

Holiday Gifts for LifeStyles Members

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

Available from Nov. 25 - Dec. 31, 2024

The Gift of Health and Wellness – 30-Day Membership

Give the gift of health & wellness this year with a LifeStyles 30-Day Membership to a college student or guest from out of town. Stop by the membership office for full details and to purchase.

- Individual \$50 (reg. price \$100)
- Couple \$75 (reg. price \$125)
- Family \$100 (reg. price \$175)

Personal Training

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

Nutrition Services

Kickstart Your Metabolism Program 10% off 10-week nutrition and fitness program.

Anti-inflammatory Meal Plan 20% off a 2-week Meal Plan (grocery list and recipes included).

Contact us for details or to purchase | 330.665.8022 | wellnessrds@ccf.org

Group Swim Lessons

15% off a 6 week swim lesson session (reg. price \$45 - \$85)
Stop at any front desk to register and receive discount.
Limit – one discount code per member registration.

Recreation - Bath and Green locations

\$10 off a holiday camp week. Limit - one per child.

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



Need a great stocking stuffer?

Give the Gift of Wellness with
our 12 Days of Fitness.

Certificate provides
12 consecutive* FREE
guest visits valued at \$144
for use at LifeStyles locations
Bath, Green or Stow!

See membership today to
receive up to five gift certificates
to gift your friends and family this
holiday season!

For local residents (18 years or older) only.
Certificate can be redeemed between Dec.
26, 2024 and Feb. 15, 2025.

See membership for full details.
*Use gift certificate for 1-12 days.