



FALL 2004



Aquatic Center

The Roseville Health & Wellness Center offers members access to a full size indoor heated aquatic center. We currently offer various classes throughout the day to accommodate your busy schedules. For those who wish to work out independently we offer over 90 hours of open lanes per week.

The warm water provides a gravity free environment that is easy on the joints while providing an excellent overall body workout. The Roseville Health & Wellness Center recently teamed up with the American Arthritis Foundation to offer a special aquatic class for people ailing from arthritis.

After the workout, leave the stresses of the day behind in a luxurious whirlpool spa! At the Roseville Health & Wellness Center we make it easy for you to unwind.



- Aqua Fit
- Senior Fit
- Moms In Motion
- Arthritis/ Fibromyalgia



916-677-1200

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Summer's over! Now it's time for you!



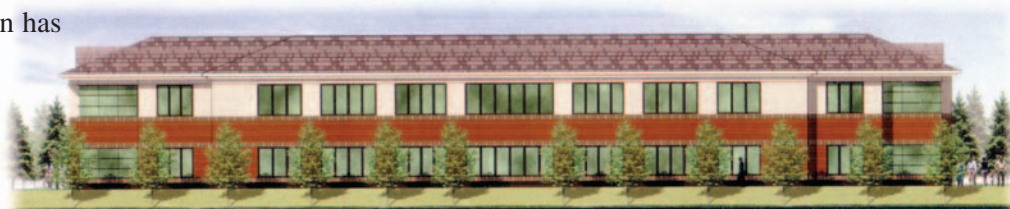
Folsom Health and Wellness Center Currently Under Construction

That's right! We are expanding into Folsom with a beautiful newly constructed 42,000 sq. ft. facility located at Highway 50 and East Bidwell. The new facility will offer all the same amenities and programs currently offered in Roseville with the edition of new medical tenants and services. The construction has our grand opening for January 2005.

"It is the commitment of the Wellness Center's ownership and staff to achieve excellence in health and fitness through outstanding

service, programming and facilities for our member's and community. We feel blessed to have the opportunity to improve the health of the Folsom community."

— Jeff De'Raps, President



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Join Roseville Health & Wellness Center today and save!

ENROLL FOR FREE!

FREE V.I.P. PASS!

1650 Lead Hill Blvd • Roseville, CA 95661

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www.rosevillehealthandwellness.com



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HEALTH & WELLNESS
CENTER

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www.rosevillehealthandwellness.com

YOUR NAME: _____

SIGNATURE: _____

APPROVED: _____

HURRY! Pass must be activated by Sept 30, 2004!

Fall is here!

Fall is here, and it's time to do something special for yourself. At the Roseville Health & Wellness Center, we will help you to enhance your health and fitness, boost your energy, look and feel your best, and just have loads of fun. You deserve the best in life, and you'll find it at the Roseville Health & Wellness Center!

Look & feel your best!

At the Roseville Health & Wellness Center, you'll find the best of everything: facilities, equipment and fitness professionals dedicated to helping you get the most out

of your workout. Plus, you'll find convenient personal services that make it easier to fit your sport or exercise routine into your busy life. No other fitness center in the area offers you so much.

Join today and enroll FREE!

Join today and pay no enrollment fee! Call now, while our phone number is conveniently at hand, and save.

Join us today!

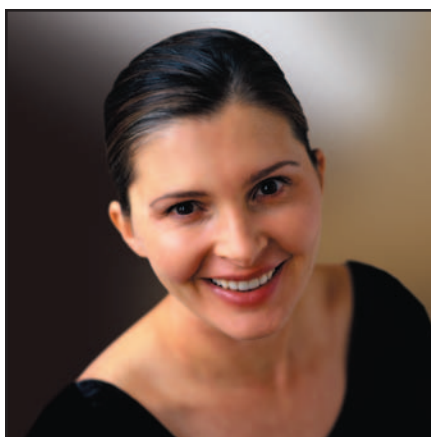
916-677-1200

HURRY! Limited offer. Expires September 30, 2004!

May not be combined with other offers. Monthly dues apply. Some restrictions apply.

Must be 18 years of age. Valid local I.D. required. Some restrictions apply.

Where total body wellness is more than a workout in the gym!



Being locally owned and operated, the Roseville Health & Wellness Center is responsive and ever-changing to meet the needs and desires of our growing family. New programs, activities and fitness-related classes are continually added, which keeps the Wellness Center on the cutting edge.

It is the *commitment* of the Roseville Health & Wellness Center's ownership and staff to *achieve excellence* in health & fitness through outstanding service, programming and facilities for our members and community.

Welcome to the Roseville Health & Wellness Center, Northern California's premier health & wellness club offering unique fitness programs for people of all ages and interests. The enclosed information will provide you and your family with an overview of the facilities and services offered at the Roseville Health & Wellness Center.

Our state-of-the-art fitness equipment, in-door heated aquatic center and our variety of wellness programs are available for you and your family – all in a comfortable, non-intimidating atmosphere. Our friendly, personable staff will put you at ease regardless of your shape, size, or physical abilities.

We congratulate you on choosing the path to better health and a fulfilling life. Our experienced professionals will extend you a warm welcome to see that you are fully supported to succeed in your goals. We look forward to servicing you in the years to come!

Get started today and receive FREE ENROLLMENT!

