

PERSONAL WATER BOTTLES

We know the importance of staying hydrated while exercising. Personal water bottles are a staple that people bring to their workouts. To assist us in keeping a clean environment we are asking that you be cautious of not spilling the water or substances in your water bottle while you are exercising.

Thank You



Tired of living for the weekends?

Stress Rescue is for you.

Members - \$40 per session

Guests - \$50 per session



Are you exhausted from chasing after momentary relief, only to return to your everyday life and realize that nothing has changed?

While stress is an inevitable part of life, most people do not know how to effectively handle it. Consequently, their lives constantly feel out of control, successes seem out of reach, and inner peace appears to be nothing but a myth.

Understanding stress and its impact on your life is crucial for navigating its challenges, leveraging it to your advantage, and sometimes even preventing certain stressors from arising. Developing skills to manage, alleviate, or eliminate stressors is key, and like any skill, it takes practice and dedication.

Join us for our upcoming Stress Rescue workshops to enhance your relationship with stress and acquire new tools for both short-term relief and long-term resolution. Each workshop offers unique perspectives and strategies for stress management. You're welcome to attend one, two, or all workshops.

Bring an ink pen and paper for notes.



Linh Le

Certified Meditation Instructor, Spiritual Guide, and Life Activation Practitioner

Upcoming workshops held in the Lifestyle Fitness Center Conference Rooms:

July 13, 2024

10AM-12PM

August 3, 2024

10AM-12PM

September 7, 2024

10AM-12PM

Register in the Business Office or call: (559) 624-3408 to reserve your space with a Visa or MasterCard.