



December 2010

875 W. Faris Road
Greenville, SC 29605
(864) 455-4231
(864) 455-8447 (Fax)
www.ghs.org/lifecenter

Massage Therapy Holiday Gift Certificates

\$5 member/\$10 public discounts for a one-hour or more massage therapy session. Offer good December 1-24.

De-Stress the Holidays! Wed., Dec. 1, Noon-1 p.m.

Kim Hein, BS, MIHS, presents helpful tips on effective stress management techniques and time management during the holidays. Pre-register by calling 455-4001.

Splash, Spin, Sprint! Indoor Triathlon, Sat., Dec. 4

10-minute swim, 30-minute bike, 20-minute run

Start waves begin 8 a.m. continuing every 30 minutes until 4 p.m.

Register at: www.setupevents.com and click on "other events" tab, then select "Greenville Life Center Indoor Triathlon" in the drop-down box. Receive a Tri-T-shirt! Performance is measured by the distance you travel. The top three male/female awards will post Dec. 7.

Register before November 21: \$25 or before December 4: \$35 For more info call 455-4669.

Hoop Fitness Class, Sat., Dec. 4, 10:30 a.m.

Hoops provided. Trim the "turkey waist" and have great fun doing it!
Fee: \$10. Pre-register by Wednesday, November 24. Call 455-4001.

To Far Too Fast—Overtraining Syndrome, Joe Middleton, BS Wed., Dec. 15, Noon

Understanding how much exercise is too much. Pre-register by calling 455-4001.

January Special: No initiation fee

Holiday Student Membership Specials

Member students home for winter break; purchase a winter break membership for \$25.
Non-member students—\$35.

In lieu of a club holiday party, the Life Center will be collecting non-perishable food items for the Soup Kitchen.

**PATH Membership increase effective January 1, 2011.
\$5 increase. \$70 individual/\$85 Family**

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Special Points of Interest:

- **Holiday Hours of Operation:**
Fri., 12/24, 5:30 a.m.-Noon
Sat., 12/25, Closed
Fri., 12/31, 5:30 a.m.-5 p.m.
Sat., 1/1/11, Closed
- Bring a guest for free day, Fri., 12/24. Half-off on Sun., 12/26 & Mon., 12/27. Guests are subject to clearance prior to exercise.
- Life Center is Wireless. Log in code: 701Guest
- Online access to the Life Center calendar!
<http://www.ghs.org/lifecenter>
- Please see the front desk if you have misplaced any items or articles of clothing in our lost and found. In addition, any items of value, please see the business office.
- Follow us on:



Group Fitness



Pilates Reformer Personal Training—Train on the Pilates equipment with a certified instructor. Reformer: \$40 Member (one-hour session); \$50 Public (one-hour); Reformer duo: \$50 Member (one-hour); \$60 Public (one-hour). Reformer classes are available. Pre-registration is required and a minimum of four per class.

MVe Chair Classes—The chair class blends fitness and Pilates principles and exercise to create an intense and challenging workout. Pre-register with Jeannie Lee at 455-4057.

For a complete list of Group Fitness classes, visit www.ghs.org/lifecenter.

For more information on Group Fitness, contact Kendra Garrett, 455-4669.

Aquatics



Arthritis Aquatics Classes—This 45-minute pool therapy class focuses on restoring and maintaining joint range-of-motion, improving balance, coordination, while decreasing pain and stiffness for individuals with arthritis or other rheumatic diseases or musculoskeletal conditions. Certified Arthritis Foundation instructors provide this safe and fun exercise program. Fee: \$35 – 12 visits for 6 weeks (equal to 2 classes a week); \$50 – 18 visits for 6 weeks (equal to 3 classes a week); \$65 – 30 visits for 6 weeks (equal to 5 classes a week). For more information, contact Kendra Garrett, 455-4669.

Group Swim lessons—January 3-26 (M/W) & January 4-27 (T/TH). We offer American Red Cross Learn-to-Swim program levels 1-6 for ages 4 and up. Skills testing is no longer required. Participants must contact the aquatics coordinator to register. Scheduled days and times may vary due to number of children enrolled. Fee: \$39 Member; \$69 Public. Private swim lessons (five 1/2-hour sessions): \$119 Member; \$167 Public. One 1/2-hour session: \$25 Member; \$35 Public. Call Corie Smith, Aquatics Coordinator—455-4035.

