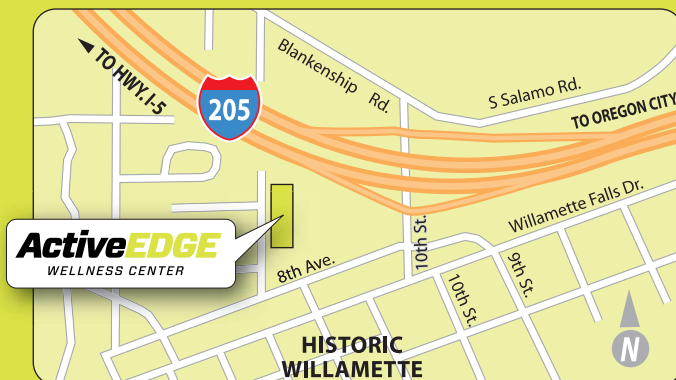


Conveniently located **one minute**
from the 10th Street Exit off Hwy. 205



➤ **RECOVER**

➤ **THRIVE**

➤ **EXCEL**

TARGETED FITNESS SOLUTIONS

for wherever you
happen to be...

to get you where
you want to be.

ActiveEDGE
WELLNESS CENTER

2020 8th Ave, Suite D

West Linn OR 97068

Phone: 503-387-5449

Fax: 503-342-6846

ActiveEDGE
WELLNESS CENTER

activeedgewellness.com

➤ **RECOVER** ➤ **THRIVE** ➤ **EXCEL**

Partners In **Your** Active Lifestyle:

ActiveEDGE is like no other gym you have experienced. We are physical therapy clinic, first and foremost, and bring this medical approach to the pursuit of fitness. What does this mean in practice? It means that we PRESCRIBE exercise just as physicians prescribe medication...and we are the ONLY professionals trained to do so. Well prescribed exercise is absolutely

transformative. But, as with medications, prescribing the wrong exercise or incorrect dosage of an appropriate exercise can lead to poor results or even injury. We believe that EVERY member deserves a personalized program of "corrective exercises" targeting their individual deficits and designed to help them achieve their specific goals.



Members have
24/7/365
access to our
State of the
Art Gym!

ActiveEDGE
members
receive a 7-point
health screen
with a personal-
ized program
based on their
results.

Have a question
about your
routine or
experiencing
discomfort? Let
us help you with
a **FREE INJURY
ASSESSMENT.**

activeedgewellness.com



Physical Therapy:

Back to Life AND Better

Our approach to and goals for physical therapy are not just focused on your current pain, but geared toward removing the roadblocks that are holding you back from your passions.

- We don't just treat your current symptoms to provide relief from pain...
- We also address the contributing factors that led to the injury in the first place...
- Decreasing your likelihood of having the symptoms return over the long term.
- Why not identify and address ALL of the factors affecting your functional capacity, overall health and wellbeing?



Personal Training:

- The most effective tool for your success is a program tailored to your individual needs to address your current fitness, strength and mobility limitations.
- Through careful and refined assessment we build programs that progressively and safely help you excel.

With a Personal Trainer: \$95/session

- 5 pack discount: \$85 /session
- 10 pack discount: \$75/session

With a Physical Therapist: \$125/session

- 5 pack discount: \$100/session
- 10 pack discount: \$85/session

CLASSES...

We offer a full class schedule:

- Mobility, Strength, Cycling and Interval-based Circuit Training.
- **Free** for Members.
- Punch cards available for drop in non-members
- 5 classes for \$50 with 6th class free
- small class sizes ensure your instructor can attend to and correct your form when needed



Check out our amazing interactive cardio equipment at activeedgewellness.com.
We are the first to have these in Oregon!

A Dietician and
Licensed
Psychologist are
on staff and
available to
support your
path to a healthy
lifestyle!

Gym Memberships:

You can expect the highest quality exercise and testing equipment available.

Members are part of the ActiveEDGE community supported by experienced and knowledgeable experts in fitness and nutrition."

FULL MEMBERSHIP:

This is the ideal membership for accomplishing your fitness goals. Includes a comprehensive **7-point health screen** to assess your current status and an **individualized gym and lifestyle plan**. You are retested and the plan is modified based on your progress EVERY quarter.

- **Individual: \$84/mo.**
- **Family: \$75/mo.** per person

*One time initiation fee: \$100**

BASE MEMBERSHIP:

This membership includes a **Functional movement screening** and **body composition testing**. Based on the movement screen, each member is provided with an **individualized strength and cardio program** for the gym.

- **Individual: ONLY \$59/mo.**
- **Partners: \$89/mo.**
- **Family: \$139/mo.** (up to 4 members)
- **High School student: \$49./mo.**

*One time initiation fee \$25**

*** NOTE:**
Your \$25 Base Membership or \$100 Full Membership one-time initiation fee covers your welcome packet and initial personalized training program. This fee is waived with the purchase of an annual membership.