

**Facility Name** Anytime Fitness Corporate  
**Address**  
**City, State & Zip**  
**Facility Contact**  
**Phone #**  
**E-mail**  
**Additional Information**

**Trial Period**  
**Enrollment Fee**  
**Single Membership**  
**Family Membership**  
**Visitor Pass**  
**Website**

**Facility Name** Birmingham YMCA - Alabaster Branch  
**Address** 1303 Seventh St. SW  
**City, State & Zip** Alabaster AL 35007  
**Facility Contact** Cecelia Lowe  
**Phone #** 205-655-2224  
**E-mail** cbrand@ymcabham.org

**Trial Period** 14 Days  
**Enrollment Fee** Varies  
**Single Membership** \$54.00/mo.  
**Family Membership** \$82.00/mo.  
**Visitor Pass** \$15.00/day  
**Website** <http://www.ymcabham.org/>

**Additional Information** Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Legacy YMCA  
**Address** 1501 4th Ave SW  
**City, State & Zip** Bessemer AL 35022  
**Facility Contact** Ms. Randi Passmore  
**Phone #** 205-426-1211  
**E-mail** rpassmore@ymcafamily.org

**Trial Period** 7 Days  
**Enrollment Fee** Waived  
**Single Membership** \$39.00/mo.  
**Family Membership** \$48.00 families  
**Visitor Pass** \$7.00/day  
**Website** <http://ymcafamily.org>

**Additional Information** Indoor pool available. New exercise equipment. Indoor walking/running track. Steam & sauna rooms available. Courts for basketball & racquetball. \$42.00mo. for couple.

**Facility Name** The Gym  
**Address** 27550 Hwy 75, Ste. 102  
**City, State & Zip** Oneonta AL 35121  
**Facility Contact** Lynn Pass  
**Phone #** 205-625-5060  
**E-mail** lynn@blountcountyhealth.com

**Trial Period** 2 Days  
**Enrollment Fee** Flexible fees  
**Single Membership** \$42.00/mo.  
**Family Membership** \$75.00/mo.  
**Visitor Pass** \$10.00/day  
**Website** [www.blountcountyhealth.com](http://www.blountcountyhealth.com)

**Additional Information** Personal training available. Open 7 days/week. Spinning classes available. Many aerobic programs offered. Couples rate is \$62.00.

**Facility Name** Birmingham YMCA - Shelby County Branch

**Trial Period** 14 Days

**Address** 2610 Pelham Pkwy.

**Enrollment Fee** Varies

**City, State & Zip** Pelham AL 35124

**Single Membership** \$54.00/mo.

**Facility Contact** Cecelia Lowe

**Family Membership** \$82.00/mo.

**Phone #** 205-655-2224

**Visitor Pass** \$15.00/day

**E-mail** cbrand@ymcabham.org

**Website** www.ymcabham.org/

**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Trussville Branch

**Trial Period** 14 Days

**Address** 5920 Valley Rd

**Enrollment Fee** Varies

**City, State & Zip** Trussville AL 35173

**Single Membership** \$54.00/mo.

**Facility Contact** Cecelia Lowe

**Family Membership** \$82.00/mo.

**Phone #** 205-655-2224

**Visitor Pass** \$15.00/day

**E-mail** cbrand@ymcabham.org

**Website** http://www.ymcabham.org/

**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Downtown Branch

**Trial Period** 14 Days

**Address** 2101 4th Ave. North

**Enrollment Fee** Varies

**City, State & Zip** Birmingham AL 35203

**Single Membership** \$54.00/mo.

**Facility Contact** Cecelia Lowe

**Family Membership** \$82.00/mo.

**Phone #** 205-655-2224

**Visitor Pass** \$15.00/day

**E-mail** cbrand@ymcabham.org

**Website** http://www.ymcabham.org/

**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Shades Valley Branch

**Trial Period** 14 Days

**Address** 3551 Montgomery Hwy.

**Enrollment Fee** Varies

**City, State & Zip** Birmingham AL 35209

**Single Membership** \$54.00/mo.

**Facility Contact** Cecelia Lowe

**Family Membership** \$82.00/mo.

**Phone #** 205-655-2224

**Visitor Pass** \$15.00/day

**E-mail** cbrand@ymcabham.org

**Website** www.ymcabham.org/

**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Northeast Branch**Address** 628 Red Lane Rd.**City, State & Zip** Birmingham AL 35215**Facility Contact** Cecelia Lowe**Phone #** 205-655-2224**E-mail** cbrand@ymcabham.org**Trial Period** 14 Days**Enrollment Fee** Varies**Single Membership** \$54.00/mo.**Family Membership** \$82.00/mo.**Visitor Pass** \$15.00/day**Website** www.ymcabham.org/**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Riviera Fitness Center**Address** 2310 Center Point Pkwy.**City, State & Zip** Birmingham AL 35215**Facility Contact** Susan Barr, Gen Mgr.**Phone #** 205-853-8878**E-mail** sl\_barr@yahoo.com**Trial Period** 7 Days**Enrollment Fee** \$20.00**Single Membership** \$22.00/mo.**Family Membership** See below**Visitor Pass** \$10.00/day, \$20.00/week**Website** http://rivierafitness.com/**Additional Information**

Spouse or child age 12-21 adds \$15.00/mo.

**Facility Name** Birmingham YMCA - Vestavia Branch**Address** 2086 Columbiana Rd.**City, State & Zip** Birmingham AL 35218**Facility Contact** Cecelia Lowe**Phone #** 205-655-2224**E-mail** cbrand@ymcabham.org**Trial Period** 14 Days**Enrollment Fee** Varies**Single Membership** \$54.00/mo.**Family Membership** \$82.00/mo.**Visitor Pass** \$15.00/day**Website** www.ymcabham.org/**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Mountain Brook Branch **Trial Period** 14 Days**Address** 2401 20th Pl. South**City, State & Zip** Birmingham AL 35223**Facility Contact** Cecelia Lowe**Phone #** 205-655-2224**E-mail** cbrand@ymcabham.org**Enrollment Fee** Varies**Single Membership** \$54.00/mo.**Family Membership** \$82.00/mo.**Visitor Pass** \$15.00/day**Website** www.ymcabham.org/**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Western Area Branch**Trial Period** 14 Days**Address** 1195 Bessemer Rd.**Enrollment Fee** Varies**City, State & Zip** Birmingham AL 35228**Single Membership** \$54.00/mo.**Facility Contact** Cecelia Lowe**Family Membership** \$82.00/mo.**Phone #** 205-655-2224**Visitor Pass** \$15.00/day**E-mail** cbrand@ymcabham.org**Website** www.ymcabham.org/**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Birmingham YMCA - Greystone Branch**Trial Period** 14 Days**Address** 5414 Hwy. 280**Enrollment Fee** Varies**City, State & Zip** Birmingham AL 35242**Single Membership** \$54.00/mo.**Facility Contact** Cecelia Lowe**Family Membership** \$82.00/mo.**Phone #** 205-655-2224**Visitor Pass** \$15.00/day**E-mail** cbrand@ymcabham.org**Website** www.ymcabham.org/**Additional Information**

