



**City of Lake Oswego
Human Resources Department**

380 A Avenue, PO Box 369, Lake Oswego, OR 97034
503-635-0220

HEALTH / FITNESS CLUBS CORPORATE MEMBERSHIPS

The City of Lake Oswego offers discounted memberships at two local health / fitness establishments. To take advantage of these membership offers, contact the club directly.

TRAINER’S CLUB

Number of members is limited to 50. This discount continues until further instruction from Trainer’s Club, and is the equivalent of the discount extended to similarly situated private sector employees.

Location: 333 S. State Street, Suite W Lake Oswego, OR 97034
 Contact: Jenny Lakey, General Manager
 Phone: 503-636-3900
 Website: www.trainersclub.com

Fee: 15% discount on current membership rate
 For rate info, please call 503-636-3900 and identify your place of employment

\$150 Initiation Fee (savings of \$50, includes one free session with a personal trainer)
 Free week pass provided for those seriously interested in joining Trainer's Club.

Club Offers: Extensive selection of best-in-class cardio and weight-training equipment, and group classes included with membership: yoga, tai chi, step, boot-camp, TRX, glute and ab focus, and stretching. Also includes access to a daily class aired on Facebook.

24 HOUR FITNESS

Program offers discounted membership and no initiation fee. Number of membership is limited to 49 total. *Company ID 90059CORP*

Location: Various location opportunities. *Regional Membership grants access to area clubs regardless of type!*
 24 Hour Fitness Super Sport, 17942 SW McEwan Road Tualatin, OR 97062

Contact: Megan Thompson | Regional Account Manager | mthompson@24hourfit.com
 Phone: 1-800-224-0240
 Website: www.24hourfitness.com/corporate

Fees: No initiation fees.

	Annual fee	Employee Rate	Add a Friend or Family Member
Enhanced Regional	\$49.99	15% off monthly dues	15% off add on rate
		5% off Personal Trainer	

Club Offers: Classes of various types including, cycling, aero-boxing and yoga, cardio room, steam room, fitness equipment, member’s locker rooms and lounge. Some locations have more amenities than others such as Kid’s Club, lap pool, tanning, pro shop and basketball court.