

TOTAL HEALTH

OREGON

Located at Simply Sport
www.totalhealthoregon.com

Start Date: Jan. 5, 2010

Your Choice: 10 or 20 sessions

Program 1/5/10 thru 3/14/10

Fee Structure:

10 week program-10 sessions \$250 or 20 sessions (any combo of two classes) \$300

Schedules:

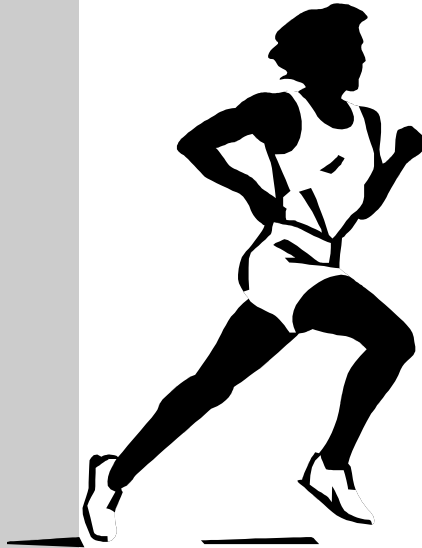
Monday 5:15 am, 9:00 am or
 Friday's 10:45 am or Saturday's 7:30 am
 (all classes are one hour)

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



**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 Simply Sport

Circle One M 5:15; M 9:00;

F 10:45; S 7:30

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 _____