

THE LIFESTYLE FITNESS CENTER



WELLNESS  
WORKS



Jan.  
Feb.

24

» News and information helping people make healthy lifestyle choices

## UPDATES



### Stay Up To Date

Sign up to receive text messages and or email alerts. See a membership representative for assistance.

### Holiday Hours

January 1, 2024  
6:00 AM-7:00 PM

### Aerobic Classes

No 5:15 AM Class on  
January 1, 2024

### Fall Prevention

Classes available,  
Wednesdays & Fridays  
at 12 PM Room A

### Member Referral Program

*Bring Your Friends &  
Family to Visalia's  
Medically Based Health  
Club*

For more information,  
contact (559) 624-3410.

Help us celebrate heart month with

## EXERCISE FOR YOUR HEART

February 1st-29th

2024



## Exercise for Your Heart

Join us in celebrating Heart Month with our 4-week program perfect for those looking for that extra incentive to stay on track with their exercise routine after the New Year! Exercise in group exercise classes or the pool throughout February and receive your valentine hearts. We will celebrate your success and efforts after we fill our large poster size heart in the pool area with a potluck on

Friday, March 1, 2024 from 11 AM to 1 PM.

## Hydrostatic Weighing

This program is by appointment only. For more information please call the Kaweah Health Lifestyle Fitness Center at (559) 624-3400.

Appointments Offered:

- January 6th
- February 3rd

2024

