Membership Fees and Payment Options

Once you’ve decided to join our program after a one-week trial, there are two options to pay for your membership:

**Monthly Automatic Payment**
(Using safe and secure Electronic Funds Transfer)
- Individual $49 / month
- Couple $90 / month

**Pre-Pay for 6 months**
- Individual $54 / month
- Couple $99 / month

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“I can bike ride now! My friend and I rode 15 miles the other night—I could have never done that four months ago!”
Pam Byrne

“At Fitness Over 50 the atmosphere and the people are relaxed. The coaches are very encouraging. Without all that I would have burned out and quit a long time ago.”
Ken York (member for 15 years)

“I enjoy the flexibility of not being tied to a particular time or class—just doing my own thing. I also really enjoy the people I interact with at FOF and the atmosphere while I exercise.”
Todd Brown

Fitness Over 50, Inc. is located in the Willamette Wellness Center at 6735 SW Country Club Dr. Suite 103, right next to Shonnard’s Nursery.

**Business Hours**
- Mondays: 5am - 7pm
- Tuesdays: 5am - 7pm
- Wednesdays: 5am - 7pm
- Thursdays: 5am - 7pm
- Fridays: 5am - 7pm
- Saturdays: 7am - 2pm
- Sundays: 1pm - 5pm

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An affordable and unique wellness program in Corvallis designed specifically for the mature adult. Take control of your health with experienced and certified staff of coaches who provide safe and comfortable activities for individuals with a variety of physical strengths and limitations. Not only will the currently fit person benefit, but Fitness Over 50 attempts to meet the challenges posed by arthritis, osteoporosis, weight gain, sciatica, joint replacement, stroke and heart event recoveries, and various chronic conditions.

Other benefits include increased energy levels, functional fitness, and personal independence. Keep active and enjoy a higher quality of life with the empowerment and effectiveness of FOF.

6735 SW Country Club Dr.
Suite 103
Corvallis, OR 97333
(541) 929-5555

Visit our website at
www.fitnessover50.info
Tyler Lancaster, B.S. is Fitness Over 50’s Program Manager. He graduated from OSU with a degree in Exercise and Sports Science in 2011 after completing a practicum and internship at FOF. He then joined the staff as a full-time Mature Adult Fitness Specialist for the next year. In the Fall of 2012, Tyler got married and moved to the Portland area where he worked as a physical therapy aide for two years. He returned to Corvallis to re-kindle his passion for the orange and black and jump back into the mix as a staff member on the FOF team. Tyler loves all sports, including golf, softball, and basketball and if you want to talk about Beaver athletics, he’s your man!

Chelsea Treischel, B.S. is from Cusick, WA. She is a 2014 graduate of OSU’s Exercise and Sports Science program and originally joined the FOF staff after 9 months of experience in cardiac rehab at Albany General Hospital. Chelsea took a brief sabbatical to work as the Manager at a local Snap Fitness but is happy to re-join the FOF staff of Mature Adult Fitness Specialists.

She hopes to remain in Corvallis where she enjoys watching old movies, cooking, reading, and being active. Chelsea appreciated the Farmer’s Market and downtown restaurants. Chelsea played volleyball in high school and continues to support the sport and cheer on the local teams.

Maggie Beck was born and raised in Corvallis and graduated from CHS in 2017. She decided to stay home for college and attend OSU, where she will be a sophomore during the 2018-19 year. She is currently majoring in Kinesiology, with the hopes of either going to Physical Therapy school or getting a master’s degree in Nursing and becoming a Nurse Practitioner. In high school, she played four years of varsity basketball, and is also a dedicated fan of Beaver and Yankee baseball. Outside of sports, she owns three horses that take up most of her time. Maggie has been riding horses her entire life and is currently training her next rodeo horse, Koda. When she isn’t watching sports, riding horses, or spending time with her family, Maggie enjoys going on backpacking trips, working out, playing with her dog, and being with friends.

Jonathan Rice is a Corvallis native of 20 years. In 2017, Jonathan -or JonJon, as he is known to all- received his certification in the EKG technician field. However, he turned down job offers to pursue his passion for fitness and exercise training. He worked at Timberhill Athletic Club for four years before accepting a full time position here at FOF.

Jonathan enjoys watching the Beavers play any sport, hiking, and playing guitar. Some of his goals include exploring the world, mainly India and Israel, and hopes to one day run his own fitness center.