Pool Birthday Parties—A lifeguard/party host will include one hour of swim time and one hour in the party room. Invite up to 15 swimmers! Fee: \$100 two-hour facility rental with life guard/party host. \$50 security deposit. When? Friday evenings 5:30-7:30; Saturdays 10 a.m.-noon; 12:30-2:30 p.m.; 3-5 p.m.; Sundays 1:30-3:30 p.m. or 3:30-5:30 p.m. Call Corie Smith, Aquatics Coordinator—455-4035.

Conditioning



Small Group training—What can you buy with \$7.50? Lunch? Movie ticket? How about a 30-minute personal training session? Sixteen half-hour training sessions for only \$119 for members and \$169 for public. Invite your friends and neighbors. Grab your family or challenge your department. Sign up at the Conditioning Desk or call us at 455-4058 for more information.

Personal Training—Meet with one of our degreed and certified Personal Trainers for your customized training session. Your trainer will design and implement a program for your needs, whether it is goal attainment, strength and endurance training, or sports-specific training. Fee: \$40/hr. Member; \$50/hr. Public. Packages are available.

Test Your Metabolism—Accurately test your metabolism and learn your caloric intake zone for weight loss or weight maintenance. A 30-minute session with a trainer and our new Cardio Coach will measure the amount of oxygen your body uses at rest to determine the Resting Metabolic Rate (RMR). Fee: \$40 Members; \$50 Public. Best-for-your-money Package! RMR plus nutrition consult: \$65 Members; \$75 Public.

Strong Kids “Building Tomorrow’s Athletes”—A strength and conditioning program for children ages 11-13. Each participant receives three one-on-one appointments. Fee: \$40/child. To schedule any of the above sessions, please call 455-4058.

Health Education (Cont.)

Diabetes Support Group—Monday, December 6, 6-7:30 p.m. Learn more from a professional about diabetes and diabetics in the community. This is a free program, but you need to register by calling 455-4025.

Hoop Fitness with Timothy March—Saturday, December 4, 10:30-11:30 a.m. Enjoy an action-packed hour of hooping & fun! From beginner to advanced, all skill levels are welcome. If you have a hoop, bring it; hoops also will be provided. Fee: \$10/person. Pre-register.

Massage Therapy—\$35/half hour Member, \$40 Public; \$55/hr. Member, \$60 Public; \$75/1.5 hrs. Member, \$80 Public; \$95/2 hrs. Member, \$100 Public. Package of five one hour—\$260 Member, \$275 Public. Birthday Special \$5 off month of birthday; Couples Massage (same price applies as above/person); Heated Stone Massage \$65/hour Member, \$75 Public. A 24-hour cancellation policy is recommended or a \$20 fee may apply. Gift certificates available. Services are offered at Greenville Life Center, Simpsonville Life Center and Greenville Memorial Hospital. Call 455-4231 or stop by the front desk to schedule an appointment.

Medical Clinical Hypnosis with Jane Price, LPC, BCIA—Coming in January 2011! Experience relaxation through an introductory self-hypnosis class. Self-hypnosis is used for anything one wants to achieve. Fee: \$15/person, pre-register at front desk or online. Call 455-4001 for information on future dates and times.

Medical Qigong with Hong Zhang (8 weeks)—Tuesdays, January 11-March 1, Noon, or Wednesdays, January 12-March 2, 6:45 pm. Learn important Qigong technique exercises that can help to manage stress, improve brain training and quicker recovery from illness and disease while enhancing health and happiness. You will also learn the philosophy of Qigong, what each movement means and represents, using sounds of healing and visualization practice. This program is for any age and health condition. Fee: \$40 Member; \$60 Public. Call 455-4001.

Nutrition Consultations—A one-hour consultation with a Registered Dietitian includes a meal plan based on your nutrition assessment and goals and health assessment examining your eating habits, physical activity, lifestyle and medical history. \$45 Member, \$55 Public (one-hour sessions); \$70 Member, \$80 Public (1.5 hour sessions); \$35 Member, \$45 Public (45-minute follow-up sessions). Call 455-4041.

QuitSmart Smoking Cessation Program—A highly successful nicotine fading/smoking cessation program, developed at Duke University, is now offered monthly at the Life Center. Three 60-minute sessions include course instruction, special three-part kit—96-page guide, relaxation tape, cigarette substitute—nicotine management and follow-up phone support. Offered mornings, afternoons or evenings by appointment. Call Kim Hein at 455-4001 to schedule your session. Fee: \$125/person; groups of three or more \$100/person.

