

CURRENT NEWS AND EVENTS

MONTH OF FEBRUARY

Welcome to all the “Slim Down Challenge” participants. We are very excited to watch your progress and be here to help in any way we can. Sign up today for the Weight Management 101 class. Personal Trainer, Matt Eby will guide you in making effective choices to work smarter, not harder to meet your goals!

2012 IS HERE! We have a great deal for you this month. We are going to PAY YOU to come to the Club, try new things, meet new people and get in shape. How can you not make time for this health plan?

Enroll in February and sign up for the “ACTIVE ADVANTAGE PROGRAM” and start earning money in the first 30 days. You can buy tennis lessons, personal training, massages, smoothies, swim lessons, Club logo clothing or a variety of products we offer.

We are committed to getting you started on a regular program so you can get the results you expected from the Club. As a member you have choices of so many activities and we have Kids Club for the small ones while you workout.

FLOW YOGA

CARDIO TENNIS

AQUA TAI CHI

SPINNING

ZUMBA

STEP CLASS

BOOT CAMP

PRE NATAL AQUA CLASS

POWER UP

SENIOR CIRCUIT CLASS

WATER AEROBICS

ARTHRITIS FOUNDATION AQUA CLASS

We are very excited to welcome [GORGE SPINE AND SPORTS MEDICINE & COLUMBIA GORGE PHYSICAL THERAPY](#) to our facility. Now you can recover with physical therapy and integrate your exercise program with the help of your therapist!