

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



“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



The Mid-Willamette Valley's specialists in mature adult fitness programming.



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



Visit our website at
www.fitnessover50.info

What we offer at Fitness Over 50, INC.

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.



Recovery Coaching

Recovery Plus+ provides members with special needs an opportunity for ongoing personal assistance following an accident, surgery, or physical therapy.



Fitness Coaching

Personal customization for members needing an addition to or change in their workout regimen. Also great for the more active member who has a specific sports or recreational focus.



Weight Loss Coaching

Optavia at FOF utilizes a safe and effective nutritional intervention meal plan to achieve significant weight loss and long-term maintenance of optimal health.



Relaxation Room

Pamper yourself at the Wellness Center by enjoying some time on our HydroMassage Table. Get a relaxing 15 minute massage while fully clothed and enjoy listening to soothing music. It's the perfect ending to your stay after a healthy workout in the gym. Or, sign up for a chair or full body massage given by a licensed massage therapist. Ask a staff member how to take advantage of these opportunities.

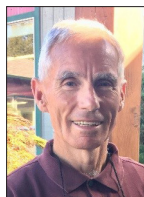
About Our Staff



Jason Wallis, M.S. is the Founder and President of Fitness Over 50, INC. He arrived in Corvallis via Cougarville in Pullman, WA where he received a degree in Exercise Science in 1992. Jason then graduated from OSU with a Master's Degree in Exercise Physiology and a minor in Nutrition. He has been providing exercise training and wellness programming for mature adults in the Mid-Willamette Valley since 1994 and established FOF in 1998. Jason enjoys playing and coaching team sports, golf, and outings at nearby Bald Hill and MacDonald Forest with his son Jaxon, wife Susan, and their dogs.

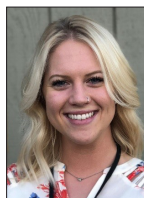


Frank Beber lives in Eugene with his wife Kathy, as do their two grown sons. Frank's previous career was as a Chef in San Francisco and Eugene for over 30 years. In 2015 he decided to make a change in his life, return to school, and pursue a career in the fitness industry, specializing in working with mature adults. This year he received his AAS degree in Exercise and Movement Science from Lane Community College. The one word Frank uses to describe his first day at FOF and every day since is "inspiring." The members make him realize that staying active physically, mentally and socially will facilitate a longer, healthier life. Frank also teaches classes at The Oregon Research Institute as part of a research study in senior fitness as well as strength, balance and conditioning classes at a senior residential facility in Eugene. Frank is an avid road cyclist and enjoys strength training. He is always available to help, answer questions, or just listen.



Mike Waters, M.A. had the honor of being the original fitness director of Timberhill Athletic Club when it opened in 1980. His training in adult exercise science is in heart and chronic disease prevention. Mike has brought a "Fitness is Medicine" philosophy to his program design wherever he's been in over 40 years in the field. He also managed the Corvallis HP Worksite Health program (TAC had the contract) for 14 award-winning years.

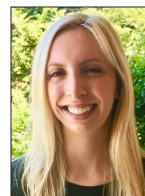
Mike's expertise today is in motivational strategies for adults interested in being healthy, but having a hard time getting going. He has now joined FOF's team as *Director of Health Promotion*. For mature adult exercisers, Mike takes a holistic approach with each individual he works with. He helps people transition into the next stage of their life through a healthy lifestyle. Mike is available for your personal health needs, starting with a complimentary health/life review. Feel free to contact him directly at 541-207-4368 or watersm808@gmail.com



Casey Blum is a NASM Certified Personal Trainer and another Corvallis native who recently moved back after spending 3 years in Bend.

While in Bend Casey spent her time working with a chiropractor learning how to work with and create workout programs for people with sciatica, osteoporosis, chronic lumbar pain, and many other musculoskeletal issues. She's excited to continue her growth and expand her knowledge in her personal training career here at FOF. Casey also runs her own online personal training business and has a goal of opening her own gym. When Casey isn't working you can find her out hiking around or in the gym training for her bodybuilding competitions.

Maddy Hite, B.S., is a native of Corvallis. She graduated from the University of Oregon in the spring of 2018, with a degree in Human Physiology. After gaining some valuable experience at FOF, Maddy's plans include pursuing a master's degree in nursing in the near future. While in college Maddy was a member of the U of O's Acrobatics and Tumbling team where she competed for the Ducks all 4 years. Her team made it to the national championship meet 3 out of the 4 years she was on the team. Growing up Maddy participated in gymnastics for 10 years, and has coached gymnastics for 6 years. Maddy also enjoys hiking, running, trying new restaurants and doing just about anything active!



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 he 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 appreciates 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 of 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 Beavs 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.

Wellness Enlightenment Seminars

FOF offers free presentations, workshops, and seminars for members and their friends. We strive to keep the mind sharp and educational process ongoing. Our community has many health and wellness specialists and we take advantage of their expertise to broaden the knowledge base of our members.



Wellspring Lounge

After completing a healthy workout we invite you to stay and enjoy the relaxing atmosphere of the Wellspring Lounge. You can sip on a cup of coffee while enjoying the company of others. Or, find a spot to yourself to enjoy the fireplace, read, or catch up on the latest news and sports.

Special Events

FOF organizes field trips and in-house activities that give members a chance to try new and fun things in order to stay young at heart. Hikes, potluck BBQs, arts and crafts, games, food tastings, massage, and various social events are always on the schedule for those who like to keep laughing and enjoy the company of others.



FOF Mobile

Not everyone has the ability to come to the Willamette Wellness Center for their fitness needs. In this case, the staff at Fitness Over 50 is available to travel to individual residences for personalized functional training.

