

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



Sept.
Oct.

24

» 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.

Download the App

Ask a Membership Representative for assistance

Hyprostatic Weighing

Sept. 7th and Oct. 5th
2024

Member Referral Program

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

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



Aquatic Tides



Stroke Technique Workshop

Our next workshop is Saturday, September 21st. Improve efficiency and increase speed in the water. This workshop will work on stroke and flip turns. Class size is limited and pre-registration and payment is required. To register please call the Customer Service Office at 559-624-3408. For more information please call (559) 624-3421.

10:30AM to 12:00PM Ages 7 to 13 years

Registration begins Tuesday, September 10, 2024.

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.