



OUR MISSION

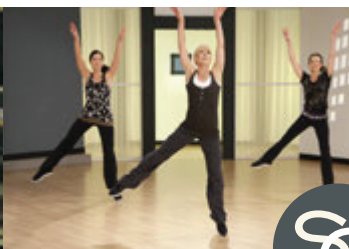
The mission of TheSeattleGYM is to enhance the quality of life in the communities we serve and to instill the value and importance of health and fitness.

Kari Anderson, co-owner of TheSeattleGYM (formerly ProRobics Conditioning Clubs) is recognized as one of the world's leading fitness experts. She has been invited to present at fitness conventions around the world since 1986. Kari has been awarded IDEA Fitness Instructor of the Year, IDEA Business Person of the Year, and ACE Fitness Director of the Year. She is one of the top fitness personalities, with numerous video/dvd awards, which include "Video of the Year" awarded by Self Magazine.

After three decades of great fitness

ProRobics continues to grow and evolve itself. With this ongoing evolution, we are proud and excited to present TheSeattleGYM to our community. With an updated facility, expanded gyms, and the best instructors featuring both original and new trainers...our doors are wide open. Our history speaks for itself. The SeattleGYM powered by ProRobics has arrived.

Kari Anderson
OWNER | FITNESS DIRECTOR



RESULTS FOR EVERY BODY

TheSeattleGYM is for anybody who wants to look and feel better. Our members represent all ages, shapes and sizes. Our educational programs are aimed at helping all types of individuals improve their level of fitness and health. Everyone is welcome.

FACILITIES & SERVICES

While individual amenities may vary by location, TheSeattleGYM offers:

- State-of-the-Art Cardiovascular and Strength Equipment
- Selectorized Machines and Free Weights
- Over 100 Group Exercise Classes per week including – Step, Dance, Zumba®, Yoga, Pilates, Indoor Cycling, Step, BodyPump™, BodyStep™ and much more!
- Specialty Programs such as Gravity™ and TRX
- Personal Training and Nutritional Counseling
- Childcare
- Tanning & Saunas
- Friendly, professional staff
- Flexible, affordable month-to-month memberships

THE IMPORTANCE OF REGULAR EXERCISE

The SeattleGYM takes the Surgeon General's "call to action" seriously. We pledge to help promote lifetime fitness to a broader population. Our certified instructors and trainers are dedicated to educating members on proper exercise technique and programming so that they may achieve the maximum benefits from their fitness programs.

CORPORATE AND GROUP MEMBERSHIPS

TheSeattleGYM is host to many companies and groups both large and small. In addition, many insurance and wellness companies recognize us as a quality provider of health and fitness services. Ask our corporate representative for more information.

AN INVITATION

Now that you know how we feel about TheSeattleGYM, why don't you come try it for yourself? Please visit us at any of our two club locations in the Puget Sound area. We can't wait to meet you!

THE ULTIMATE FITNESS EXPERIENCE

Seattle's Premier Conditioning Clubs and fitness training facilities are offering the most complete memberships available. Our spacious studios and full service facilities will not only make your workout more comfortable, but will enhance your ability to achieve and maintain optimal health.

QUEEN ANNE

1530 Queen Anne Avenue N. Seattle, WA 98109
206-283-2303

LAURELHURST

3811 NE 45th Street Seattle, WA 98105 206-524-9246

We look forward to welcoming you as a new member to the TheSeattleGYM Family.



www.theSeattleGYM.com