Happening @ The LFC

Fire Safety Tips
with the Long Beach Fire Ambassadors
Tuesday, August 2 @ 12 - 1 pm
in the Learning Center

The Fire Ambassadors will help you develop awareness of potential hazards in your home, create a plan, and stay safe!

Topics Include:
- Boy, that's hot, we almost had a fire!
- How do we get out of here?
- That's a long way down, I should have moved to the 1st floor
- I should have put that away before I fell

Exercise Intensity Workshop Series
with Dr. Ayla Donlin
Part III: Purposeful Intensity - The Key to Long-Term Results
Wednesday, August 10 @ 12 - 1:15 pm
in the Learning Center

Are you intentional in planning your workouts? Mapping the intensity of your workout ahead of time is key to achieving your fitness goals and continuous improvement. Rest and recovery are important ingredients in the recipe for a sustainable lifestyle of fitness. In this workshop, we will discuss program designs to support various fitness goals.

Director's Message: Dr. Ayla Donlin

Dear LifeFit Members, Staff, and Interns,

I want to thank you for your commitment to the LifeFit Center. Thank you for creating a wonderful community that adds to the lives of all who are part of it. Our community has grown significantly from 30 members in 2012 to over 530 members in 2016. We have seen growth in all of our programs and services, and have seen many lives changed as a result.

I am grateful that we have not needed to raise membership prices once during our first four years of operation. Recently, our operational costs have increased significantly, and this will require us to raise our membership fees effective September 1st. The increase in operational costs comes largely from a University-wide parking fee increase. Parking fees have gone up for University students, employees, and guests. To accommodate our increased operational costs, we will be raising Community Memberships (OLLI, Alumni, and Community) by $7.00/month and Employee Memberships by $5.00/month. Express Membership fees will go up $10 per term. Please see a detailed breakdown of membership fees below.

Parking will continue to be included in your community membership if you pay for 3 months or more at a time (employee memberships are excluded from this). As a way of accommodating all of our members with parking, we have requested and been granted access to all general lots for LifeFit member parking (see map provided in monthly email or at Service Desk). In addition to Lot 10A and the structures, you will now be able to park in any general lot on campus with your LifeFit permit.

As always, we are committed to offering you an exceptional experience at the LifeFit Center. If you have questions about the membership fee increase, please feel free to contact me directly at: 562-985-2005, ayla.donlin@csulb.edu, or make an appointment to visit me in person.

Effective September 1st, our new membership fees will be as follows:

**COMMUNITY:**
- OLLI - $37/month
- Alumni - $37/month
- Community - $47/month

**CSULB EMPLOYEES:**
- CHHS - $25/month
- ALL OTHER CSULB- $35/month

**EXPRESS:**
- Fall: $65
- Spring - $75
- Summer - $45

In Health,

Dr. Ayla Donlin
LifeFit Center Director

LFC Phone: 562-985-2015
Website: www.csulb.edu/lfcbeach
Email: lifefitcenter@gmail.com
**August 2016 Newsletter (cont’d)**

**Flexibility & Balance**

**LifeFit Member of the Month**
Hugh McHugh

Our July LifeFit Member of the Month is Hugh McHugh! Originally from Riverside, CA, Hugh is a UCLA grad and retired commander of the U.S. Navy. Hugh began running in his 40’s and admits that he couldn’t run half a block when he started. He kept at it, though, and has completed an impressive 15 marathons, including the 1983 Boston Marathon! Today, Hugh volunteers for the Long Beach Marathon and works out almost every day at the LifeFit Center. Hugh especially loves our Krank Circuit class because of the variety of exercises included. Hugh encourages all LifeFit members to try every class and see which ones they like. We are grateful to have Hugh here at the LFC. Thank you, Hugh! You inspire us.

**Team Member of the Month**
Nick Ramirez

Nick Ramirez is a Fitness Option intern who has been with the LifeFit Center since January 2016. Nick’s diligence, initiative, and smiling face have been a great addition to our team. You can see Nick at the Service Desk, on the Fitness Floor, or out climbing some rocks! Stop by to say hi and congratulate him this month!

**IN-TRINITY Schedule Update**

Starting Tuesday, August 9th, we will no longer offer IN-TRINITY class at 4:45 pm on Tuesdays. Tuesday, August 2nd will be the last 4:45 pm class.

You can still catch an IN-TRINITY class on Tuesdays and Thursdays at 5:30 pm!

**School’s Back!**

The Fall semester will begin on Monday, August 22nd. Get ready for the energy of a bustling campus!

While students and CSULB employees are restricted from "Lot 10A-Only" parking spaces, we anticipate that some folks will get lost during the first week or two. We encourage you to arrive a few minutes earlier than normal. We appreciate your patience during this busy time of year!

LFC Phone: 562-985-2015
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