



Allstar Fitness is different.  
HERE ARE THE FACTS:

VISIT THE HEALTH CLUB WITH THE BEST AMENITIES IN TACOMA!

**FACT:**

Allstar not only offers the **biggest and best facilities**, it actually offers all the programs you need to help you meet your fitness goals.

**FACT:**

Allstar creates a **healthy way of life** in a place that gives you fitness, sports, **FAMILY RECREATION** - all in one. Pools, rock wall, gymnasium, complete fitness centers, boxing studio and over 100 group classes per week.

**FACT:**

Allstar sets **higher than industry standards** for qualifications of our fitness department trainers and group exercise instructors to provide knowledgeable and certified employees to help you achieve your goals and aspirations. We use protocols from the American College of Sports Medicine.

**FACT:**

Allstar has **created everything from the member's point of view**, like a month to month option and 14 day guest passes for family and friends. Free lockers, free towel service, and **FREE KIDS PROGRAMMING**.

**FACT:**

Allstar is the only full service club that provides an entire **section of the club dedicated for women only**. This provides a comfortable workout environment for those that would rather have more privacy.

**FACT:**

Allstar offers special **affordable fitness programs** that educate, motivate, and inspire. Like our 12 week Fitness Challenge and summer **TEAM** training programs where Trainers and fellow Members encourage commitment and accountability.

*\*Facilities vary by location.*

JOIN FOR

**\$0\***

and receive

**A FREE**  
FITNESS PACKAGE  
WORTH \$150

OFFERS ENDS  
3/11/2010

\*Enrollment Fee

**FAMILY FUN**  
**PACKAGE**

- **DISCOUNTED RATE** -  
for families up to 5.

Contact us to save money for  
your whole family.

OFFERS ENDS  
3/11/2010

Restrictions apply.

**JOIN FOR \$0\***  
& receive a Fitness Package worth \$150

**FAMILIES SAVE MONEY**  
with the family fun package



**TACOMA**

**253.475.7000**

LINCOLN PLAZA, 31 MONTANA AVE, TACOMA, WA 98409  
(NEXT TO COSTCO)

# BEST HEALTH CLUB IN TACOMA



BASKETBALL COURT 7 LANE, 25 YARD INDOOR SWIMMING POOL CHILDREN'S POOL WITH LAZY RIVER 3 STORY INDOOR CLIMBING ROCK 4 AEROBIC STUDIOS, INCLUDING BOXING STUDIO CHILD CARE WOMEN'S ONLY WORKOUT AREA PERSONAL TRAINING BROADCAST VISION DMX SOUND SYSTEM CARDIOVASCULAR EQUIPMENT (TREADMILLS, STAIRMASTERS) LIFEFITNESS ELLIPTICAL CROSS TRAINERS LIFECYCLES NUTRITION COUNSELING FITBALL STRETCHING FREE WEIGHTS WEIGHT MACHINES EXECUTIVE LOCKER ROOMS WITH LOUNGES PRIVATE SHOWERS SAUNA JACUZZI STEAM ROOM TOWEL SERVICE EXECUTIVE LOCKERS GRAND LOBBY WITH FIREPLACE AND BIG SCREEN TV FREE GROUP EXERCISE CLASSES ALL LEVELS!



**KIDS CLUB,  
POOL AND  
TEEN CENTER**

*Some restrictions apply, offers cannot be combined. Must present this ad.*

**HURRY... OFFER ENDS 3/11/10**

**CLUB TRADE  
NO ENROLLMENT FEE**

*If you bring in your current health club I.D.*

*Some restrictions apply, offers cannot be combined. Must present this ad.*

**HURRY... OFFER ENDS 3/11/10**

**DISCOUNT RATES**

- SENIOR • STUDENT
- MILITARY • CORPORATE

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**HURRY... OFFER ENDS 3/11/10**

**JOIN THE BEST CLUB IN TACOMA**