

# VALLEY WELLNESS CENTER

## THANK YOU!

We thank you for being part of our family here at VWC. We are honored that you have supported us and kept us strong and healthy!



## POOL MEMBERSHIPS

We will begin selling our Outdoor only Pool Memberships on March 1st! Sign up before April 30th and receive 10% off!

Visit our website for more details, or make an appointment with one of our Sales Representatives by emailing [info@valleywellnesscenter.co](mailto:info@valleywellnesscenter.co).

Pool memberships are valid Memorial day thru Labor day and are all paid in full plans.



## INDOOR TRIATHLON

Our first indoor triathlon of 2021 on Saturday March 20th is right around the corner! As always, we will follow the format of previous years with a 10-minute swim, followed by a 30 minute spin, followed by a 20 minute treadmill run. For additional safety we will add some extra distance between the cardio equipment and require face shields or masks for the non swim portions of the race. The event is great for beginners and all proceeds will go to charity. All athletes will receive a free t-shirt, medals, face shields, smoothies, and fruits. The event is open to non-members and detailed race event information can be found by clicking [here](#). Sign up for our Indoor Triathlon [here!](#)



## OPEN HOUSE

We'll be having our first Open House this year on Saturday April 17th from 10:00- 1:00 PM.

Guests may come access the club for free provided they live within 25 miles. Guests do not have to be accompanied by a member, however, members who refer a guest who joins our club will receive \$25 on their member tab account. There will be live music, kids activities, fitness classes and more! Come one, come all! See our event link [here](#).