



1. LIMITED TIME – Referral program!
2. Partner Training
3. Kid's Activities
4. Special Offers
5. Club Sports & Events
6. Club Vibes

1. **NEW! Member Referral Program!**

Refer a New Member & Save \$

SPRING VALLEY MEMBERS!

Get a friend to join Spring Valley Athletic Club for 12 months and you could pay as low as \$39/month* for your membership from now on! **LIMITED TIME OFFER!**

* Some restrictions do apply. Please see a membership representative for details.

PARISI SPEED SCHOOL MEMBERS!

Get a friend to join Parisi Speed School For 12 months and you could pay as low As \$79/month* for your membership! **LIMITED TIME OFFER!**

* Some restrictions do apply. See a Parisi representative for details.



Here's How It Works:

1. Refer a **NEW** 12 month member to Spring Valley or Parisi Speed School.
2. Tell them to mention your name when they join.
3. Our staff will contact you to offer you a new, lower monthly rate!

*New contract w/12 month commitment required. New member **MUST** mention your name when joining.

2. **NEW! Partner Training**

Talk to a trainer for more details

Group personal training sessions are now available. Maximize your workout, along with up to three friends to share the fun and the savings!

3. Kid's Activities:

Kid's Night Out – For Ages 3-10!

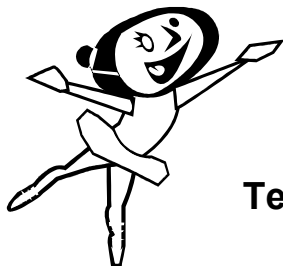
Friday, February 20 from 5-9pm

We'll watch the kids! Children enjoy games, a craft, a movie & a slice of pizza. \$20 for members; \$26 for non-members. Pre-registration required.

Please bring a water bottle. Contact Donna at (610) 678-0484 or diascoskie@svathleticclub.com.

Dance – For more information on dance

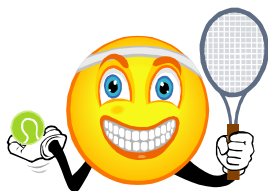
programs at Spring Valley contact Miss Kim, Dance Director, at (610) 678-0484.



Tennis – Children as young as age 4 can learn the basics of tennis!

Clinics are available 6 days a week.

Contact Pro Brian Wardhammar at (484) 824-5029 for details.



Karate – Make karate part of your family's New Year's Resolution!

Congratulations:

13 students had perfect attendance in December!

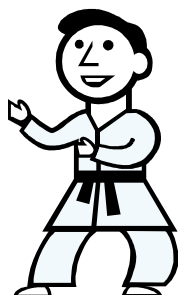
12 new students joined Top Kick Karate!

22 students were promoted

Kylie transferred to Beginner's Youth Class

Jared & Nate transferred to Advanced Youth/Adults Class

Contact Mr. White, Instructor, at (610) 368-8616 or topkickteacher@yahoo.com to register for 2 free weeks of karate!



Kid's Smoothies!

A good treat for a good kid!

Fun Flavor MENU

BananaRama

Chunky Monkey

Purple People Eater

Congo Bongo

Just \$2.50 for
Kid friendly 12oz size



4. Special Offers

Guest Pass

1/2 off Guest Fee
(Regularly \$15)

Expires 2/28/09

Free Kids Court w/Massage

Valid for up to 2 kids!
**We'll watch the kids while
you get a massage!**

(\$16 value)
Expires 2/28/09

5. **Club Sports:** Contact Maria at mshunk@svathleticclub.com for details.



Little Kickers – Thursday Nights! For boys & girls, ages 3-6. 5:30-6:30pm. Join coach Dale “Oscar” Witmer to acquire basic soccer skills in a non-competitive environment.

Kickers – Thursday Nights! For boys & girls, ages 7-11. 6:30-7:30pm. Coached by Dale Witmer who has over 25 years of coaching experience in youth, high school and collegiate soccer. Improve current skills & acquire new techniques.

NEW! Upper 90 Soccer Academy – Saturdays thru March 14. 6-week session. For boys & girls, ages 7-14. Sessions from 9-10am & 10-11am. Players grouped by age and gender. Coach Dale “Oscar” Witmer.

NEW for ADULTS! Open Soccer Turf – Every Wednesday from 7-8pm. Must be 18. Register with Maria. Min. 10 players; Max. 14. \$10 for members & non-members.



Little Hoopers – Monday Nights in February! For boys & girls, ages 4-5 play from 5:30-6pm; ages 6-8 play from 6-7pm; ages 9-12 play from 7-8pm. Join Stephanie Mitchell, Wilson Hall of Fame Basketball Player and Temple University player for skilled instruction while having fun!

Men’s Pick-up Basketball – Every Tuesday night from 7:30-9:00pm. Free for members; \$10 for non-members. Balls avail. @ front desk.

NEW for ADULTS! Women’s Pick-up Basketball – Are you interested? Over 30 and under 30 age groups. Sessions to start 2nd week of February. Contact Maria at mshunk@svathleticclub.com with your interest.



NEW for ADULTS! Open Volleyball – Every Thursday from 6-7pm. Register with Maria. Min. 8 players; Max. 14. \$5 members; \$10 for non-members.

Is there a sport program you’d like to see Spring Valley offer?

