

MARCH 2020 CLUB UPDATES AND EVENTS

Last Indoor Tri of the season!

Come out Saturday, March 14th and support our final indoor triathlon of the season. All proceeds donation to Cystic Fibrosis Foundation. Register and more info here:

www.valleywellnesscenter.co/event/march-14th-2020-indoor-triathlon/



Spring Open House: March 21st 10 am-1 pm

Come check out Valley Wellness Center's first open house of the year. Join us for live music, complimentary food, free gifts, membership promotional sales and more. All guests who live within 25 miles of the club will be free on March 21st! *ID required. We have partnered with a local safe haven dog rescue and will have puppies and dogs available for adoption in our lobby during the open house.

<https://www.valleywellnesscenter.co/event/spring-open-house/>

<https://www.valleywellnesscenter.co/event/dog-adoption-day-at-vwc/>

Junior Programs

Check out our website to see the new Kids Fitness Classes that will be free to all junior members and included in membership pricing!

Martial Arts Demo's

Come check out our new FREE martial arts program. demonstrations on Wednesday nights in March from 6-7 PM. This is free to members and a great chance to learn Aikido, a form of martial arts/self defense.

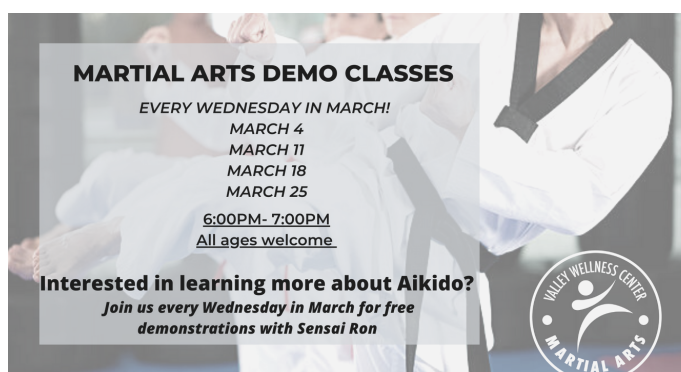
www.facebook.com/events/654508092036853/?event_time_id=654508095370186

Spring Small Group Swim Lessons:

We will start up on Monday, March 30th!

Please sign up before 3/25/2020 to reserve your spot. See our website to sign up and for more details.

www.valleywellnesscenter.co/aquatics/swim-lessons/



NEW CHANGES

Membership Plan Changes

We have listened to our members and restructured our membership plans! We believe this will benefit everyone and encourage more families to enjoy the facility together. Visit our webpage for more information. Please note we will no longer be charging a monthly due for junior members. All children under 12 will be included in the new membership offerings.

<https://www.valleywellnesscenter.co/new-membership-plans-page/>

Pickleball:

Due to popular demand, we will be adding pickleball in the basketball court. We do not have an exact time the activity will be available so check our social media pages for information.

Towel Service:

We will no longer be charging an additional fee for towel service. Feel free to pick up a sweat or bath towel at check-in. Towel return bins are located in the locker rooms and in the fitness area.

Club Policy Reminders

Please remember to follow all club policies!

- No Bags in the fitness center
- No throwing any balls against the walls in the turf room
- No adding water to the sauna- this damages the heater!

***THANK YOU FOR YOUR CONTINUED SUPPORT! WE HAVE A LOT OF
EXCITING CHANGES COMING FOR 2020 THAT WE LOOK
FORWARD TO SHARING WITH YOU!***

-VWC MANAGEMENT