

LifeBalance Activity Schedule, Autumn 2009

www.LifeBalanceProgram.com

Activities and events to keep the whole family active!

Staying active, exercising, having fun and managing stress are just as important to living a healthy life as doctor visits and flu shots. To help you on your wellness journey, we've partnered with LifeBalance to provide you with discounts on recreation, activities, events and services to help you be active and healthy.

For information and details, follow directions included in each activity listing. For questions, call LifeBalance Customer Service at 503-234-1375 or 888-754-5433. For detailed descriptions of all listed activities, plus many more discounts and savings, visit www.LifeBalanceProgram.com

Skiing and Snowboarding

Find exclusive member discounts

Access discounted lift tickets at over 50 resorts throughout the Northwest. For information and tickets, visit www.LifeBalanceProgram.com or call 888-754-5433 or 503-234-1375.

Cost: Pricing at each resort varies

Find discounts at:

Hoodoo Mountain Resort
Mt. Ashland Ski Area
Mt. Hood Meadows
Mt. Hood Skibowl
Timberline Lodge Ski Area
Big Sky Resort
Ski Discovery
Great Divide Ski Resort
Montana Snowbowl
Moonlight Basin
Diamond Peak
Mt. Rose
Deer Valley Resort
Park City Mountain Resort
Snowbasin: A Sun Valley Resort
Snowbird Ski Resort
The Canyons
Bluewood Ski Resort
Crystal Mountain Ski Resort
Cypress Mountain
Mission Ridge Ski and Board Resort
Mt. Spokane Ski & Snowboard Park
Stevens Pass

and more online at www.LifeBalanceProgram.com

Healthy Living Education Corner: Skiing for fun and fitness

Skiing and snowboarding are a thrilling way to get a great cardiovascular workout and tone your entire body while enjoying the breathtaking scenery of the Northwest's best mountain slopes.

Did you know skiing and snowboarding:

- is an aerobic and anaerobic exercise that quickly raises and maintains your heart rate, strengthens your heart and improves oxygen delivery to your muscles.
- uses all of the major muscles in both the upper and lower body to burn calories and increase muscle strength.
- can burn up to 500 calories an hour (excluding time spent on the lift).
- increases your coordination, balance and flexibility.
- uses your core abdominal muscles to control body posture.

Enjoy fun and fitness on the slopes and remember to stay hydrated, wear sunscreen and stretch before and after your day on the snow to minimize muscle soreness.

Fitness and Health Clubs

(Contact facility for discount details/limitations.)

Anytime Fitness | All Locations

Your place for a quick, low-cost, effective workout in a friendly atmosphere! For information, visit www.LifeBalanceProgram.com to search for an Anytime Fitness location near you.

Cost: 50 percent savings on standard enrollment fees and FREE 5 day trial pass

Avamere Health & Fitness Club | Medford, Ore.

Specializing in exercise and wellness programs for those 40 years and older. For information, call 541-773-7718 and identify yourself as a LifeBalance member.

Cost: 50 percent savings on regular price initiation fee

Northwest Personal Training and Northwest Women's Fitness | Portland, Ore.

A center committed to helping you adopt a more healthy and fit lifestyle so you look and feel your best. For information, call 503-287-0655 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on initial session package and FREE initial personal training session

Courthouse Athletic Club | Salem/Keizer, Ore.

Make exercise fun again with the help of the Courthouse! For information, call 503-588-2582 and identify yourself as a LifeBalance member.

Cost: FREE initial month with the purchase of a Lifestyle or month-to-month membership

Mavericks | Sunriver, Ore.

A health facility built to be part of the community. Mavericks. For information, call 541-593-2500 and identify yourself as a LifeBalance member.

Cost: Enrollment fee waived and FREE 14 day trial membership

MyLife Fitness | Eugene, Ore.

MyLife offers every customer the MyTrak system as a personal trainer. Membership includes unlimited personal training, 24-hour access and a spa-like atmosphere. For information, call 541-359-4580 and identify yourself as a LifeBalance member.

Cost: 10 percent savings on membership, FREE week trial, FREE personal training session

Yoga and Pilates

Southern Oregon Pilates and Personal Training | Medford, Ore.