Other membership rates available. 12 locations. Pay for 12 mos and receive 13th month free. Childcare available.

**Facility Name** Fitness Factory**Trial Period** None**Address** 13073 Hwy. 78**Enrollment Fee** \$50.00**City, State & Zip** Jasper AL 35501**Single Membership** \$40.00/mo.**Facility Contact** Brenda Lawson, owner**Family Membership** \$15.00/ea for the first two additional hou**Phone #** 205-275-2085**Visitor Pass** \$7.00/day**E-mail** blawson205@aol.com**Website** n/a**Additional Information****Facility Name** The Courthouse Racquet Club**Trial Period** 30 days**Address** 1545 Helton Drive**Enrollment Fee** Waived**City, State & Zip** Florence AL 35634**Single Membership** \$33.00/mo.**Facility Contact** Ken Irby**Family Membership** \$45.00/mo.**Phone #** 256-764-0034**Visitor Pass** \$10.00/day**E-mail** viperdad@comcast.net**Website** none**Additional Information**

\$38.00/mo. for couples. Facility provides BodyPUMP, BodyFLOW, BodyATTACK, and Step classes. Cybex strength machines and aerobic machines available. Tanning beds available. Child care on site. Racquetball and squash courts, and basketball court.

**Facility Name** Health & Fitness Unlimited**Address** 2510 Rosedale**City, State & Zip** Muscle Shoals AL 35661**Facility Contact** Tamara Hill, Mgr.**Phone #** 256-383-4410**E-mail** hilltl2004@yahoo.com**Trial Period** 30 days**Enrollment Fee** \$50.00**Single Membership** \$35.00/mo.**Family Membership** \$65.00/mo.**Visitor Pass** \$5.00/day**Website****Additional Information**

Personal training available. "Ladies Only" workout rooms available. Indoor basketball court. Supervised child waiting area (to age 13). Indoor walking/running track. Aerobics included with membership.

**Facility Name** 1614 Fitness, Aerobics & Tanning**Address** 1877 Pulaski Hwy.**City, State & Zip** Bear DE 19701**Facility Contact** Mike Womer**Phone #** 302-738-1614**E-mail** mwomer@comcast.net**Trial Period** 14 days**Enrollment Fee** \$50.00**Single Membership** \$58.00/mo**Family Membership** \$44/mo. ea add'l resident**Visitor Pass** \$10.00/day**Website** <http://1614fitness.com/>**Additional Information**

2 DE locations. Deeper discounts exist for longer commitments by NS employees.

**Facility Name** 1614 Fitness, Aerobics & Tanning**Address** 318 S College Ave.**City, State & Zip** Newark DE 19711**Facility Contact** Mike Womer**Phone #** 302-738-1614**E-mail** mwomer@comcast.net**Trial Period** 14 days**Enrollment Fee** \$50.00**Single Membership** \$58.00/mo**Family Membership** \$44/mo. ea add'l resident**Visitor Pass** \$10.00/day**Website** <http://1614fitness.com/>**Additional Information**

2 DE locations. Deeper discounts exist for longer commitments by NS employees.

**Facility Name** Lifestyle Family Fitness**Address** 1731 Wells Road**City, State & Zip** Orange Park FL 32073**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (904) 269-3222**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 13164-2 Atlantic Blvd**City, State & Zip** Jacksonville FL 32225**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (904) 220-1592**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 140 Cranes Roost Blvd**City, State & Zip** Altamonte Springs FL 32701**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 260-5797**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 3030 E. Semoran Blvd.**City, State & Zip** Apopka FL 32703**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 772-4660**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 5920 Red Bug Lake Road**City, State & Zip** Winter Springs FL 32708**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 696-0600**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.



**Facility Name Lifestyle Family Fitness****Address** 3593 Lake Emma Rd**City, State & Zip** Lake Mary FL 32746**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 804-2528**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 501 North Orlando Ave. Unit 221**City, State & Zip** Winter Park FL 32789**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 628-9307**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 4169 Town Center Blvd.**City, State & Zip** Orlando FL 32837**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 856-8308**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 623 Oakfield Dr.**City, State & Zip** Brandon FL 33511**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 685-0886**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 23048 State Road 54**City, State & Zip** Lutz FL 33549**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 948-4040**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 3236 Lithia Pinecrest Road**City, State & Zip** Valrico FL 33594**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 684-5242**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1510 West Swann Ave.**City, State & Zip** Tampa FL 33606**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 258-0500**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 15798 Dale Mabry Hwy N**City, State & Zip** Tampa FL 33618**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 961-3500**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.



