



AVAMERE

at MEDFORD

HEALTH and FITNESS CLUB

OPEN TO THE PUBLIC!

- *Variety of Challenging and Fun Classes*
- *Large Indoor Warm Water Pool*
- *Experienced Instructors*
- *Educational Events*
- *Personal Training*
- *Therapeutic Spa*
- *Aquatic Classes*
- *Fitness Classes*
- *Social Events*

GUEST PASS

*Your ticket to Healthier Living.
Get Started Today!*



Name: _____

Address: _____

Phone: _____ Email _____

Referred by: _____

Guest Pass is good for: _____

AVAMERE

Health and Fitness Club

Your Life. Our Commitment.

760 Spring Street • Medford, OR 97504

541 773 7718 xt 400

www.avamerehealthandfitness.com

We are the Medford community adult exercise specialists. We offer specialized exercise programs for those 40 years and older. We offer exercise classes and strength and conditioning equipment specifically designed for older adults.



Call to Schedule Your Tour Today!