

Our Mission -

To provide

flexible, convenient fitness solutions that work for real people.

To provide

expert education, proper tools & personal guidance to empower our clients to succeed!

To provide

a welcoming, non-threatening, comfortable environment for ALL people...all fitness levels, all shapes & sizes, and all ages.

Real people,

Real results.

Proudly an

Oregon Original!

HELP WANTED

Looking for Energetic, Passionate Group Fitness Instructors!!

Do you know someone that is a Certified Group Fitness Instructor that would like to join us at HZF? Flexible class schedules and formats. Lots of class times available (particularly in need of 5:15am Friday!!)...teach as little or much as you want. Pay based on class size. Fun clients and staff to work with. Have them contact Rebecca or Gretta at 835-9094

Playroom Attendants Needed!

Do you know someone that isn't coming to the gym because cost is an issue? We have a couple of playroom attendant positions open that work as trade out for membership dues. One shift a week is all that is needed. Must be reliable, enjoy working with kids and be willing to submit to background check. Have them contact Rebecca or Gretta at 835-9094 for times and details.



Harmony Zone Fitness
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How to reach us: by email:

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