

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



» 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.

Daylight Savings Ends

11-2-25

Hydrostatic Weighing

11-1-25 & 12-6-25

Holiday Spin Classes

- 11-22-25 • 12-20-25
- 8:30 AM Room B

Pajama Drive

Bring Pajamas to the Aquatic Office or the lobby before 12-1-25.

Member Holiday Social

12-17-25
10 AM-2 PM

Floor Resurfacing Project



We're giving our hardwood floors a refresh!

The Gymnasium and Aerobic Room "A" will be closed for resurfacing from:

Monday, November 24 – Sunday, November 30

The Gymnasium and classes in Aerobic Room "A" will resume at their regular times on Monday, December 1.

Aerobic Room "B" will remain open, and all classes will continue as scheduled.



Thank you for your understanding during our construction project.

Pool Painting Project

The Lap Pool and Warm Water Pool will be closed for painting, December 22-29, 2025.

Pools open December 30, 2025!

For more information on the pool painting project, please call: (559) 624-3421.

Aquatic Tides

Aquatics Holiday Giving

Join us in spreading warmth this season! We're collecting new pairs of cozy pajamas in both adult and children's sizes to benefit the Visalia Rescue Mission. Donations will be accepted at the Aquatics Office from November 1-30. Please bring items by Monday, December 1.



Aquatics Holiday Potluck

Celebrate the season with us! Join the Aquatics team for our Annual Holiday Potluck on Thursday, December 18, 2025, from 11 AM-1 PM in the Lifestyle Fitness Center Conference Room. Please bring your favorite holiday dish to share and a small gift for our gift exchange. Let's enjoy good food, laughter, and holiday cheer together!



Pool Etiquette

Our pools are open to all members, even during scheduled classes. We just ask that you're mindful of class participants and instructors—please avoid swimming through class areas or chatting nearby while classes are in progress.



Facility Holiday Hours

Wednesday, November 26
4:30 AM - 7:00 PM

Thanksgiving Day CLOSED

Friday, November 28
6:00 AM - 10:00 PM

Christmas Eve
4:30 AM - 3:00 PM

Christmas Day CLOSED

Thursday, December 26
6:00 AM - 10:00 PM

New Year's Eve
4:30 AM - 7:00 PM

New Year's Day
6:00 AM - 7:00 PM

Aquatic Holiday Hours

Wednesday, November 26
Last class 10:00 AM

Thanksgiving Day CLOSED

Friday, November 28
No 1:00 PM Class

DECEMBER 22-29, 2025
POOLS CLOSED FOR PAINTING

New Year's Eve
Last class 10:00 AM

New Year's Day
No classes



Baste The Beast!

90-minute Thanksgiving Workout

Saturday November 22, 2025
8:30 AM • Room B



Member Holiday Social

Holiday Music and Refreshments

December 17, 2025 • 10 AM-2:00 PM

Have a safe and enjoyable holiday.





Kaweah Health Lifestyle Fitness Center

5105 W. Cypress Ave. • Visalia, CA 93277 • 559 624 3400



Fit & Festive Christmas Cycle Workout!

December 20, 2025 • 8:30 AM • Room B



Hydrostatic Weighing

This service is by appointment only.
For more information, please call:
(559) 624-3450.



Group Exercise Etiquette

Please be considerate and refrain from entering
scheduled classes while in session.