**Facility Name Lifestyle Family Fitness****Address** 11252 West Hillsborough Ave.**City, State & Zip** Tampa FL 33625**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 814-1414**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 5735 Gunn Highway**City, State & Zip** Tampa FL 33625**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 960-3783**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 15313 Amberly Dr.**City, State & Zip** Tampa FL 33647**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (813) 971-8800**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 5900 4th St. N.**City, State & Zip** St. Petersburg FL 33703**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 521-1500**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 6690 Crosswinds Dr. N.**City, State & Zip** St. Petersburg FL 33710**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 347-7701**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 2591 State Road 580**City, State & Zip** Clearwater FL 33761**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 724-0300**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 2178 East Bay Dr. 505**City, State & Zip** Largo FL 33771**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 518-6558**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 10781 Park Blvd.**City, State & Zip** Seminole FL 33772**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 398-1775**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 933 East Lemon St.**City, State & Zip** Lakeland FL 33801**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (863) 688-6696**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 4985 US Hwy 98 N.**City, State & Zip** Lakeland FL 33809**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (863) 859-3711**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 4764 South Florida Ave**City, State & Zip** Lakeland FL 33813**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (863) 644-3030**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1164 Havendale Blvd.**City, State & Zip** Winter Haven FL 33881**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (863) 299-5575**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 6800 Golden Gate Parkway**City, State & Zip** Naples FL 34105**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (239) 643-7546**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 2349 Vanderbilt Beach Road**City, State & Zip** Naples FL 34109**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (239) 514-7652**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 7385 52nd Place E.**City, State & Zip** Bradenton FL 34203**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 758-6020**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 4836 14th St. W.**City, State & Zip** Bradenton FL 34207**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 782-0420**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 4901 Cortez Road W.**City, State & Zip** Bradenton FL 34210**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 794-2090**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 935 N. Beneva Road**City, State & Zip** Sarasota FL 34232**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 953-5250**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 8383 South Tamiami Trail**City, State & Zip** Sarasota FL 34238**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 921-4400**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1667 US-41-BYP N**City, State & Zip** Venice FL 34293**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (941) 496-4122**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.



**Facility Name Lifestyle Family Fitness****Address** 33652 US 19 N**City, State & Zip** Palm Harbor FL 34684**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (727) 784-2052**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 3029 Daniels Road**City, State & Zip** Winter Garden FL 34787**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (407) 877-0680**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Snap Fitness Smyrna Ga.****Address** 1290 W Spring St. SE, ste. 100**City, State & Zip** Smyrna GA 30080**Facility Contact** Maria Moffitt**Phone #** 770-431-9311**E-mail** [smyrnaga@snapfitness.com](mailto:smyrnaga@snapfitness.com)**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$34.95/mo.**Family Membership** \$49.00/mo.**Visitor Pass** \$20.00/day**Website** <http://snapfitness.com/smyrnaga>**Additional Information**

Join Snap Fitness of Smyrna and get access to 18 Atlanta area facilities and 1,600 nationwide facilities. 24-hour access. Free fitness assessment included.

**Facility Name Colony Square Athletic Club****Address** 1197 Peachtree Street, Suite 513**City, State & Zip** Atlanta GA 30361**Facility Contact** Junior Williams**Phone #** 404-745-9309**E-mail** [Junior@24ATLGym.com](mailto:Junior@24ATLGym.com)**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$22.00/mo.**Family Membership** \$41.00/mo.**Visitor Pass** \$7.00/day**Website** <http://www.24ATLGym.com>**Additional Information**

Price assumes one-year contract..



**Facility Name Kinetix Fitness Health Club****Address** 3035 Watson Blvd., ste. 20**City, State & Zip** Warner Robins GA 31093**Facility Contact** Greg Miller**Phone #** 478-333-3333**E-mail** kinetixgm@gmail.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$49.00/month**Family Membership** \$29.00/mo. for each additional**Visitor Pass** \$5.00/day**Website** <http://www.kinetixhealthclub.com/>**Additional Information**

Kinetix Fitness has been in business for a decade with experienced trainers and state-of-the-art equipment in two spacious clubs. A wide range of private and group classes are available.

**Facility Name Body Evolution LLC****Address** 1045 Riverside Dr.**City, State & Zip** Macon GA 31201**Facility Contact** Mary Toole**Phone #** 478-390-7636**E-mail** maryrtoole@yahoo.com**Trial Period** 3 free entrances**Enrollment Fee** Waived**Single Membership** \$15.00/month**Family Membership****Visitor Pass** \$5.00/day**Website** <http://www.bodyevolution.us/>**Additional Information**

\$20.00 key card fee. 24/7/365 access. Child care available. Group fitness classes provided. Personal training available.

**Facility Name Kinetix Fitness Health Club****Address** 5430 Bowman Rd.**City, State & Zip** Macon GA 31210**Facility Contact** Greg Miller**Phone #** 478-405-5220**E-mail** kinetixgm@gmail.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$29.00/mo. for each additional**Visitor Pass** \$5.00/day**Website** <http://www.kinetixhealthclub.com/>**Additional Information**

Kinetix Fitness has been transforming body & mind for a decade with experienced trainers and state-of-the-art equipment. Spacious clubs, incomparable amenities and atmosphere makes Kinetix an inspiring adventure. A wide range of private and group classes are available.

**Facility Name 24Seven Family Fitness & Tanning Center****Address** 862 W. Hwy 80**City, State & Zip** Pooler GA 31322**Facility Contact** Mike Shropshire**Phone #** 912-631-0672**E-mail** mshropshire32@yahoo.com**Trial Period** One Day**Enrollment Fee** None**Single Membership** \$29.00/mo.**Family Membership** \$49.00/mo.**Visitor Pass** \$8.00/day**Website** <http://24sevenfamilyfitness.com/>**Additional Information**

\$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name 24Seven Family Fitness & Tanning Center****Trial Period** One Day**Address** 1107 Gandy Dancer Dr.**Enrollment Fee** None**City, State & Zip** Richmond Hill GA 31324**Single Membership** \$29.00/mo.**Facility Contact** Mike Shropshire**Family Membership** \$49.00/mo.**Phone #** 912-631-0672**Visitor Pass** \$8.00/day**E-mail** mshropshire32@yahoo.com**Website** <http://24sevenfamilyfitness.com/>**Additional Information**

\$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name 24Seven Family Fitness & Tanning Center****Trial Period** One Day**Address** 105 Commercial Dr.**Enrollment Fee** None**City, State & Zip** Rincon GA 31326**Single Membership** \$29.00/mo.**Facility Contact** Mike Shropshire**Family Membership** \$49.00/mo.**Phone #** 912-631-0672**Visitor Pass** \$8.00/day**E-mail** mshropshire32@yahoo.com**Website** <http://24sevenfamilyfitness.com/>**Additional Information**

\$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name 24Seven Family Fitness & Tanning Center****Trial Period** One Day**Address** 1127 Fulton Rd.**Enrollment Fee** None**City, State & Zip** Savannah GA 31401**Single Membership** \$29.00/mo.**Facility Contact** Mike Shropshire**Family Membership** \$49.00/mo.**Phone #** 912-631-0672**Visitor Pass** \$8.00/day**E-mail** mshropshire32@yahoo.com**Website** <http://24sevenfamilyfitness.com/>**Additional Information**

