

## MEMBER UPDATES



## 'NEW' NEWS



### SWIM LESSONS

6- week swim lessons for youth and adults will begin January 27th.

Youth Lessons will be held Monday and Wednesday evenings. *Beginners Swim* will be from 5-5:30 pm. *Learning to Swim* will be from 5:30-6pm. *Intermediate Swim* will be from 6-6:30pm. Adult lessons will be held Monday evening from 6:45pm-7:15PM.

Sign up on our website for youth here!

[www.valleywellnesscenter.co/aquatics/swim-lessons/](http://www.valleywellnesscenter.co/aquatics/swim-lessons/)

### ORGANIZED B-BALL LEAGUE

Join us for our 3 on 3 basketball league!

There will be 2 leagues of 8 teams.

Choose from either Tuesday evenings or Saturday mornings.

There will be a 7 week regular season and a 3 week playoff in a single elimination tournament.

Shirts will be provided for the teams in the cost of the league.

Sign up to play here:

[www.valleywellnesscenter.co/basketballplay/](http://www.valleywellnesscenter.co/basketballplay/)

### USAT INDOOR TRIATHLON

Our November 23rd indoor triathlon was a great success and we had a great turnout with athletes and volunteers. This a great race for beginners looking to learn more about the sport. We will be hosting our next event Saturday January 18th, 2020.

Registration is now available on our website and **all the proceeds will be donated to the cystic fibrosis charity.**

Registration is available at the link below:

[www.valleywellnesscenter.co/triathlon-results-page/](http://www.valleywellnesscenter.co/triathlon-results-page/)

## Upcoming Date Reminders:

- Jan 18- Indoor Triathlon (Register online under "Events" page.
- Jan 31- Kids' Night Out! 5:30 PM-8:30 PM. Pizza, movies, activities, fun. Guests welcome. Register online on "Events" page.

## Friendly Policy Reminders:

- Just a reminder to all our members, if you forget your key tag we do need your id for you to sign into the facility.
- No bags in the fitness center/studios



## MEMBER REFERRAL PROGRAM

We will be offering a member referral program beginning now for a limited time. Get one month free of membership if you refer a friend to join Valley Wellness Center (max 3 months/year). All you need to do is make sure your friend lets our membership sales staff know that you referred them. Charter members will receive \$50 member tab money (maximum \$150/year) Not valid on membership plan changes.

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## CLASS BOOKING CHANGES

Based on a recent survey sent to all members we will change our current booking for ALL CLASSES TO 48 HOURS BEFORE THE SCHEDULED CLASS. As a reminder for our spin classes members on the waitlist will be added to the class automatically should a spot become available. With all our other classes an email will be sent to invite a wait-listed member and that invitation must be accepted within 30 minutes or the invitation will be sent to the next wait-listed member.

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## NEW CAFE ITEMS

*by David Artzt*

Hello everyone, Just want to begin with how welcoming you have all been and how much I appreciate that. Now lets talk about what I have planned for the cafe. We have launched a few items that I would like to let everyone know about. The first being our banana bread protein bites, you may have been one of the lucky ones who received it after one of our fitness classes! They are loaded with a vegan protein supplement called plant pro that is absolutely delicious and nutritious. We also launched an unsweetened English breakfast iced tea and a delicious Arnold Palmer for those of you who need a caffeine boost! Speaking of boost we recently introduced our power shots the *Chia* shots and my favorite the *orange ginger turmeric* shots, these are great for fast low calorie vitamin intakes. You may have noticed while walking by the cafe but we recently got a ton of nutritional grab and go goodies from BOBO'S oat bars to the trusty CLIF bars! I look forward to seeing you at the cafe and making you some delicious food!