Experienced instructors help with strength, flexibility, balance, weight loss and rehabilitation. For information call 541-772-3559 and identify yourself as a LifeBalance member.

Cost: 10 percent savings on classes and personal training and \$100 savings on Pilates duet package

Yoga Center of Corvallis | Corvallis, Ore.

Learn a variety of traditional postures to improve your flexibility, strength and stamina. For information, call 541-757-3704 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on quarterly session fees, yoga mats and books

Pure Yoga | The Dalles, Ore.

Specializing in hot yoga instruction designed to bring your body and mind into balance. For information, call 541-993-3997 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on a 10-class card or \$2 savings on drop-in classes

HeartSong Yoga and Wellness Center | Beaverton, Ore.

Featuring classes for your physical, mental and emotional health. For information call 503-644-1865 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on initial 12 or 24-class package, 10 percent savings on workshops

Bikram's of Bend | Bend, Ore.

A challenging and invigorating workout designed to improve your strength, balance and flexibility. For information, call 541-389-8599 and identify yourself as a LifeBalance member.

Cost: \$10 for introductory 10 day unlimited yoga package

Belmont Yoga | Portland, Ore.

A neighborhood studio offering hatha, gentle and vinyasa yoga as well as 50+ yoga. For information, call 503-975-8143 and identify yourself as a LifeBalance member.

Cost: \$10 savings on a 5-class punch card and \$3 savings on any drop-in class

Family Activities & Amusement

Portland Winter Hawks | Portland, Ore.

Experience local hockey at its best! For tickets, call Winter Hawks representative Steve Coleman directly at 503-236-HAWK (ext. 11) and identify yourself as a LifeBalance member.

Cost: Members receive special savings on tickets

Portland Trail Blazers | Portland, Ore.

Join the Blazers for another outstanding season! For tickets, call Blazers representative Jeff Wilhelms at 503-963-3986 and identify yourself as a LifeBalance member.

Cost: Members receive special savings on tickets

Mt. Hood Railroad | Hood River, Ore.

Experience some of Oregon's most breathtaking scenery from Hood River to Mt. Hood. For tickets, call 800-872-4661 or 541-386-3556 and identify yourself as a LifeBalance member.

Cost: 50 percent savings on a child excursion train ticket with adult ticket (excludes events and weekends)

Astoria Children's Museum | Astoria, Ore.

Featuring interactive and educational exhibits for families. For tickets, call 503-325-8669 and identify yourself as a LifeBalance member.

Cost: FREE admission with purchase of one

Portland Rose Garden | Portland, Ore.

Experience amazing family activities including Disney on Ice, Professional Bull Riding and Celtic Thunder. For tickets, call the Portland Rose Garden at 503-963-3889 and identify yourself as a LifeBalance member.

Cost: Receive special group rates for select performances

Town & Country Lanes Bowling | Keizer, Ore.

Bowling is a great light cardiovascular workout that helps reduce stress, develop hand-eye coordination, improve balance and offers light muscle toning! For information call 503-390-2221 and identify yourself as a LifeBalance member.

Cost: \$1 savings on shoe rental, \$.50 savings on games

Travel and Tours

Mark Smith Nature Tours

Emphasizing ecology, conservation and historical highlights, tours are designed to maximize natural, cultural and geographic diversity. For information, call 503-224-0180 and identify yourself as a LifeBalance member.

Cost: 5 percent savings

Oregon Peak Adventures | Ore. and Wash.

Having explored the Pacific Northwest for over 30 years, Oregon Peak Adventures provides fun outdoor adventures for all ages. For information, call 877-965-5100 and identify yourself as a LifeBalance member.

Cost: 10 percent savings on all trips and classes

Shilo Inns | Select locations nationwide

See how friendliness, cleanliness and comfort are the cornerstones of Shilo's success. For reservations, call 800-222-2244 and identify yourself as a LifeBalance member.

Cost: Savings vary by location

Wanderlust Tours | Bend, Ore.

Renowned for naturalist guides who provide vibrant natural and cultural history interpretation to bring your experience to life. For information, call 800-962-2862 and identify yourself as a LifeBalance member.