\$20 access key fee required for 24-hr., 7 days-a-week access. Free tanning included in all memberships. Safe, comfortable and clean environment. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name 24Seven Family Fitness & Tanning Center****Trial Period** One Day**Address** 410 W Broughton St.**Enrollment Fee** None**City, State & Zip** Savannah GA 31401**Single Membership** \$29.00/mo.**Facility Contact** Mike Shropshire**Family Membership** \$49.00/mo.**Phone #** 912-631-0672**Visitor Pass** \$8.00/day**E-mail** mshropshire32@yahoo.com**Website** <http://24sevenfamilyfitness.com/>**Additional Information**

\$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name** 24Seven Family Fitness & Tanning Center **Trial Period** One Day  
**Address** 7805 Abercorn St., rear unit 1 **Enrollment Fee** None  
**City, State & Zip** Savannah GA 31406 **Single Membership** \$29.00/mo.  
**Facility Contact** Mike Shropshire **Family Membership** \$49.00/mo.  
**Phone #** 912-631-0672 **Visitor Pass** \$8.00/day  
**E-mail** mshropshire32@yahoo.com **Website** <http://24sevenfamilyfitness.com/>  
**Additional Information** \$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers include towel service. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name** 24Seven Family Fitness & Tanning Center **Trial Period** One Day  
**Address** 444 Johnny Mercer Blvd. **Enrollment Fee** None  
**City, State & Zip** Savannah GA 31410 **Single Membership** \$29.00/mo.  
**Facility Contact** Mike Shropshire **Family Membership** \$49.00/mo.  
**Phone #** 912-631-0672 **Visitor Pass** \$8.00/day  
**E-mail** mshropshire32@yahoo.com **Website** <http://24sevenfamilyfitness.com/>  
**Additional Information** \$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name** 24Seven Family Fitness & Tanning Center **Trial Period** One Day  
**Address** 14045 Abercorn St., ste. 1536 **Enrollment Fee** None  
**City, State & Zip** Savannah GA 31419 **Single Membership** \$29.00/mo.  
**Facility Contact** Mike Shropshire **Family Membership** \$49.00/mo.  
**Phone #** 912-631-0672 **Visitor Pass** \$8.00/day  
**E-mail** mshropshire32@yahoo.com **Website** <http://24sevenfamilyfitness.com/>  
**Additional Information** \$20 access key fee required for 24-hr., 7 days-a-week access. Tanning included in all memberships. Childcare available. Showers with towel service available. Certified Personal Trainers on site. Members may access all locations. Equipment includes Cybex, Hammer Strength, Life Fitness and more.

**Facility Name** Image Health & Fitness **Trial Period** 30 days  
**Address** 2003 N 22nd St **Enrollment Fee** Waived  
**City, State & Zip** Decatur IL **Single Membership** \$39.00  
**Facility Contact** Michael White **Family Membership** \$59.00  
**Phone #** 217-424-9925 **Visitor Pass** \$9.00/day  
**E-mail** [info@imagehealth.com](mailto:info@imagehealth.com) **Website** <http://imagehealth.com>  
**Additional Information**

**Facility Name X Sport Fitness - Arlington Heights North****Trial Period** 7 Days**Address** 960 Dundee Rd.**Enrollment Fee** 50% discount**City, State & Zip** Arlington Heights IL 60004**Single Membership** \$49.00**Facility Contact** Eddie Scharringhausen**Family Membership** \$42/mo. each add'l. member**Phone #** 312-932-9100**Visitor Pass** One day no-cost coupon**E-mail** ed.scharringhausen@xsportmail.com**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Arlington Heights South****Trial Period** 7 Days**Address** 320 E. Golf Rd.**Enrollment Fee** 50% discount**City, State & Zip** Arlington Heights IL 60005**Single Membership** \$49.00**Facility Contact** Eddie Scharringhausen**Family Membership** \$42/mo. each add'l. member**Phone #** 312-932-9100**Visitor Pass** One day no-cost coupon**E-mail** ed.scharringhausen@xsportmail.com**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - South Barrington - Express****Trial Period** 7 Days**Address** 100 W. Higgins, ste. 1-15**Enrollment Fee** 50% discount**City, State & Zip** South Barrington IL 60010**Single Membership** \$49.00**Facility Contact** Eddie Scharringhausen**Family Membership** \$42/mo. each add'l. member**Phone #** 312-932-9100**Visitor Pass** One day no-cost coupon**E-mail** ed.scharringhausen@xsportmail.com**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Libertyville****Trial Period** 7 Days**Address** 1163 S. Milwaukee Ave.**Enrollment Fee** 50% discount**City, State & Zip** Libertyville IL 60048**Single Membership** \$49.00**Facility Contact** Eddie Scharringhausen**Family Membership** \$42/mo. each add'l. member**Phone #** 312-932-9100**Visitor Pass** One day no-cost coupon**E-mail** ed.scharringhausen@xsportmail.com**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Express****Address** 621 W. North Ave.**City, State & Zip** Elmhurst IL 60126**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Lombard****Address** 205 W. Roosevelt Rd.**City, State & Zip** Lombard IL 60148**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - St. Charles****Address** 238 N. Randall Rd.**City, State & Zip** St. Charles IL 60174**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness****Address** 222 Commons Dr.**City, State & Zip** Chicago Ridge IL 60415**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.



**Facility Name X Sport Fitness****Address** 289 N. Weber Rd.**City, State & Zip** Bolingbrook IL 60440**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness****Address** 81 N. Randall Rd.**City, State & Zip** Batavia IL 60510**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness****Address** 3200 Finley Rd.**City, State & Zip** Downers Grove IL 60515**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Lyons****Address** 3940 S. Harlem Ave.**City, State & Zip** Lyons IL 60534**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.



