

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



March | April 25

» 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.

Saturday
Appointments for
Cryotherapy and
Normatec
Now Available!

Daylight Savings
Begins March 9th.

Holiday Hours
April 20th.
Closed for Easter.

Member Referral Program

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



Spring into fitness



Easter spin class

Saturday April • 19th 8:30 AM-9:30 AM

Easter spin class will be held in Aerobic Room B.



Kidzone at the Lifestyle Fitness Center

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 at our Visalia fitness center is designed to create an atmosphere that encourages health and fitness through activity.

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 Lifestyle Fitness Center Childcare Kid Zone is here for you and your family.



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