



Special Member only discounts | Available from July 1-31

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 - one package per client

Group Swim Lessons - Save 15% this Fall

Register in August for the Fall 2025 Swim Lessons (September session) and get **15% off** the regular price (\$45 - \$85). No code needed. Discount cannot be combined with other discounts.

Nutrition Services

10% off a One-Week Meal Plan

Choose from one of our one-week meal plans based on common health goals. Plans include high protein, plant-based, Mediterranean, weight loss, intermittent fasting, family-friendly and more.
For more information, contact us at WellnessRDs@ccf.org | 330.665.8022

To take advantage of these special offers, stop by the front desk at any LifeStyles facility to purchase by July 31, 2025.

Exp. Date: 07.31.2025