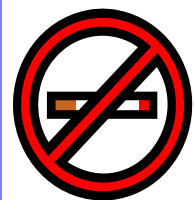
Self-defense Class with Master-Level Instructor Tim March—5th degree Black Belt (Karate-Do) and Honorary 7th degree Black Belt (Jujitsu)—The Ukiyo Ryu teaches the best in traditional martial arts and modern self-defense. Training promotes honesty, integrity, self-discipline, self-control, focus, positive attitude, health, fitness, and self-defense skills. Mondays -1:15 p.m., 3 p.m. or 7:15 p.m.; Wednesdays -1:15 p.m., 3 p.m. or 7:15 p.m.; Saturdays -11 a.m. Monthly dues: \$50 Members; \$60 Public; daily drop-in rate \$8 Members; \$10 Public. Discounts for families. For more information, call 455-4001.

Smoking Cessation Support Group—Meets every Tuesday, 6:30-8 p.m. Call 455-1540 for more information.

Stress Management Class—December 6, 6:30-8:30 p.m. Learn practical stress reduction methods for your life. Educational and physical avenues are taught to help you combat stress so you can relax more. Pre-register at the front desk. Fee: \$20/person.

Tai Chi 24 Form (8-sessions) begins Thursdays, January 13-March 3, 7:15 p.m.—Tai Chi enhances health, balance, flexibility, and strength. Fee: \$80 Members/\$100 Public, pre-register by September 15. Call 455-4001.

For more information on Health Education Programs, call Kim Hein at 455-4001.



Life Center Hours of Operation

Monday-Thursday 5:30 a.m.-9:30 p.m.

Friday 5:30 a.m.-8 p.m.

Saturday 8 a.m.-6 p.m.

Sunday 1 p.m.-6 p.m.

See front page for Holiday Hours of Operation. Happy Holidays!

Kids Korner Hours

Monday-Thursday 8 a.m.-1:30 p.m. & 4-7:30 p.m.

Friday 8 a.m.-1:30 p.m.

Saturday 8 a.m.-noon

Sunday Closed

Reservations preferred, call (864) 455-4045

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Simpsonville Life Center 962-8700

Conditioning Desk 455-4058

Personal Training 455-4056

Pool Hotline 455-4050

Front Desk, Lost & Found 455-4231

Massage Therapy Appointments
455-4231

Scripps Center for Integrative Medicine

Garlicky Brussels Sprout Sauté <http://www.scripps.org/enews>

Serves 6

Ingredients

1 pound Brussels sprouts, ends trimmed
2 tablespoons olive oil
12 cloves garlic, peeled and quartered lengthwise
1 tablespoon brown sugar
1 tablespoon apple cider vinegar
½ cup dill, chopped
½ teaspoon salt
1/8 teaspoon ground black pepper

Directions

Place Brussels sprouts in a bowl of food processor. Pulse 12 to 15 times, or until shredded. Heat oil in large nonstick skillet over medium-low heat. Add garlic, and cook 5 to 7 minutes or until light brown. Increase heat to medium-high, and add shredded Brussels sprouts, brown sugar, salt and pepper. Cook 5 minutes or until browned, stirring often. Add 1 ½ cups water and cook 5 minutes more, or until most of liquid is evaporated. Stir in vinegar and dill. Season to taste with salt and pepper. Serve immediately.

Nutritional Information per Serving

Calories: 87
Protein: 3 grams
Carbohydrate: 10 grams
Fat: 4 grams
Sugar: 2 grams
Fiber: 3 grams
Cholesterol: 0 mg
Sodium: 213 mg

Member Survey Results

CONDITIONING

Answer Options	Very Good	Good	Neutral	Poor	Very Poor
Helpfulness and accessibility of staff	321	126	55	14	3
Knowledge of staff	332	126	38	6	4
Quality of orientation and follow up appointments	237	110	83	12	3
Satisfaction of Personal Training	228	80	87	4	5
Satisfaction with number of pieces of equipment	324	129	13	10	2
Satisfaction with type and quality of equipment	358	133	14	6	1
Satisfaction with equipment availability	302	173	21	14	1
Received appointment for exercise program in a timely manner	240	77	71	7	2