**Facility Name X Sport Fitness****Address** 7511 Lemont Rd.**City, State & Zip** Darien IL 60561**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Naperville****Address** 2780 Fitness Dr.**City, State & Zip** Naperville IL 60564**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - State Street****Address** 819 S. State St.**City, State & Zip** Chicago IL 60605**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Piper's Alley****Address** 230 W North Ave.**City, State & Zip** Chicago IL 60610**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Elston****Address** 4677 N. Elston Ave.**City, State & Zip** Chicago IL 60630**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Belmont/Central****Address** 3212 N. Central Ave.**City, State & Zip** Chicago IL 60634**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Logan Square****Address** 2310 W. Logan Blvd.**City, State & Zip** Chicago IL 60647**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Lakeview****Address** 3240 N. Ashland Ave.**City, State & Zip** Chicago IL 60657**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

!2 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Bricktown****Address** 6420 W. Fullerton Ave.**City, State & Zip** Chicago IL 60707**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name X Sport Fitness - Niles****Address** 9210 N. Milwaukee Ave.**City, State & Zip** Niles IL 60714**Facility Contact** Eddie Scharringhausen**Phone #** 312-932-9100**E-mail** ed.scharringhausen@xsportmail.com**Trial Period** 7 Days**Enrollment Fee** 50% discount**Single Membership** \$49.00**Family Membership** \$42/mo. each add'l. member**Visitor Pass** One day no-cost coupon**Website** <http://www.xsportfitness.com/index.htm>**Additional Information**

12 months paid-in-full discounts available. Personal fitness assessment included. Parking included. Sauna & steamrooms included. Free weights & aerobics machines available. Spa services available. Child care available. Staffed 24 hrs. Over 40 fitness classes weekly. 30-day 100% Money back guarantee.

**Facility Name Club Fitness****Address** 1837 Homer Adams Pkwy.**City, State & Zip** Alton IL 62002**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session, and free group exercise classes. Over 50 pieces of cardio equipment available, and flatscreen viewing. Circuit training equipment and free weights available. Free child care.

**Facility Name Club Fitness****Address** 2005 O'Fallon Plaza**City, State & Zip** O'Fallon IL 62008**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 3443 Namecki Rd.**City, State & Zip** Granite City IL 62040**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>

**Additional Information** \$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 1130 Vaughn Rd.**City, State & Zip** Wood River IL 62095**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>

**Additional Information** \$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 1950 W Hwy 50**City, State & Zip** Fairview Heights IL 62208**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>

**Additional Information** \$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 571 Belt Line Rd.**City, State & Zip** Collinsville IL 62234**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>

**Additional Information** \$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name** Decatur Family YMCA**Address** 220 W McKinley Ave.**City, State & Zip** Decatur IL 62526**Facility Contact** Kelli Smith**Phone #** 217-872-9622**E-mail** kelli.smith@decaturymca.org**Trial Period** 14 Days**Enrollment Fee** \$10.00**Single Membership** \$42.25/mo.**Family Membership** \$59.25/mo.**Visitor Pass** \$5.25/day, \$42.25/month**Website** <http://decaturymca.org/>**Additional Information**

Two swimming pools. Free nursery for family members (to age 6). Basketball and racquetball courts available.

**Facility Name** Lifestyle Family Fitness**Address** 11691 Fishers Corner Blvd**City, State & Zip** Fishers IN 46038**Facility Contact****Phone #** (317) 579-9555**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name** Lifestyle Family Fitness**Address** 7609 S. Shelby Street**City, State & Zip** Indianapolis IN 46227**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (317) 885-2911**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name** Lifestyle Family Fitness**Address** 9525 Meridian Street**City, State & Zip** Indianapolis IN 46260**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (317) 843-9230**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.



**Facility Name Lifestyle Family Fitness****Address** 4225 East 82nd Street**City, State & Zip** Indianapolis IN 46260**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (317) 596-1500**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Anytime Fitness****Address** 1202 E University Dr.**City, State & Zip** Granger IN 46530**Facility Contact** Michelle Craig**Phone #** 574-243-1823**E-mail** [grangerin@anytimefitness.com](mailto:grangerin@anytimefitness.com)**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$29.00/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.atfitnessindiana.com/>**Additional Information**

24/7 access. Cardio and circuit systems. Plate-loaded and free weights. Aerobic offerings include Spin classes, treadmill training, hybrid spin & core, and hip-hop spin sculpt. Minutes to Elkart Terminal. \$25.00 key card fee applies.

**Facility Name Cardinal Fitness of South Bend****Address** 3622 Edison Rd., ste. 100**City, State & Zip** South Bend IN 46613**Facility Contact** Steve Spadoni**Phone #** 574-234-3400**E-mail** [sspadoni@cardinalfitness.com](mailto:sspadoni@cardinalfitness.com)**Trial Period** 30 days**Enrollment Fee** \$39.00**Single Membership** \$19.95**Family Membership** Varies on size**Visitor Pass** \$10.00/day**Website** <http://cardinalfitness.com/>**Additional Information**

\$19.95 one-time processing fee required. \$32.00/mo. for family of 2, \$39.00/mo. for family of 3, \$46.00/mo. for family of 4. Life Fitness, Precor and Hammer Strength equipment used (free orientation provided). Plenty of cardio equipment. Kids Room available. Showers & locker rooms provided.

**Facility Name YMCA of Greater Fort Wayne****Address** 1935 N. Main St.**City, State & Zip** Bluffton IN 46714**Facility Contact** Nikki Surbaugh**Phone #** 260-565-9622**E-mail** [nikki.surbaugh@fwymca.org](mailto:nikki.surbaugh@fwymca.org)**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** [www.fwymca.org](http://www.fwymca.org)**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.



**Facility Name** YMCA of Greater Fort Wayne**Address** 950 E Van Buren St.**City, State & Zip** Columbia City IN 46725**Facility Contact** Cara Greulich**Phone #** 260-244-9622**E-mail** cara.grulich@fwymca.org**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** www.fwymca.org**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.

**Facility Name** YMCA of Greater Fort Wayne**Address** 1020 Barr St.**City, State & Zip** Ft. Wayne IN 46802**Facility Contact** Roger Nobbe**Phone #** 260-422-6486**E-mail** roger.nobbe@fwymca.org**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** www.fwymca.org**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.

**Facility Name** YMCA of Greater Fort Wayne**Address** 10313 Aboite Center Rd.**City, State & Zip** Fort Wayne IN 46804**Facility Contact** Kasey Bussell**Phone #** 260-432-8953**E-mail** kasey.bussell@fwymca.org**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** www.fwymca.org**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.

