



# Kaweah Health Lifestyle Fitness Center

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



## 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.



No Appointments  
in MARCH 2025.  
Appointments  
available  
April 5, 2025.

## Hydrostatic Weighing

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