

# Re-defining Quality of Life for Families

Portland and its surrounding areas are frequently mentioned as one of the best places to raise a family. One “family” of companies likes to think they have something to do with that. The Oregon Athletic Clubs, including the Bethany (West Portland/Beaverton) Hawthorn Farm (Hillsboro), and RiverPlace (Downtown Marina) facilities, The Pointe Day Spas, co-located with each of the athletic clubs, and P.B. & Ellie’s Café share ownership, as well as a strong commitment to happy, healthy families. With New Year’s resolutions fresh in people’s minds, here are some ways these wonderful businesses can help your family achieve their goals:



### Eating Healthy

P.B. & Ellie’s Café and its predecessor, Peanut Butter & Ellie’s, have long been recognized for their commitment to healthy dining for families. Their delicious menu includes home-style foods often made with local and organic ingredients. The new format, P.B. & Ellie’s Café, has taken their

concept to a new level, expanding dinner and breakfast, moving to table service, and incorporating more for the over 6 set. Adults can enjoy a beer and steak or stuffed chicken with a glass of wine. All ages love the natural beef burgers with baked sweet potato fries! In 2007 their influence will spread, with their healthy menus of baby food and kids meals being found in other restaurants, including Sidelines Restaurant located in Bethany Athletic Club, and the café and camp meals for all of Oregon Athletic Clubs.

### Making Movement a Way of Life

The Oregon Athletic Clubs have the largest group fitness schedules and variety of fitness options of any full-service, multi-club organization in the state. This is true for both adults and kids! There’s group classes and individual lessons for toddlers through teens, such as “sporties for shorties”, camps, self-manager fitness training, and Tae Kwon Do. Adult options include yoga and

pilates studios, court sports, cardio, weights and more. They even have classes the whole family can enjoy together, such as Family Cycling at Bethany Athletic Club. Whether the kids are enjoying their time in childcare or at the pool while their parents work out, or the family is having fun together, the service and amenities of these clubs make getting active easy.



### Having Fun and Building Memories

P.B. & Ellie’s Café and the Oregon Athletic Clubs have a full and exciting lineup of events that build lasting family memories. Whether it’s a P.B. & Jammies Concert Night, Family Dinner Theatre, or Family Fun Nights complete with games, inflatables, food and more, there’s always something special for families to do together. Even at regular times, the comfort and attentiveness of spaces designed for the needs of families allow guests to really focus on each other, and leave the stress behind.

### Nurturing the Adults in addition to the Kids

It’s important for caretakers to take care of themselves! The award-winning Pointe Day Spas uniquely allow their clients to use the amazing club childcares and full fitness amenities. Talk about mom’s groups! Friends bond over a glass of wine and a pedicure while their children delightfully play together under watchful supervision. Since patrons get full access to the athletic club, pilates personal training session can be followed by a hot stone massage. Children are not allowed in the spas or in several fitness areas of the club, allowing adults to get both their together time and their down time.



Whether it’s eating well, exercising, playing or relaxing, P.B. & Ellie’s Café, the Oregon Athletic Clubs and the Pointe Day Spas are helping Portland area families redefine quality of life. For more information, please call any location or check them out on the web. You’ll be glad you did!



503.690.2100  
bethanyathletic.com



503.640.6404  
hfac.com



503.221.1212  
therac.com



503.726.3444  
thepointespa.com



503.282.1783  
pbecafe.com