

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



Jan.
Feb.

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.

Exercise For Your Heart

Feb. 1-28, 2025

Holiday Hours January 1, 2025 6 AM- 7 PM

Walk & Stretch Warm Water Pool Class in January 2025!

Sound Bath & Stretch Four Week Series starting January 2025

Member Referral Program

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

Creating a better gym experience



Survey Results

We recently conducted a member survey where members shared their frustrations regarding other members' behavior, so we'd like to share them with you:

- Open phone conversations
- Strong perfume / cologne
- Gym bags in walkways and around equipment
- Sitting on equipment playing on your phone
- Saving equipment
- Not sanitizing the equipment after use
- Over spraying sanitizer on the equipment / spraying others
- Loud profane language
- Street clothes / shoes in the saunas
- Jumping in the pool after sitting in the sauna
- Crowding others in the front row of classes when arriving late
- Not drying off after using the pools
- Body odor
- Odorous clothes / gloves / wraps / belts / shoes
- Dirty Boots / shoes on the fitness floor
- Multiple sets on the circuit equipment
- Not following the order of the circuit equipment
- Multiple people hanging around and monopolizing one piece of equipment
- Slamming weights on machines
- Dropping weights / dumbbells
- Monopolizing multiple sets of dumbbells
- Not re-racking weights / dumbbells / kettlebells
- Not unloading weights
- Not putting equipment back in the Dropzone
- Not returning equipment where it belongs on the fitness floor
- Screaming / grunting loudly while lifting
- Walking the wrong way on the track
- Three people walking shoulder to shoulder on the track, so others can't pass

If you recognize any of these behaviors in yourself, remember that you are impacting others negatively. In fact, many of these topics are covered in our Member Code of Conduct and Weight Room Etiquette found within your Member Handbook. Please help us create an environment that everyone can enjoy by avoiding these behaviors and being respectful to others.