

June-July 2010 Newsletter



Please Welcome All Our New Members Who Joined In May

John Adams
Andrew Addison
Dianna Alpini
Julie Angstadt
Joe Berardi
Brent Calhoon
Lester Care
Jamie Celia
Brianna Cooper
Virginia Covach-Bruno
Ryan Creal
Stephanie Deem
Lisamarie Denunzio
Lisa DeSano
Kate Doughton
Edward Drost
Jeff Duncan
Sylvester Durant
Robert Ganter
Ben Garland
Lisa Gooch
David Grebe
Jason Grove
Samreet Guraya

Bud Haley
Stephanie Hartman
William Heller
Theresa Henneman
Anna Maria Hill
David Holt III
Karisa Hoyer
Patrick Hurley
Maggie Irwin
Allison Krueger
Eric Krug
Catherine Lantz
Julie Latzgo
Barbara Levensgood
Colin Levensgood
Haley Levensgood
Natasha Luce
Karen Madeira
Justin Martin
Erma Michalak
Megan Michalak
Pat Monaghan
Chris Moyer
Denise Moyer

Marie Novack
Joyce Pottash
Tony Pride
April Pullen
Shawn Richter
Danielle Riek
Eileen Ritz
Liviana Rocco
RoseMary Schaeffer
Ryan Seitz
Tyler Shappell
Christian Snyder
Thomas C. Stoudt
Carol Sukchai
Samantha Sundburg
Brandi Vallely
Nicole Vallely
Chad Walter
Emily Willis
Alison Wolters

Congratulations!

To Our May Stars

Most Check Ins

Female: Joan Eshelman with 41

Male: Greg Strickler with 33

Silver Sneakers Members

Female: Elaine Kahler with 28

Male: William Dengler with 18

Most Group X Classes Taken

Yvonne Wittels with 43

**Stop by the front desk to
pick up your prize!**



What's New at Valhalla?

We are very excited to announce the expansion of our massage treatments offered here at Valhalla.

We have welcomed some new therapists to our current staff so that we can offer a variety of massage modalities. Please check at the front desk for our updated Massage Brochure. Within each category of massage; therapeutic, medical, sports and relaxation, you will find forms of massage to treat your specific needs. Just as an example of what is new, we now offer an "Exfoliating Sea Salt Glo", "Black Baltic Mud Wrap" and Aroma Therapy" to help you detox and rejuvenate. We also are offering Reiki as an ancient technique to reduce stress, promote optimum relaxation and enhance quality of life. Stop by the front desk, pick up a brochure and see how touch can make a difference.

Time is running out...
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Students— you only have until June 30th, 2010 to take advantage of the summer membership. Three(3) months for only \$129! Stop by the front desk today!



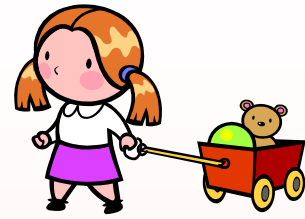
Odell Chiropractic is proud to announce that we have teamed up with the staff at Valhalla Health & Fitness Club

We will soon be offering free lectures on a variety of great topics! We would like to know if you'd be interested in attending free, informative lectures on the following topics:

Core stabilization, Sports injuries,
Training injuries, Overtraining,
Low back pain, Neck pain,
or how chiropractic can help your pain.

If interested....simply email Janet at jhanger@valhallahc.com,
with your name and topic(s) of interest...
or stop by the gym bulletin board to complete the survey!

A Friendly Reminder

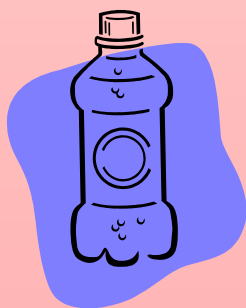


As summer approaches your children may be coming into the gym wearing sandals. Just remember that your kids need to wear socks while in the daycare. Also remember that parents **MUST** remain at Valhalla while your children are in the daycare!



Remember - We Now Recycle!

Valhalla is now recycling plastics and glass. A recycling container has been placed on each floor of the facility. Please make sure to dispose of your recyclables in the appropriate containers.



Welcome!

Valhalla welcomes 3 students interns! You will see them on the Fitness Floor, in the Group Ex Studios and at the front desk! They are:

Steve Minnich (Valhalla member)- Steve is a senior at Kutztown university

Matt Dornes and Kim Butler are seniors at Penn State Berks

All 3 student interns are majoring in Kinesiology.

Steve, Matt and Kim will be very visible on the fitness floor. Please welcome them and utilize their talents and skills by asking them for any guidance you need!



There's still time to accumulate membership rewards points for the 2nd quarter. You have until June 30th ...points will then be available to redeem between July 6th and July 28th. Don't forget to redeem them...they will be wiped out if not redeemed by the 28th of July.



July 4th Hours

On Sunday, July 4th Valhalla will be open from 7:00 am to noon. The Café and the daycare will be closed. Be on the lookout for flyers regarding special Group X classes to be held on that day.

Have a safe and happy holiday!

Member Happy Hour!

Join us for our next Member Happy Hour on Monday, July 5th from 5:00 pm to 7:30. Mingle with other members and enjoy a complimentary snack and beverage. Don't forget as well that the first Monday of every month is "Bring a friend to the gym day." So...bring a friend with you to work out and if they join on THAT day, you will receive 1 FREE month!



Coming Soon...

Joint Care Program

Valhalla and Commonwealth Orthopaedics are pairing up to offer a specific “Joint Care Program.” This program will be in a small group format and will be carried out by Nate Taylor, Doctor of Physical Therapy.

More information will be forthcoming.

Starting on Wednesday, June 23rd the Café will have a special shake on sale for \$3.00

On this Wednesday, the 23rd, the special shake will be

“Banana Nut Blast”

