and descriptions. Pilates Master Trainer: Shirlee Kendig. Sign up at Pilates Board outside of the Studio or at the Front Desk (required). *Studio 2. Free.*

Personal Training Fitness Seminar

January 12, 10 – 11 am

Learn the impact of strength training on performance and overall longevity. *Registration recommended. Conference Room. Free.*

Red Cross Swim Lessons

Begins week of January 14.

Learn how to swim. We offer parent/child lessons, all the way up to level 5. Adults are welcome too. *Registration required. Fee.*

Red Cross Water Safety Instructor Course

Begins January 26.

Learn how to teach swim lessons the American Red Cross way. Must be at least 16 to take the class. Class will include an online portion, as well as in-water and classroom based learning. *Registration required. Fee.*

Rock Wall Classes

Get trained on Rock wall safety and how to properly tie knots to climb outside of open climb hours.

*Once trained, dependents may use the wall during dependent hours only. *No experience required. Registration required. Free.*

Mondays: January 14, 21 & 28 from 6 – 7:30 pm

Saturday: January 26 from 9:30-11 am

Rock Wall Open Climb

Mondays: January 7, 14, 21, 28, 7:30 – 9 pm

Saturdays: January 5, 12, 19, 26, 11 am-12:30 pm

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

SUPER SATURDAY Event Registration begins

January 7 - 18 (for January 19 event).

See flyer for event details. New Moves! New Music! for PumpRx, Zumba®, Aqua, Cycle, Total Body Intervals, TransForm®. Also featuring Healing Waters, YogaRx, Barre. Registration required. *Front Desk. Free event on Saturday January 19. Free guest day for classes.*

SUPER SATURDAY Group Exercise Event and Member Appreciation Day

January 19, 8 am – 12 pm.

New Moves! New Music! for PumpRx, Zumba®, Aqua, Cycle, Total Body Intervals and TransForm®. Also featuring Healing Waters, YogaRx, Barre. Registration required. See flyer/poster for event details. *Free event. Free Guest day for classes.*

* **Road Map to Fitness**