



What Village Fitness can do for you

Village Fitness provides a variety of wellness services to help you achieve your goals. We encompass all the health and wellness needs offering physical therapy, personal training, massage therapy, nutritional programs, and a variety of fitness programs.

Struggling with a personal goal? Make an appointment for a free body analysis or fitness assessment.

Look for upcoming programs and events to keep you motivated.

Membership Reminder

Reminder to all members, Its our policy to submit a **30 day notice** prior to a change in membership status. The bank requires all EFT transactions to be submitted two weeks prior to the end of the month. Adequate time is needed in order for **the information to be submitted correctly. Please allow (30 days) adequate time for your information to be processed. You must sign for all changes, e-mail and letters will not be processed.**

Physical Fitness Challenge ~ Upcoming in February

Participate in our physical fitness test to see how your body measures up!

- * **Free** 6 week program, all fitness levels welcome.
- * Sign up to meet with a trainer for a body and fitness assessment. This will be you benchmark.
- * Receive a program specifically designed to help improve the key areas of your fitness level.
- * Retest in 6 weeks and measure your accomplishments.

This challenge will help you set goals, monitor your progress, and give you motivation.

FREE water bottle for all participants.

Your fitness levels determine how fit you are and can single out specific areas to improve.

Whether your idea of exercise is skiing down the slopes or changing the television channel manually when you lose the remote, it is important to know exactly where your fitness abilities lie. Knowing your fitness level plays an important role in your health, preventing heart disease and delaying chronic disease.

The key areas of focus are: Cardiovascular fitness, muscular fitness, flexibility and body composition.

Health Insurance Reimbursement

Did you know most health insurance providers are now offering health reimbursements.

Please Check with your health care provider for a health reimbursement. Village Fitness can supply you with an invoice for your payment. Fill out the appropriate paperwork available at the front desk or located on your providers website. Any item purchased through Village Fitness is eligible for reimbursement. (Membership, Personal Training, Group ex....)

New Aquatics Class!

Village fitness is now offering Aquatics Classes.

We are very pleased to be working with the Walworth Recreation and Gananda School and expanding our fitness programs.

Aqua Splash - 3:30pm-4:30pm
session 1: February 24th - March 31st
Session 2: April 7th - May 19th

Aqua Fit - 7:30pm-8:30pm
session 1: February 24th - March 31st
Session 2: April 7th - May 19th

Free to 12month members, \$3 for short term. Non-members sign up through Walworth Rec. for a discount.