



LIFE CENTER

# January 2012 Program Calendar

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[www.ghs.org/lifecenter](http://www.ghs.org/lifecenter)

## Programs and Events

**2012 Indoor Triathlon—Saturday, January 21 (times vary).** Swim, bike, run—indoors! This 60-minute challenge is an event that appeals to beginners and seasoned athletes alike, because you set the pace. Complete 10 minutes in the pool, 30 minutes on the bike, and 20 minutes on the treadmill. Register at the front desk or visit [www.ghs.org/indoortri](http://www.ghs.org/indoortri).

**A.M Extreme!—Tuesdays & Thursdays, Jan. 10-Feb 16, 5:30-7:00 am.** 'Extreme' takes on a new meaning in this early morning boot camp class designed to challenge your body and maximize your results. Do you have what it takes? \$125 Members/ \$190 Public, pre-registration required. Call 455-4669.

**Beginner Cycling—Sundays Jan 8. & Jan. 22, 1:45-2:45 pm** Learn the fundamentals of indoor cycling, familiarize yourself with the bike, and get a fantastic workout! Free. Reserve your bike at the front desk or call 455-4231.

**Pilates System Introduction—Saturday, Jan. 14, 10:00 am-12:00 pm.** This specialty workshop covers the concepts of classical Pilates while introducing proper form and alignment. Let our certified and experienced instructors teach you how to get the maximum results out of your Pilates practice. **Free!** Typically a \$40/\$50 workshop, we're waiving the fee to celebrate the new year! Pre-register: 455-4669 or [kgarrett@ghs.org](mailto:kgarrett@ghs.org).

**Girls on the Run Spring 2012 Online Registration opens Monday, Jan. 2.** Season schedule begins with parent orientation on February 13 & 14. Visit [www.ghs.org/girlsontherun](http://www.ghs.org/girlsontherun) to view our site locations and to register. For more information, contact Kim Hein at 455-4001 or Emma Rayner at 455-3252.

**Medical Qigong with Hong Zhang—Wednesdays, Jan. 11-Feb 29, 6:45-7:45 p.m.** Learn Qigong exercises that can help manage stress, improve brain training and enhance recovery from illness. Appropriate for all ages and health conditions. \$40 Member; \$60 Public. Pre-register by Jan. 10. Call 455-4001.

**Tai Chi 24 Form—Thursdays, Jan. 19-Mar. 8, 7:15 p.m.—**Sifu Brad Brandt (Disciple of Master Tony Wei) will instruct the program. Tai Chi enhances health, balance, flexibility and strength. \$80 Members/ \$100 Public. Pre-register by Jan 18.. Call 455-4001.

## Health Education

**Fuel Metabolism for Exercise and Sport—Monday, Jan 23, 5:30-6:30 pm** Whether training for a long-distance run or just a greater level of fitness, what you eat plays a big part in your results. Join Life Center trainer Justin Bluff and dietitian Crystal Robinson MS, RD, LD for an evening of learning more about nutrient needs and maximizing your training potential for exercise and sport.

**Grocery Shopping for Health—Tuesday, Jan. 17, 11 am-1 pm.** Join Crystal Robinson, MS, RD, on a tour through the supermarket, reviewing food labels and emphasizing healthy choices. Tour meets at Publix McAlister Square, 235 South Pleasantburg Drive. \$15, pre-registration required. Call 455-4041.

**Strength Training for Women: Ultimate Guide to Lean Muscle—Thurs, Jan 19, 6:00-7:00 pm** Join Life Center trainer Tom Rorabaugh in a discussion of some of the common myths and mistakes surrounding women and strength training. Learn how to set up a program for yourself, choose the right weights, when to do cardio, and the best workouts for fat loss.

**Stress Management Class—Mon., Jan 9, 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.

## Facility Hours

### Monday-Thursday

5:30 am-9:30 pm

### Friday

5:30 am-8:00 pm

### Saturday

8:00 am-6:00 pm

### Sunday

1:00 pm-6:00 pm

## Kids Korner

### Monday-Thursday

8:00 am-1:30 pm

4:00 pm-7:30 pm

### Friday

8:00 am-1:30 pm

### Saturday

8:00 am-12:00 pm

### Sunday

Closed

## Important Dates

### Guest for Free Day

Monday, Jan. 6

## We offer:

Group and Private  
Pilates Training

•  
Massage Therapy

•  
Nutrition Consultation

•  
Personal Training

•  
Metabolic Testing

•  
Group and Private  
Swim Lessons