**Facility Name** Cardinal Fitness**Address** 9914 Illinois Rd.**City, State & Zip** Ft. Wayne IN 46804**Facility Contact** Mike Banta**Phone #** 260-755-6761**E-mail** http://www.cardinalfitness-fortwayne.com/index.ph**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$18.00**Family Membership** Varies on size**Visitor Pass** \$10.00/day**Website** http://cardinalfitness.com/**Additional Information**

\$30.00/mo. (employee + spouse). Access to all Cardinal Fitness locations in the U.s. Free childcare, initial fitness assessment and 2 personal training sessions.

**Facility Name** Anytime Fitness**Address** 6374 West Jefferson Blvd**City, State & Zip** Ft. Wayne IN 46804**Facility Contact****Phone #** 260-459-9999**E-mail** FortWayneINWest@anytimefitness.com**Additional Information**

Access to 3 locations (but not Maysville Rd location). Open 24x7. Keycard required after 7 PM. \$15 keycard fee.

**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$30.00/month**Family Membership** \$50.00/month**Visitor Pass** \$10.00/day**Website** <http://anytimefitness.com/>**Facility Name** YMCA of Greater Fort Wayne**Address** 5125 Werling Dr.**City, State & Zip** Fort Wayne IN 46806**Facility Contact** Ebony Young**Phone #** 260-447-4567**E-mail** ebony.young@fwymca.org**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.

**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** [www.fwymca.org](http://www.fwymca.org)**Facility Name** Anytime Fitness**Address** 6520 E State Blvd**City, State & Zip** Ft. Wayne IN 46815**Facility Contact** Patrick Carpenter**Phone #** 260-748-4000**E-mail** FortWayneINEast@anytimefitness.com**Additional Information**

Open 24x7. Keycard required after 7 PM. \$15 keycard fee.

**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$30.00/mo.**Family Membership** \$50.00/mo.**Visitor Pass** \$10/day**Website** [www.anytimefitness.com/en-us/clubs/1916/FortWayneINhealthclub](http://www.anytimefitness.com/en-us/clubs/1916/FortWayneINhealthclub)**Facility Name** YMCA of Greater Fort Wayne**Address** 10001 Dawsons Creek Blvd.**City, State & Zip** Fort Wayne IN 46825**Facility Contact** Phil Johnson**Phone #** 260-497-9996**E-mail** phil.johnson@fwymca.org**Additional Information**

Contact Wendy Spitznagel at (260)918-2148 to obtain a free one-week trial coupon, and Visitors Passes. Single parent households pay \$42.50/mo.

**Trial Period** See below**Enrollment Fee** \$75.00**Single Membership** \$38.50/mo.**Family Membership** \$57.25/mo.**Visitor Pass** See below**Website** [www.fwymca.org](http://www.fwymca.org)

**Facility Name Anytime Fitness****Address** 2886 East Dupont Road**City, State & Zip** Ft. Wayne IN 46825**Facility Contact** Patrick Carpenter**Phone #** 260-490-0000**E-mail** FortWayneIN@anytimefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$30.00/mo.**Family Membership** \$50.00/mo.**Visitor Pass** \$10/day**Website** <http://anytimefitness.com/>**Additional Information**

Open 24x7. Keycard required after 7 PM. \$15 keycard fee.

**Facility Name Cardinal Fitness****Address** 7245 Maplecrest Rd.**City, State & Zip** Ft. Wayne IN 46835**Facility Contact** Mike Banta**Phone #** 260-755-6761**E-mail** <http://www.cardinalfitness-fortwayne.com/index.ph>**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$18.00**Family Membership** Varies on size**Visitor Pass** \$10.00/day**Website** <http://cardinalfitness.com/>**Additional Information**

\$30/mo. for empl. &amp; spouse. Free childcare provided. Initial fitness assessment and 2 personal training sessions.

**Facility Name Star Fitness Victory Gym****Address** 436 Chili Ave.**City, State & Zip** Peru IN 46970**Facility Contact** Darcy Cook**Phone #** 765-472-0600**E-mail** darcycook@att.net**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$52.00/mo.**Family Membership** Spouse \$42/mo, child \$32/mo**Visitor Pass** \$10.00/day**Website****Additional Information**

24/7 access. Personal training services included with membership.

**Facility Name YMCA of South Muncie****Address** 3813 S. Madison St.**City, State & Zip** Muncie IN 47302**Facility Contact** Katrina Stafford**Phone #** 765-751-3316**E-mail** kstafford@muncieymca.org**Trial Period** None**Enrollment Fee** \$60.00**Single Membership** \$31.95/mo.**Family Membership** \$47.70/mo.**Visitor Pass** \$5.00/day, up to 3 visits/ year**Website** <http://muncieymca.org/>**Additional Information**

\$39.60/mo. for couples.

**Facility Name** YMCA of Northwest Muncie**Address** 3500 N.Chadam Lane**City, State & Zip** Muncie IN 47304**Facility Contact** Kristen McConnell**Phone #** 765-286-0818**E-mail** kmccconnell@muncieymca.org**Trial Period** None**Enrollment Fee** \$60.00**Single Membership** \$31.95**Family Membership** \$47.70**Visitor Pass** \$5.00 per visit, (limit 3/yr.)**Website** <http://muncieymca.org/>**Additional Information**

\$39.60/mo. for couples. The Muncie Family YMCA is committed to our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all. This commitment is accomplished through building strong relationships with our members and our community by valuing and modeling our Core Values of Caring, Honesty, Respect and Responsibility.

**Facility Name** YMCA Downtown Muncie**Address** 500 S. Mulberry St.**City, State & Zip** Muncie IN 47305**Facility Contact** Ashlee Bane**Phone #** 765-288-4448**E-mail** abane@muncieymca.org**Trial Period** None**Enrollment Fee** \$60.00**Single Membership** \$31.95/mo.**Family Membership** \$47.70/mo. for families**Visitor Pass** \$5/day (3 per yr.)**Website** <http://muncieymca.org>**Additional Information**

\$39.60/mo for couples.

