



TEEN FIT PROGRAM

This program is designed to help with teen obesity and offer a solution for teenage athletes to stay in shape!

FREE!

Through August '09

Ages 13-19 y/o, parents must sign waiver

*Circuit workout using **SAFE** resistance equipment

***Free** personal coaching always available

* Comfortable, non-intimidating environment

[16200 SW Pacific Hwy. Tigard, OR 97224. Phone 503-430-7116](#)

[99W & Durham](#)