

“New Year, New You”

At the Colusa Wellness Center

Give yourself the gift of good health, we invite you to join us for

our “New Year, New You” special membership!

We have lots to offer, come take a look ...

- 27,000 sq ft Facility including Full Gymnasium with volleyball and basketball courts – special daily rate for open gym volleyball on Tuesday nights and open gym basketball on Thursday nights
- Beautiful Six lane heated Swimming Pool, for year round use available for water play, lap swimming or just relaxing in the sun
- Full Locker and Shower Facilities and Towel Service
- Men’s and Women’s Dry Saunas

· Weight Room featuring Matrix Cardio and Circuit equipment, Treadmills, Exercise Bikes, Functional Trainer, Rowing Machine & Free Weights

· Aqua Classes - Aqua Aerobics and Aqua Yoga

· Exercise Classes - Spin Classes & Yoga Classes

· **Ooh-La-La Salon & Spa** – we have it all! Appointments, call 458-2771 Massage Therapy, Body Wraps and specialty spa services – Cindy Romano & Cindy Vazquez

Hair stylists - Toni Moss & Kim Womble

Manicurists - Dawn Gonzales & Toni Moss

Facials - Jenna Kilgore & Michelle Ayala

Sunless Spray Tanning - Terrie Codorniz

And a variety of salon products and gift certificates available

· Seasonal Scrapbook Friday Crops & Stamp Card Classes

· Full Smoothie and Espresso Bar and Lunch Menu available

· Various Memberships available -- Featuring a special membership –

“New Year, New You” – prepaid single membership available January 3<sup>rd</sup>, 2017 through March 31, 2017 -- enrollment fee \$40.00, monthly dues \$45.00 per month

\*\*\*\* if new member is under 18, parent must co-sign membership agreement and we also require one teen training session at \$20.00.

Laurie Costa, Director -- Susan Gibbs, Membership Coordinator

We're here for your mind, body and spirit!

Monday-Friday 5am – 9pm \*\* Saturday 7am -5pm

3720 Highway 45, Colusa \*\* 458-5787