*Contact Maria Shunk with your suggestions
at (610) 678-0484 or mshunk@svathleticclub.com.*

NEWS BRIEF: A Quick Guide to Eating Better

- **Add, don’t subtract:** Research shows dramatic results when people fill up on fruit and vegetables first whenever they’re hungry.
- **Feast on Fiber:** Fiber-rich foods fill you up faster, make you feel fuller longer and is one of the most powerful ways to lose weight. Fill half your plate with vegetables and legumes to increase your fiber intake.
- **Don’t skip:** Don’t skip meals! Especially breakfast! Studies show you are not cutting back on calories, you will simply binge later.
- **Downsize your dinnerware:** Make your plate smaller& your portions will seem bigger.
- **Don’t finish your supper:** End each meal by leaving a little bit of food on your plate. We’ve been conditioned since childhood to clear our plates whether we were still hungry or not.

Reference: “A Quick Guide to Eating Better!” Better Homes and Gardens Jan. 2009: 114.

6. Club Vibes:



Margaritaville Happy Hour!

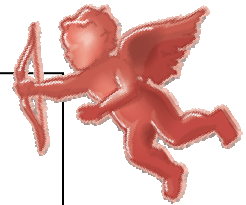
Friday, February 20 at the Pub at Galen Hall, 546 Galen Hall Road, Wernersville from 5-7pm. Entertainment by John Hain playing “songs you know by heart!” Tropical attire contest – dress accordingly! Prizes include free rounds of golf, appetizer freebies & more! PLUS – Name the bar contest! Non-member friends always invited!

BONUS for parents! It's also Kid's Night Out at Kids Court – So we'll watch the kids. Call to register.

February Smoothie of the Month: Heart Breaker !

Fall in love with this strawberry & raspberry knockout! Cater to your body's post-workout needs with this smoothie's 29g of protein! Half off all month long!

SPECIAL ½ off! 16oz. \$1.75 or 24 oz. \$2.75



Bad Weather? – The Club is open though all winter storms (unless a state of emergency is declared)! Group fitness classes will be cancelled or delayed following the precedence set by the Conrad Weiser School District.*

*In the event of a one hour delay, there will be no 5:45am, 7:30am or 8:30am classes. In the event of a two hour delay, there will be no 9:30am class; however, 10:30am classes will be held at their regular time. If there is an early dismissal, all pm group fitness classes will be cancelled. If school is closed for the day, all group fitness classes are cancelled.

Valentine's Day Ideas – Don't forget Saturday, February 14!



- **Massage** – Give loved ones a pampering with a soothing massage. Appointments available daily. See the front desk to schedule or to purchase a gift certificate.
- **Flowers** – As a Spring Valley member, enjoy 10% off any in-store purchase of flowers at Fegley's Flowers, 523 W. High St.; Womelsdorf. Call now to order your cash 'n carry special of a dozen roses for only \$39.95! (888) 334-5397. Must show Spring Valley membership card to qualify for discount.

Member Celebrity! - Spring Valley member, Chris Talarico of Talarico & Associates, now has her own TV show – “Dreamers”. Watch Chris and her special guests LIVE on BCTV on the 4th Tuesday of the month at 7pm.

New Silver Sneaker Members - WELCOME! Be sure to bring your “visit” card with you at each visit to get initialed & dated. Turn your card in when you have 10 visits and receive a special gift!

Congratulations & Thank You to the following members who referred a new member to Spring Valley in December:

Tiffany Billingsley; Wanda Bond; Lisa Crouse; Margery DaDamio; Karen Dickinson; Jenn Dietrich; Achsah Eiceman; Ann Huseman; Robin Kline; Tricia Krut; Vin Lawrence; Richard Mogel; Gianna Monteleone; Ed Muldoon; Nicole Page; Cleann Pauley; Lisa Quirk; Pam Reeves; Ashley Richards; Catherine Shade; Christine Sullivan & Rachel Weir



THE OFFER YOU HAVE BEEN WAITING FOR!

If you bring a friend and they join Parisi by March 31, you can rewrite your Parisi contract at \$79/mo with a new 12-month commitment! You may freeze your membership two times during your commitment and may use 12 months within 16 months.

PLUS...add a sibling! With any 12 month commitment, you can add a sibling for just \$20/ month!

Parisi Speed School offers free trial classes to anyone over age 7 (adult too) who want to train like the athletes do! Call ahead to register for a free class.

Turf & Sport Court Rental Available: Call for dates & rates!

For more information on the above programs or any Parisi Speed School question contact Maria at (610) 678-0484 or mshunk@svathleticclub.com

Going out of Town? – Don't forget about your workouts when you travel! As a member of Spring Valley, you have access to utilize over 3,000 participating IHRSA facilities in the US and more than 50 countries! Visit www.healthclubs.com to find a participating club to visit when you travel.

If traveling for an extended time, membership freezes are available for travel and personal reasons. Freezing your membership temporarily holds your membership status while your account is only charged \$14 instead of your regular monthly payment. Medical freezes are provided at no charge with a doctor's note. See a membership representative for more details.

Club Hours

Monday – Thurs.	5:30am – 10pm
Friday	5:30am – 8pm
Saturday	7:00am – 6pm
Sunday	8:00am – 6pm

Kid's Court Hours

Monday – Thursday	8:00am – 8pm
Friday	8:00am – 4pm
Saturday	8:00am – Noon; Noon – 4pm (3-12 year olds only)*
Sunday	9:30am – Noon; Noon – 3pm (3-12 year olds only)*

*Note: All children younger than three must be accompanied by an adult after 12 Noon on Saturday and Sunday.

Parking!

For your car's safety & for the safety of all members, please be sure to pull all the way into your parking space.

