

Valley Health *LifeStyles*

AT THE NEW VALLEY CENTER FOR HEALTH AND WELLNESS



Holiday Gifts for Our Members



Don't miss these once-a-year discounts!

Available from Dec. 1 thru Dec. 31, 2019.

Personal Training

15% off all packages and single sessions

Limit—two packages per member

Group Swim Lessons

15% discount on all swim lessons.

Limit—two packages per member

Pilates Reformer

15% off all packages and single sessions

Limit—two packages per member

Babysitting

\$10 off 20-hour babysitting packages

Limit—two packages per member

Birthday Parties

15% off party base fee

Resting Metabolic Rate Testing

Provided by The Sports Institute at *LifeStyles*, this test estimates your caloric expenditure at rest which can help in managing your caloric intake & body weight.

25% discount on a single test (regular price \$60)

To take advantage of these special offers, stop by the front desk to purchase by 12/31/19

ValleyHealthLifestyles.com

