

TOTAL HEALTH

OREGON

**Located at Simply Sport
21011 Main St. NE
Aurora, Oregon**

Start Date: September 28

www.totalhealthoregon.com

\$50 Deposit Required to hold space

Program begins 9/28/09 thru 12/05/09
 Monday 5:15-6:15 am, 9-10 am or 5-6 pm
 Wednesday 10:30-11:30 am
 Saturday 7:30—8:30 am
 10 week program—10 sessions \$175
 20 sessions \$300 (any combo of 2 classes)

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

Lose up to 20 lbs. the holidays!

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.

\$50 Deposit is non-refundable after 9/28/09

NUTRITION


Weight Loss

Body Fat Testing


Flexibility

Strength Training


Cardiovascular Health

Stress Reduction

Full payment due by 9/28/09

No refunds after 9/28/09 unless permanent disability or re-location of 30 miles or more.
 Cash or Check **Only**

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

Name

Address

Phone

Email:

Health Concerns:

Fitness Goal:

Nutrition Goal:

Signature Date