



Special Member Only discounts | Available from July 1-31

12-days of Fitness Certificate

See membership to receive up to 5 certificates. Each certificate is valued at \$144.00 and is redeemable for 12 consecutive guest days at any one of our LifeStyles locations. Restrictions apply.

Personal Training

10% discount on an 8-pack of personal training sessions. Includes one-hour, ½ hour and team training. Limit – one package per client

Group Exercise Small Group & Individual Training

10% discount on an 8-pack of individual or small group Pilates sessions. Limit – two packages per client

Group Swim Lessons

15% off Fall Session September 2024 (reg. price \$45 - \$85) Stop at any front desk to receive on-line registration coupon code. Limit – one discount code per member registration. No discount stacking permitted.

Recreation

\$5 off Parents' Night Out in September

Nutrition Package

3-pack of nutrition consultations with registered dietitian for \$75 (reg. price \$99). Includes a one-hour consult, followed by two 30-minute consults. Limit – two packages per member.

To take advantage of these special discounts, stop by the front desk at any LifeStyles facility to purchase by July 31, 2024.

Exp. Date: 07.31.2024