**Facility Name** YMCA of Greater Louisville**Address****City, State & Zip** Louisville KY**Facility Contact** John Lincoln**Phone #** 502-582-3620**E-mail** jlincoln@ymcalouisville.org**Trial Period** 7 Days**Enrollment Fee** Adults \$55, Families \$80**Single Membership** \$52.00/mo.**Family Membership** \$80.00/mo.**Visitor Pass****Website** <http://www.ymcalouisville.org/>**Additional Information****Facility Name** Clear Creek Family Activity Center**Address** 717 Burks Branch Rd.**City, State & Zip** Shelbyville KY 40065**Facility Contact** Lea Ann Wood**Phone #** 502-633-5059**E-mail** lwood@shelbycountyparks.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$72.00/mo.**Visitor Pass** \$3.50/day with NS ID**Website** <http://shelbycountyparks.com>**Additional Information**

Free child care and fitness classes for members.

**Facility Name Louisville Athletic Club****Address** 9463 Westport Rd.**City, State & Zip** Louisville KY 40241**Facility Contact** Laura Sullivan**Phone #** 502-412-4522**E-mail** lsullivan@athleticclubs.org**Trial Period** 14 Days**Enrollment Fee** Varies**Single Membership** \$34.99/mo.**Family Membership****Visitor Pass** \$15.00/day**Website** <http://athleticclubs.org>**Additional Information**

7 locations in KY and TN. Family add-ons (ages 13 & up) are \$25/mo. for the first one, and \$15/mo. for the second and subsequent add-ons. For ages 12 & under, the cost is \$10/mo. for the first one, and \$5/mo. for each additional one. Other visitor prices available: \$30/3 days, \$45/7 days and \$88/month. NS employees must provide NS ID when enrolling.

**Facility Name Louisville Athletic Club****Address** 9565 Taylorsville Rd.**City, State & Zip** Louisville KY 40299**Facility Contact** David Reilly, Gen Mgr.**Phone #** 502-753-0999**E-mail** dreilly@athleticclubs.org**Trial Period****Enrollment Fee** \$20.00**Single Membership** \$34.99/mo. (Min. 4 empl.)**Family Membership** Spouse \$25/mo. Child to \$15/mo.**Visitor Pass** \$10.00/day**Website** <http://louisvilleathleticclub.com/>**Additional Information****Facility Name Bluegrass Fitness Center****Address** 1010 Colton Dr.**City, State & Zip** Harrodsburg KY 40330**Facility Contact** Amber Mendicino**Phone #** 859-734-0590**E-mail** mendicino.amber@yahoo.com**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$34.99/month**Family Membership** \$99.99 for a family of 5**Visitor Pass** \$10.00/day**Website** None**Additional Information**

No contract required. Hours: M - Th., 5:00 am - 10:00 pm; Fri. 5:00 am - 8:00 pm; Sat 8:00 am - 6:00 pm; Sun 10:00 am - 6:00 pm. Child care provided. Indoor running/walking track. Tanning bed available. Lockerrooms with showers on site. Only 10 miles to Danville Yard.

**Facility Name McDowell Wellness Center****Address** 1107 Ben Ali Dr.**City, State & Zip** Danville KY 40422**Facility Contact** Dee Coffey**Phone #** 859-936-WELL (9355)**E-mail** dcoffey@emrmc.org**Trial Period** 30 days**Enrollment Fee** \$50 singles. \$90 families**Single Membership** \$49.50**Family Membership** \$70 couples, \$90 for families**Visitor Pass** \$3.00/day**Website** <http://mcdowellwellness.org/>**Additional Information**

McDowell Wellness offers several programs focusing on healthy behaviors, prevention and stress reduction. There is an indoor pool, an aerobics studio and a 5000 sq ft workout area with stretching stations, cardio equipment and strength equipment.

**Facility Name** Fitworks - Florence**Address** 7541 Mall Rd.**City, State & Zip** Florence KY 41042**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - Newport**Address** 1751-B Monmouth St.**City, State & Zip** Newport KY 41071**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Anytime Fitness**Address** 64724 SR41**City, State & Zip** Pearl River LA 70452**Facility Contact****Phone #** 985-250-9416**E-mail** PearlRiverLA@anytimefitness.com**Trial Period****Enrollment Fee****Single Membership****Family Membership****Visitor Pass****Website****Additional Information****Facility Name** Y of Central Maryland**Address** 101 Walter Ward Blvd.**City, State & Zip** Abingdon MD 21009**Facility Contact** Suzanne Green**Phone #** 410-679-9622**E-mail** suzannegreen@ymaryland.org**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.



**Facility Name Gold's Gym Bowie****Address** 62510 Fairwood Pkwy.**City, State & Zip** Bowie MD 21014**Facility Contact** Anthony Osborne**Phone #** 301-805-4653**E-mail** bowiemd@goldsgym.net**Additional  
Information****Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. each resident**Visitor Pass** \$5.00/day**Website** <http://goldsgym.com/>**Facility Name Y of Central Maryland****Address** 4331 Montgomery Rd.**City, State & Zip** Ellicott City MD 21043**Facility Contact** Jessica Monaghan**Phone #** 410-465-4334**E-mail** jessicamonaghan@ymaryland.org**Additional  
Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Facility Name Snap Fitness of Forest Hill****Address** 1517 Rock Spring Rd. Ste B**City, State & Zip** Forest Hill MD 21050**Facility Contact** Mr. Michael Lechner**Phone #** 410-638-0456**E-mail** foresthillmd@snapfitness.com**Additional  
Information**

24/7 access.

**Trial Period** 7 Days (during staffed hours)**Enrollment Fee** \$29 (50% disc.)**Single Membership** \$35.95/mo.**Family Membership** \$67.50/mo.**Visitor Pass** \$10.00/week**Website** <http://www.snapfitness.com/foresthillmd/>**Facility Name Gold's Gym Glen Burnie****Address** 6324 Ritchie Hwy.**City, State & Zip** Glen Burnie MD 21061**Facility Contact** Mark Calderone**Phone #** 410-789-4653**E-mail** GlenBurniemd@goldsgym.net**Additional  
Information****Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. each resident**Visitor Pass** \$5.00/day**Website** <http://goldsgym.com/>

**Facility Name** Gold's Gym Marley Sta. Mall**Address** 7900 Ritchie Hwy., ste C129**City, State & Zip** Glen Burnie MD 21061**Facility Contact** Iris Hammerman**Phone #** 410-863-4653**E-mail** ihammerman@goldsgym.net**Additional  
Information****Trial Period** 30-day money back guarantee**Enrollment Fee** Waived**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. each member**Visitor Pass** \$5.00/day**Website** <http://goldsgym.com/>**Facility Name** Snap Fitness of Havre de Grace**Address** 2015 Pulaski Hwy. Ste E**City, State & Zip** Havre de Grace MD 21078**Facility Contact** Mr. Michael Lechner**Phone #** 410-939-9595**E-mail** havredegrace@snapfitness.com**Additional  
Information**

24/7 access.