Your Friend in Fitness for Life,

The Roseville Health & Wellness Center

Obesity Gains on Smoking as Top Cause of U.S. Death

Obesity is quickly overtaking smoking as the No. 1 cause of death in the United States, government researchers concluded in March 04. Researches also noted that other research indicates that obesity's adverse side effects could soon wipe out many recent improvements in health.



A report from the Centers of Disease Control and Prevention shows tobacco use was still the leading cause of death in 2000, killing 435,000 people, or 18.1 percent of total deaths.

Poor diet and physical inactivity caused 400,000 deaths, or 16.6 percent of the total deaths and an estimated 129.6 million Americans, or 64% of the population, are overweight or obese.

To know that inactivity and poor eating habits are on the verge of surpassing tobacco use as the leading cause of preventable death in America should motivate all Americans to take action to protect their health. Roseville Health and Wellness Center offers a variety of programs to address these issues.

HEALTH & WELLNESS

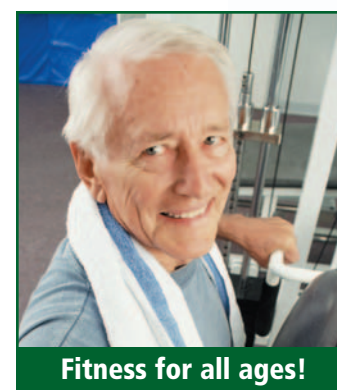
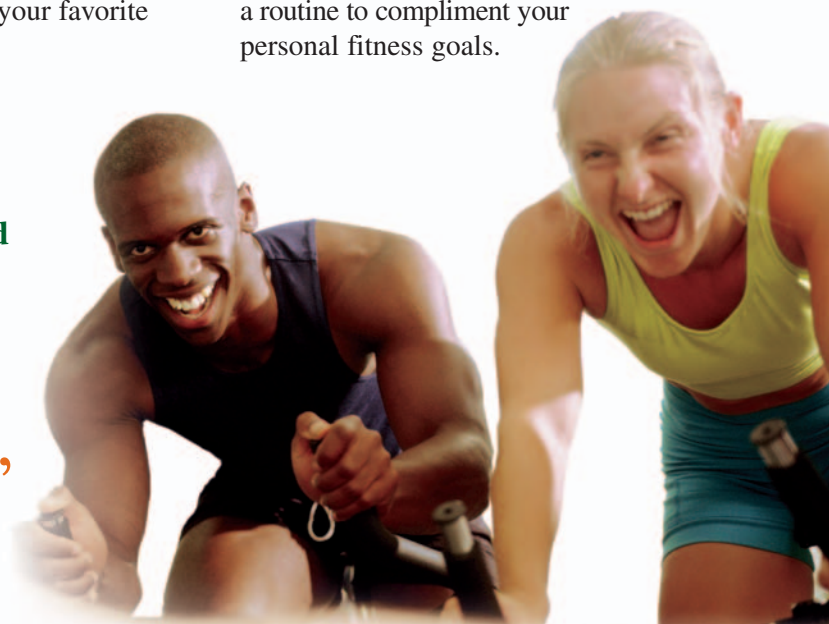
The Roseville Health & Wellness Center offers over 100 pieces of state-of-the-art fitness equipment. From industry favorites like treadmills and recumbent bikes to the ever popular elliptical cross trainers and free-runners, the Wellness Center has the variety and quantity to meet your fitness needs.

Use your headphones to plug into your personal entertainment stations located on the cardio equipment to listen to CDs, watch movies, or tune into your favorite daily TV shows.

Our circuit and free weight training equipment is the finest available. We feature only the industry's best lines of equipment, including: Cybex, Precor, Star Trac, and Sci Fit. Each new member receives 2 personal training sessions, where a qualified Fitness Professional will assess your fitness level and develop a personalized exercise program. We take this opportunity to introduce you to the equipment and get you started on a routine to compliment your personal fitness goals.

“At the RHWC, I feel comfortable and welcome. I really appreciate the non-intimidating atmosphere and the ultra-clean facilities!”

– Ona Castaneda
Corporate Member



Fitness for all ages!



Great personal training!



Reach your goals!

PROGRAMS & FACILITIES

- Expert Staff
- Treadmills
- Stairmasters
- Elliptical Cross Trainers
- Recumbent Bikes
- Upper Body Bikes
- Free-Weights
- Stair Steppers
- Rowing Machines
- Personal Entertainment Centers

GROUP EXERCISE CLASSES

- Yoga
- Fit Ball
- Body Conditioning
- Cardio Blast
- **NEW** Spinning
- **NEW** Spin & Sculpt
- **NEW** Qi-Gong



ROSEVILLE
HEALTH & WELLNESS
CENTER

Call now! 916-677-1200

1650 Lead Hill Boulevard • Roseville, CA 95661

www.rosevillehealthandwellness.com

Licensed Massage

Integrative therapy to encourage, support & enhance balance of Spirit, Mind and Body.

- Craniosacral
- SomatoEmotional Release
- Swedish
- Myofascial Release
- Trigger Point
- Hot Stone Therapy
- Aromatherapy

Sessions created for each individual.

Adults and children are welcome.

Inner Peace & Wellness
Renee VonFeldt
C.O., C.M.T. Intuitive

916-791-8283
916-677-1200

