



BETHANY
Athletic Club

Member Newsletter

February 2010

"my home, my work, my club"

FEBRUARY UPCOMING EVENTS

- **OAC Month Long Marathon** begins Mon 2/01
- **Member Registration begins Mon 2/01**
 - Group Swim Lessons
 - Soccer
 - Basketball
 - SAQ
 - Sporties for Shorties
- **Core & More** (6 wks) w/ Sally Bovero begins Tue 2/02 @ 10:30am
- **TUFF University** Ongoing w/ Mike Scarlata Wed @ 4:30pm
- **ESS Sports Training** Ongoing w/ Brian Smith Mon, Wed, Fri @ 3:30pm
- **Date Night** Fri 2/05 @ 5:00 - 9:00pm
- **Heart Healthy Cooking Demo** at Hawthorn Farm w/ Nancy Causton Fri 2/05
- **Adult Swim Class** (6 wks) w/ Lynn Horihan Wed 2/24 @ 8pm
- **Cycle Marathon** Sat 2/27 @ 1:30 - 4:30pm

February is National Heart Month

Did you know that February is National Heart Month? This annual proclamation from the President is designed to help raise public awareness of heart disease. While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease.



OAC is Good for your Heart

The good news, is just by being a member of our clubs, you've taken an important step in the right direction. Most gym members already know that regular exercise is key to a healthy heart. But the standard health club model only focuses on signing members up, not on building support, communities, goal setting, or maintaining good habits over time. The BAC member offerings listed throughout our newsletter were developed with just these important elements of long-term success in mind.



Month Long Marathon

This goal setting program encourages participants to complete 26.2 "miles" of exercise between February 1st and 28th. \$20 registration fee includes a t-shirt as well as a prize and raffle entry if the "marathon" is completed.

Oregon Athletic Clubs Celebrates National Wear Red Day® February 5th with The Heart Truth®!



Even though most people associate heart disease with men, it's the leading cause of death among women. To raise awareness of this fact, the American Heart Association's Go Red campaign aims to spread the Heart Truth® and help women take action against heart disease.

- Wear your heart on your sleeve by wearing something red on Friday, February 5th, National Wear Red Day
- Heart Healthy Cooking Demo with Nancy Causton at HFAC's Bistro Friday Feb 5th
- We'll offer promotional pricing on our heart healthy menu items in the New Leaf Bistro
- Drop the kids at PJ Date Night and wear that red dress out on the town! Stress relief is as important to a healthy heart as alone time is key to a healthy relationship.
- Share your favorite heart healthy recipes on our Facebook page all through the month of February.
- To find out more about women and heart disease, visit The Heart Truth Web pages at www.hearttruth.gov.



THE POINTE
Spa

{ member ★ ★ ★ }
{ exclusive }

Hot Stone Massage for only \$95



Born of the earth, shaped by the movement of water-smooth stones are used to induce a deep state of relaxation for body and mind in this 80-minute massage

MEMBERSHIP HAS ITS BENEFITS!

Bethany Athletic Club is proud to announce our new partnership with Fit Right NW located in Portland, OR. Fit Right is the quintessential running and walking store in town. They offer a FREE videotaped gait analysis as a part of their multi-step fitting process for footwear and have an amazing selection of fitness and running apparel and accessories.

As a special gift to you, Fit Right is offering our members a 15% discount off all regular priced shoes, apparel and *accessories during the month of February. Just show your member ID card and start your New Year Resolution today! Get your gear at Fit Right and come on into Bethany to stay fit in 2010!



and don't forget...

Oregon Athletic Clubs and the Rose Quarter are partnering up to give special rates to our members! You can purchase discounted tickets for family events, concerts and shows at the Rose Quarter such as Disney Playhouse Live, Monster Jam, Harlem Globetrotters and Walking with Dinosaurs!

Just log on to:
<https://groupsales.rosequarter.com>
User Name: Athletic
Password: Club
Enjoy the Show!

KEEP YOUR WORKOUT INSPIRED!

Watch the Winter
Olympics with us
beginning
February 12, 2010!



Congratulations Jane!



Member Jane Reser is the winner of our "Goal'd Medal" raffle promotion at Bethany! Inspired by the idea of Olympic athletes setting out to achieve their lifelong goals, this package includes a full year of club membership, monthly spa services and a monthly fitness training consultation.

OAC Partnership with Legacy Health Systems for the amazing Cardiac Health Program

Hawthorn Farm and RiverPlace Athletic Club's Cardiac programs provide regular workouts with a certified club personal trainer and a Legacy registered nurse. If you've had heart issues, ask your doctor about the appropriateness of this program for you!

MEMBER BUSINESS DIRECTORY

Each Club is developing a club "yellow pages" of member-owned businesses to be presented to the broader membership. Promote your business or services to your fellow members all while building community within your own club! For more information, or to complete an application, please visit the Membership Department or ask for a membership representative at 503.690.2100.