Cost: 10 percent savings on canoeing, cave tour, volcano tour, hiking and snowshoeing rates (excludes moonlight canoe and snowshoe, special event tours)

Oregon Air and Space Museum | Eugene, Ore.

A museum dedicated to aircraft and artifacts depicting the history of aviation and space technology. For information, call 541-461-1101 and identify yourself as a LifeBalance member.

Cost: \$1 savings on adult or senior admission

Budget Car Rental | All locations nationwide

Whether on the road for business or pleasure, turn to Budget's for unbeatable vehicle selection and rates. For information, call 800-527-0700 and reference BCD code Z638529.

Cost: Up to 25 percent savings on regular rates when reserving vehicles

Performing Arts

Actors Cabaret of Eugene | Eugene, Ore.

From Little Shop of Horrors to Irving Berlin's White Christmas the Actors Cabaret has a show for everyone! For tickets, call 541-683-4368 and identify yourself as a LifeBalance member.

Cost: \$3 savings on reserved tickets

Corvallis Community Theatre | Corvallis, Ore.

Experience community theatre at its finest. This season features A Dark and Stormy Night, I Hate Hamlet, Guys and Dolls and more. For tickets, call 541-738-7469 and identify yourself as a LifeBalance member.

Cost: \$2 savings on tickets

Vancouver Symphony Orchestra | Vancouver, Wash.

Celebrating 31 years of performing the world's finest classical music. For tickets, call 360-735-7278 and identify yourself as a LifeBalance member.

Cost: FREE ticket for any performance with the purchase of a regularly priced ticket

Broadway Across America | Portland, Ore.

Featuring Disney's the Lion King, Dreamgirls, Cats, Lord of the Dance and more. For tickets, visit www.LifeBalanceProgram.com or call 888-754-5433 or 503-234-1375.

Cost: LifeBalance members receive group pricing when purchasing 1 or more ticket

"The Nutcracker" | Portland, Ore.

Dec. 19, 7:30 p.m.

See the only West Coast production of George Balanchine's magical 1954 Nutcracker. For tickets, visit www.LifeBalanceProgram.com or call 888-754-5433 or 503-234-1375.

Cost: \$64-\$80 Orchestra seats

Cascades Theatrical Company | Bend, Ore.

From comedies to drama to mysteries, the 30th season of the Cascades Theatrical Company is sure to amaze! For tickets, call 541-389-0803 and identify yourself as a LifeBalance member.

Cost: \$5 savings on all Main Stage performances

Rock Climbing and Mountaineering

Portland Rock Gym | Portland, Ore.

An indoor rock gym with a mix of rope climbing, bouldering and more for a realistic climbing experience. For information, call 503-232-8310 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on initial memberships, \$2 savings on single day passes, Buy one, get one free introductory class

Crux Rock Gym | Eugene, Ore.

Experience 9,000 square feet of climbing walls, rope stations, bouldering areas and cardiovascular training areas. For information, call 541-484-9535 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on annual memberships

Custom Climbing Trips | Oregon locations

Adventures Without Limits offers custom climbing programs for a challenging, fun-filled, safe experience. For information, call 503-359-2568 and identify yourself as a LifeBalance member.

Cost: 20 percent savings on all first time trips

InClimb Rock Gym | Bend, Ore.

Offering a diverse rock climbing service, featuring the brand new bouldering rooms. For information, call 541-388-6764 and identify yourself as a LifeBalance member.

Cost: 15 percent savings on memberships and day use, 10 percent savings on first guided outings

Intro to Bouldering and Climbing Strength | Portland, Ore.

Learn the basics of bouldering and climbing and build core strength to get you in shape. To register, call Portland Community College at 503-788-6266 ext. 0 and identify yourself as a LifeBalance member.

Cost: 20 percent savings for new student registrations. Discount applies only to tuition.

Redpoint | Terrebonne, Ore.

Find the largest selection of climbing gear in central Oregon. For information, call 541-923-6207 and identify yourself as a LifeBalance member.

Cost: 10 percent savings on products and services

Find more activities at www.LifeBalanceProgram.com

Find more savings on massage, spa services, weight management and the best prices on music concerts, sporting events, movies, performing arts, baseball tickets, family attractions and more!