

# TOTAL HEALTH

## OREGON

Located at Wilsonville Bally's  
Wilsonville, Oregon  
503-682-3550  
www.totalhealthoregon.com

**Start Date: Jan. 5, 2010**

**10 sessions**

**Class size limited**

Program 1/5/10 thru 3/09/10  
10 week program-10 sessions \$250.

Monday 5:15 am or 10:30 am  
(all classes are one hour)

Classes fill up fast so register today!

**Program leaders:**

**Tanya McArthur, Registered Dietitian  
ACE Certified Fitness Instructor  
Weight loss through good nutrition**  
**Dana Sahlin, ACE Certified Personal  
Trainer & Certified Fitness Instructor  
Focusing on every body part**

*Lose up to 20 lbs. this winter!*

**Learn the proper and most  
effective way to lift weights**



**BALLY**  
TOTAL FITNESS <sup>SM</sup>



**Sign Up Now!  
Space  
Limited!**

Program offers  
accountability and  
support in a small  
group setting.

### **NUTRITION**

  
**Weight Loss**

Price includes 2 Body  
Compositions

  
**Flexibility**

**Strength Training**

  
**Cardiovascular Health**

**Stress Reduction**

**Payment due at registration  
to Bally Total Fitness**

**Circle One 5:15 or 10:30**

**Member#**

**Please call for more  
information:**

**Tanya 503-679-9020  
Dana 503-351-6767**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email: \_\_\_\_\_

Phone \_\_\_\_\_

Health Concerns: \_\_\_\_\_

Fitness Goal:

Nutrition Goal:

Signature \_\_\_\_\_

Date \_\_\_\_\_