FEBRUARY SUPERFOOD **STRAWBERRIES**

Though not locally in season, strawberries are abundant in stores during February due to their association with Valentine's Day. These healthy treats are a delicious way to add more antioxidants and fiber to your diet. According to the California Strawberry Commission, a serving of strawberries, (just 8 berries) contains more vitamin C than an orange, 2 grams of fiber, and a host of other nutrients.

This month in Oregon Athletic Clubs you'll find strawberries featured in:

- Strawberry Smoothie promotional price \$3.25 at the New Leaf Bistro
- Chocolate Strawberry Pedicure at the Pointe Day Spa



Strawberries are also at the heart of two heart-healthy recipes we've posted on our Facebook page with Valentine's Day in mind.

- Breakfast in Bed - Heart healthy pancakes with fresh strawberries
- For Lovers or Friends - Dark chocolate dipped strawberries. (Did you know that dark chocolate can contain up to eight times the antioxidants of strawberries?)

{ GIFT ★ ★ ★
with purchase } 

**Buy a \$100 Gift Card
and receive a
complimentary box of
Moonstruck Chocolates!**

Quantities limited. Promotion begins February 1st and runs through February 14th or while supplies last. Four piece handmade chocolates from Oregon's premiere Chocolatier. Available to members and non-members. Member or other discounts may not be applied to the purchase gift cards. Other restrictions may apply.



Member Appreciation Open Houses

If you missed our January Member Appreciation Open House Weekend, not to worry. We have another one coming up in April!

Our open houses have four days of activities with something for everyone. A Thursday evening soiree and Friday morning mature member social promote community in a relaxed, wellness setting. On Saturdays we launch new group fitness formats that keep our classes new and engaging over time. Our Sunday family events make being active together fun.

For more information on
our classes or schedule,
visit us online at:
www.oregonathleticclubs.com

Follow us on:



www.bethanyathletic.com



www.twitter.com/oaclubs

February Member Appreciation Offers

MEMBER REFERRAL PROMOTIONS - BRING IN SOMEONE YOU ADORE

Coming to the club with a friend or loved one is a great way to support a healthy lifestyle.

♥ Complimentary Upgrade to a Couple Membership

Change your individual membership to a couple membership and we'll waive the processing fee. Up to a \$100 value. Offer valid for existing individual members and is not valid with any other discount. Both couple members must be over 18 and living at the same residence. Requires a signed agreement with the new member, but does not change the term length of the original membership agreement. Other terms and restrictions may apply. Please contact the membership department for more information.

♥ Refer a New Member to any OAC Club and Get a Free Month of Dues!

New member specifies a current member's name as a referral source at time of joining. A credit in the amount of a month's dues is applied to the current member's account once the new agreement has past the back-out period. Valid for any dues class, including individual, couple, family, mature and other rates. Other restrictions may apply. Contact club membership office for more information.

LONG-TERM MEMBER COMMITMENT REWARD

You asked us to bring back our prepay incentive, so we're doing it! A huge Thank You for all our long time members. We look forward to enjoying 2010 together!

♥ Prepay one year's dues and receive a 10% discount.

Available to new and existing club members. Does not impact membership agreement terms. Not valid for corporate membership or other discounted dues rates. Not valid with any other offers. Additional terms and restrictions may apply. Please contact the membership department for more information.

♥ Sign a 12-month agreement, receive a gift card worth 10% of your annual dues.

Existing members on a month-to-month agreement who would like to commit to a new 12-month agreement will get a gift card worth 10% of their dues at time of signing. Newly signed agreement subject to all terms and conditions of our standard 12-month membership agreement. Promotional gift card expires 12 months from issue date. May not be combined with other offers, additional terms and restrictions may apply.

MEMBER SERVICE ENJOYMENT REWARDS

♥ Couple Training Package - Buy a Month's Training, Workout with a Friend or Partner for Free!

Valid for one month of weekly training, total of four sessions. Must be purchased during the month of February and used prior to April 15th, 2010. \$200 value. At least one participant must be a current member, guest fees may apply. Please contact the fitness department for full terms and conditions. May be purchased at the front desk.

♥ The Sweetest Valentine's Day Gift Ever - Buy a \$100 Gift Card and receive a complimentary box of Moonstruck Chocolates!

Quantities limited. Promotion begins February 1st and runs through February 14th or while supplies last. Four piece handmade chocolates from Oregon's premiere Chocolatier. Available to members and non-members. Member or other discounts may not be applied to the purchase gift cards. Other restrictions may apply.

EXPERIENCE MORE AT THE POINTE SPA

♥ Valued Member Discount - Hot Stone Massage for only \$95

Born of the earth, shaped by the movement of water. Smooth stones are used to induce a deep state of relaxation for body and mind in this 80-minute massage. Purchase price represents a \$20 discount and is available for member purchase only. Service recipient may be member or nonmember; service must be performed during the month of February 2010. No additional discounts may be applied.