

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS

UPDATES



Stay Up To Date

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

Exercise For Your Heart

Feb. 1-28, 2026

Holiday Hours January 1, 2025 6 AM- 7 PM

Hydrostatic Weighing

Jan. 3 and Feb. 7, 2026

Member Referral Program

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

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



Jan.
Feb.

26

» News and information helping people make healthy lifestyle choices

GROUP EXERCISE ETIQUETTE

Please observe the following guidelines for attending a group exercise class.

- Please be on time. Warming up is important to avoid injury.
- Please be considerate of other's exercise space. Avoid crowding in front of a member who has arrived in class before you.
- Please keep conversation to a minimum. It's important to listen to the instructors for guidance and safety concerns.
- Please refrain from entering the aerobic studios when a class is in session and refrain from entering the studio before the preceding class has finished. It's distracting to class participants.
- Please wear appropriate attire as described under Dress Codes.

- Please avoid wearing cologne and/or perfume to class.



Aquatic Tides

POOL ETIQUETTE

The pools are open to all members while classes are scheduled. However, please remember to be courteous to class participants and the instructors. Please do not swim through the class or hold conversations while classes are in progress.

THE MEDICAL FITNESS DIFFERENCE

The Lifestyle Center is not your “typical” gym. We are a medically based fitness facility owned by Kaweah Health and are members of the Medical Fitness Association. No other gym in town has the staff or services that we offer to our members. As a Lifestyle Fitness Center member you have a staff of Exercise Physiologists available to assist you on your health journey. Services offered by the department include: Fitness Profiles, Program Designs; Body Composition via skinfold measurements, Hydrostatic Weighing (first Saturday of the month only, \$\$Fee), Ultrasound Analysis (\$\$Fee); and Wellness Checks.

The Fitness Profile is a 45- to 60-minute fitness assessment and is included with your monthly dues. This is a great tool available to our members to help keep you on track and show you the progress that you are making. It may include the following: blood pressure/pulse rate, weight, circumference/body fat measurements, submaximal cardiovascular test, muscular strength/muscular endurance test and a flexibility test. Results will be reviewed with you and you will be given a copy to take with you. If needed, suggestions and recommendations will be given. We recommend following up in 8 to 12 weeks to check in and see how your parameters are changing.

The Program Design is a 45- to 60-minute appointment to help you develop an exercise routine that is appropriate for you based on your current health and fitness level. Like the Fitness Profile, it is included in your monthly dues. During the Program Design, you will be shown how to set up and use the equipment being recommended for your exercise routine. If you would like advice or like us to review your current workout routine, we would be happy to do so. Members are encouraged to follow up and make changes as necessary to keep their workout interesting and keep the body challenged.

Body Composition can give you more detail into how your body is changing with exercise as compared to just weighing on a scale. Sometimes the scale may not change much but your clothes fit better or maybe you have to go down a size. This happens because your body composition has changed. Taking advantage of this service will give you your ratio of lean weight and fat weight as a percentage of body fat to determine if you are in a healthy range or not. We offer three reliable methods; skinfold caliper (free for members/\$20 non-members), Ultrasound Analysis (\$30 for members/\$40 for non-members), and Hydrostatic Weighing (first Saturday of the month and by appointment only for this method, \$30 for members/\$40 for non-members).

The Wellness Check is a 30-minute appointment that includes a blood pressure check and nondiagnostic total cholesterol and glucose screening via a finger stick and a 4-hour fast is required (Free for members/\$25 for non-members). Nondiagnostic full lipid panel screenings are also available but for a fee and an 8-hour fast is required (Total Cholesterol, HDL, LDL, Triglycerides, Glucose; \$35 members/\$45 non-members).

To schedule any of the above mentioned services, please visit the Fitness Desk or call the Exercise Physiology Department at (559) 624-3450.



FOR YOUR SAFETY

Dry, closed-top athletic shoes or sneakers must be worn while using the fitness equipment. NO dress shoes, sandals, boots, SLIPPERS, open-toed shoes, slides, Birkenstocks, OR BARE FEET are allowed. Please contact the Fitness Desk if you have questions.



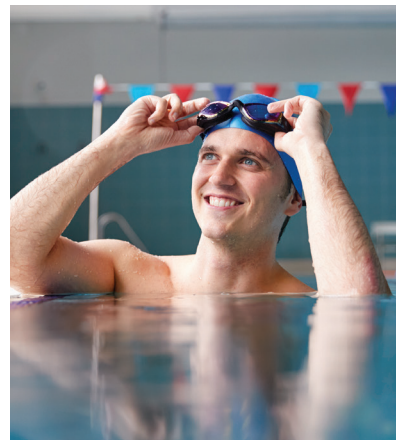


Exercise for your Heart



February 1-28, 2026

February 1st – 28th 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's hearts. We will celebrate your success and efforts after we fill our large poster size heart in the pool area.



Fun times in the...



Our Kid Zone features an engaging environment with age appropriate areas and activities for infants, toddlers, and older children. We offer an interactive soft play area for toddlers as well as air hockey, foosball, and basketball for older children. The Kid Zone Center is designed to create an atmosphere that encourages health and fitness through activity.

Parents go ahead and pat yourself on the back and feel great knowing that you are creating a lifestyle for your child that encourages health and fitness. Your child will also have the opportunity to develop socially through peer interaction and make friends. So parents go ahead and get your sweat on but, don't sweat the kids! Let us take care of all the fun because the LFC Childcare Kid Zone is here for you and your family.

For more information, please call (559) 624-3438.

Kaweah Health Lifestyle Fitness Center

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



HEALTH & FITNESS
ASSOCIATION

FACILITY ETIQUETTE

- The Family Locker Room was designed for use of individuals with children, as well as those of the opposite gender requiring assistance changing or showering. Please refrain from using the private changing/showering rooms in the Family Locker Room unless you have a special need so that they are available for those that truly need them.
- LifeFitness Circuit Series Guidelines; Please remember to not sit on equipment and perform multiple sets. Please refrain from performing the circuit out of sequence.
- Weight room etiquette; Refrain from sitting on equipment for multiple sets or from reserving equipment and allow others to work in-between rest periods.



Recover from the Holidays

Recovery Zone Special February 1-28, 2026

Four Cryotherapy Sessions (save \$61.00) OR
Four Compression Therapy Sessions (save \$21.00)
for just \$99.00!



Hydrostatic Weighing

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

Appointments
offered
Jan. 3 & Feb. 7
2026