



Health & FITNESS

July 2010 www.fghealthandfitness.com

2329 Pacific Avenue Forest Grove, OR 97116 503-357-1701(club) 503-357-1706(clinic) 503-270-5023(fax)



July Membership Specials! Pay your 1st and last month's dues at time of sign up and pay no joining fees. This offer is good on all new 1 year Premiere and Silver Memberships.

Introducing Kara Lee, LMT: Please welcome the newest addition to the FGH&F Clinic! Kara specializes in deep tissue, therapy treatment, sports massage, auto accident recovery and Swedish Massage. Massage is a great way to relieve stress and ease those everyday pains. To schedule an appointment with Kara call the FGH&F Clinic at 503.357.1706.

July is UV Safety Month: Stay safe in the sun this summer! Try to minimize sun exposure and always use sunscreen. Be sure to have moles and sunspots checked annually. For additional information and a complimentary "effects to the skin" evaluation, call the FGH&F clinic at 503.357.1706.



Summer Student Special: It's the ultimate student special! Just \$1 per day from day of sign up to Sept. 6, 2010! \$25 joining fee to start, student ID required, must be at least 12 yrs old.

Snowbird Special: Back by popular demand! An individual 6 month membership for just \$225! And no joining fee! Take advantage of this awesome membership special today! Limited time offer.

10-3 Special: Our "10-3" membership may be just what your looking for! This is a limited access membership we are currently offering at a great low monthly rate. Gym access will be available M-F from 10am-3pm, all hours Sat/Sun. Fitness classes are not included. Call 503.357.1701 for details.

Group Fitness: NEW TO JULY'S SCHEDULE: **Early Bird Circuits, Silver & fit, Gentle Tai Chi, Chakra Yoga, Yoga Workshop (July 10th only)** Visit fghealthandfitness.com for class days and times.

Saturday Yoga Workshop: Join Margi Sat. July 10th at 7:30 am for an intermediate level-Yoga workshop. \$10 fee, open to members and non-members. Don't miss it! Call 503.357.1701 for details.



Personalized Weight Loss Program: You could lose 2-3 lbs a week with our individualized 8 week program! Programs include personal training, nutrition planning and more. \$299 for members, \$399 for non-members. Call 503.357.1701 for details.

School Sports Physical: Kids playing sports this Summer? Look to Forest Grove Health & Fitness for your child's school sports physical! **Just \$45.00 with Dr. Peters or Dr. Owen.** Call the FGH&F Clinic at 503.357.1706 to schedule yours today.



Refer a Friend, Get Rewarded: For every new member you refer to us that signs a 1-yr. agreement, you will receive \$10 toward your monthly dues. Just make sure they tell us *you* sent them in!



Silver & Fit: You may be eligible for FREE enrollment with our Silver & Fit Program. This program is designed for seniors to stay active and be healthy. Insurance companies paneled with Silver & Fit are: Kaiser, Healthnet and Sterling. Contact your provider to confirm eligibility. Call 503.357.1701 for details. At Forest Grove Health & Fitness, it's never too late to start exercising!

Fear of Commitment? Want all the benefits of a one-year membership without a long term commitment? All it takes is a one time joining fee to get started, then pay your regular monthly dues for 3 months and you may cancel at any time or continue your membership for as long as you like!

Senior Fitness: Silver & Fit classes are tailored for seniors with the aid of a chair so fitness, strength, balance and independence can be obtained with dignity and grace. Classes focus on and increase flexibility, joint stability, balance, coordination, muscular strength and cardiovascular endurance.