

# Valley Health *LifeStyles*

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

(AVAILABLE DECEMBER 15 – JANUARY 15, 2023)

## PERSONAL TRAINING

**20% OFF**

all private, semi-private,  
and small group training options.

*(Limit six packages per member)*

## PILATES REFORMER

**20% OFF**

all private, semi-private,  
and small group training options.

*(Limit six packages per member)*

## RESTING METABOLIC RATE TESTING

**\$15 OFF**

a single test (regular price – \$65).  
This test estimates your caloric expenditure  
at rest which can help in managing your  
caloric intake and body weight.

## PRIVATE SWIM LESSONS

**20% OFF**

all private swim lessons.

*(Limit two packages per member)*

## FUNCTIONAL MOVEMENT SCREEN

**\$15 OFF**

a single test (regular price – \$65).  
This test screens an individual's functional  
movements and motor control to determine  
areas of weakness or imbalance.

## VO<sub>2</sub> MAX TEST

**20% OFF**

(Regular price – \$150). This test measures  
an individual's cardiorespiratory fitness  
level by tracking heart rate and VO<sub>2</sub>  
through a graded exercise test.

To take advantage of these special offers, stop by the front desk  
to purchase between **December 15 – January 15, 2023.**