



VALLEY WELLNESS
CENTER

MONTHLY UPDATES

OPEN HOUSE

As we have previously done we will be opening our doors to the public for our first Open House of 2020. The event will be Saturday March 21st from 10:00 AM- 1:00 PM. All guests must present photo ID and will be admitted free of charge if they live within 25 miles.

JUNIOR PROGRAMS

Beginning March 1st we will be offering junior member classes such as martial arts, tumbling, arts and crafts, and more! Classes will be included with the membership, small fees may apply for certain programs. More information will be posted on our website soon in the next few weeks!

KIDS NIGHT OUT

Go out with your significant other for Valentine's day and let us entertain your children! Kids will enjoy fun activities like rock climbing, nerf gun battles, arts and crafts and a movie with pizza (Gnomeo and Juliet, 2011)..

REFERRAL PROGRAM

Refer a friend to join VWC and get a free month towards your membership! This offer is for a limited time only.

SALON DISCOUNT

You asked for it and we listened! Effective on February 1st, the Green Room Salon and Spa is offering a members only discount! You now will receive 15% off any service in the GRSS (cannot be combined with other offers, doesn't include medical spa).

BASKETBALL LEAGUE

Register online for our first organized basketball league! The 10-week seasons begins Tuesday, February 18th.

MARCH TRIATHLON

Join us for our last indoor triathlon of the season. March 14th, from 8 am-11 am. Volunteers needed as well.

WELLNESS CAFE HAPPY HOUR

For the months of February and March we at the Wellness Cafe will be hosting a happy hour on all of our espresso based beverages. The happy hour will be from 6:30 am to 11 am Monday to Friday every week. Enjoy 20% off your espresso beverage. Come down to the cafe, say hi and get a velvety smooth latte or a perfectly foamy cappuccino. *This offer does not include coffee.