

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



March
April

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

Closed March 31st
Easter Holiday

Daylight Savings

Begins March 10th

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.



Lifestyle Fitness Center APP AVAILABLE NOW!

Contact a Membership Representative for details
(559) 624-3410.



Swim Team Prep

This class is designed to get your child ready for Swim Team. Child must be able to swim a length of the pool non-stop and have a basic knowledge of all four strokes. Ages 6 to 14 years. Class size is limited and pre-registration and payment is required.

Register in the Customer Service Office or by calling (559) 624-3408.

For more information call (559) 624-3421.

Session 1: April 8th - 24th
Registration begins March 25th
Mondays and Wednesdays
4:30PM – 5:25PM (3 weeks)
\$100 Members/\$120 Guests