**Trial Period** 7 Days (during staffed hours)**Enrollment Fee** \$29 (50% disc.)**Single Membership** \$35.95/mo.**Family Membership** \$67.50/mo.**Visitor Pass** \$10.00/week**Website** <http://www.snapfitness.com/havredegrace/>**Facility Name** Gold's Gym Crofton**Address** 1625 Crofton Centre**City, State & Zip** Crofton MD 21114**Facility Contact** Brian Griffin**Phone #** 410-451-4653**E-mail** croftonmd@goldsgym.net**Additional  
Information****Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. each resident**Visitor Pass** \$5.00/day**Website** <http://goldsgym.com/>**Facility Name** Anytime Fitness**Address** 5009 Honeygo Center Dr.**City, State & Zip** Perry Hall MD 21128**Facility Contact** John Venuti**Phone #** 410-529-3020**E-mail** PerryHallMD@anytimefitness.com**Additional  
Information****Trial Period** 14 Days**Enrollment Fee** 50% Discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 Days free pass**Website** <http://club.anytimefitness.com/clubs/perryhallmd/>

**Facility Name Y of Central Maryland****Address** 1719 Sykesville Rd.**City, State & Zip** Westminster MD 21157**Facility Contact** Karen Farley**Phone #** 410-848-3660**E-mail** karenfarley@ymaryland.org**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Facility Name Y of Central Maryland****Address** 600 W Chesapeake Ave.**City, State & Zip** Towson MD 21204**Facility Contact** Chrystal Hahn**Phone #** 410-823-8870**E-mail** chrystalhahn@ymaryland.org**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Facility Name Y of Central Maryland****Address** 1609 Druid Hill Rd.**City, State & Zip** Baltimore MD 21217**Facility Contact** Sharon Johnson**Phone #** 410-728-1600**E-mail** sharonjohnson@ymaryland.org**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Facility Name Y of Central Maryland****Address** 900 E 33rd St.**City, State & Zip** Baltimore MD 21218**Facility Contact** Temika Hendricks**Phone #** 410-889-9622**E-mail** temikahendricks@ymaryland.org**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Facility Name Gold's Gym Dundalk****Address** 1131 Merritt Blvd.**City, State & Zip** Dundalk MD 21222**Facility Contact** Raina Dewald**Phone #** 410-284-4653**E-mail** dundalkmd@goldsgym.net**Additional Information****Trial Period** 30-day money back guarantee**Enrollment Fee** Waived**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. each member**Visitor Pass** \$5.00/day**Website** <http://goldsgym.com/>**Facility Name Y of Central Maryland****Address** 850 S Rolling Rd.**City, State & Zip** Catonsville MD 21228**Facility Contact** Nicol Clark**Phone #** 410-747-9622**E-mail** nicolclark@ymaryland.org**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Facility Name Y of Central Maryland****Address** 4375 Ebenezer Rd.**City, State & Zip** Perry Hall MD 21236**Facility Contact** Michelle Reedy**Phone #** 410-529-1999**E-mail** michellereedy@ymaryland.org**Additional Information**

Deeper discounts are available through tiered membership pricing. No contract required. The Y of Central Maryland participates in the member "Away" program.

**Trial Period** 5 Days (see Y for pass)**Enrollment Fee** Waived**Single Membership** \$49.00/mo.**Family Membership** \$76.00/mo.**Visitor Pass** \$10.00 w/member escort**Website** <http://ymaryland.org/>**Facility Name Powerhouse Gym Chesterfield****Address** 33089 23 Mile Rd.**City, State & Zip** Chesterfield MI**Facility Contact****Phone #** 586-273-7948**E-mail****Additional Information**

Brand new facility in 2009. 14,000 sq ft center offers large line of cardio equipment all w/flat-screen viewing. The club provides child care, dry saunas, a large group exercise room, tanning, a hydro massage bed, a large selection of pin-loaded and free weights.

**Trial Period** 7 Days**Enrollment Fee** 15% discount**Single Membership** \$39.00/mo.**Family Membership****Visitor Pass****Website** <http://www.powerhousegym.com/>

**Facility Name** Powerhouse Gym St. Clair Shores**Address** 25212 Harper Ave.**City, State & Zip** St. Clair Shores MI 48081**Facility Contact** Ray Lucia**Phone #** 586-771-5898**E-mail****Trial Period** 7 Days**Enrollment Fee** 15% Discount**Single Membership** \$39.00/mo.**Family Membership****Visitor Pass** \$15.00/day**Website** <http://www.powerhousegym.com/>**Additional Information**

Terrific array of equipment, to include pin-loaded weights and free weights. Large group exercise room hosts many offerings each week. Juice bar on premises.

**Facility Name** Powerhouse Gym South Lyon**Address** 22171 Pontiac Trail**City, State & Zip** South Lyon MI 48178**Facility Contact** Randy Sitto**Phone #** 248-446-1010**E-mail** randys0121@gmail.com**Trial Period** 7 Days**Enrollment Fee** 15% discount**Single Membership** \$39.00/mo.**Family Membership** \$59.50/mo. for 2 adults**Visitor Pass** \$5.00/day as a member's guest**Website** <http://www.powerhousegym.com/>**Additional Information**

A large club which offers a full line of free weights and pin-loaded machines. The gym also has a large selection of cardio machines and group exercise offerings. Child care, and juice bar, and tanning is also available.

**Facility Name** Powerhouse Gym Ypsilanti**Address** 1326 Anna J Stepp Dr.**City, State & Zip** Ypsilanti MI 48197**Facility Contact** Jimmy Lousia**Phone #** 734-482-2405**E-mail****Trial Period** 7 Days**Enrollment Fee** \$100 off**Single Membership** \$29.95/mo.**Family Membership** Available - see club for details**Visitor Pass** \$15.00/day**Website** <http://www.powerhousegym.com/ypsilanti>**Additional Information**

At PowerHouse Gym, our goal is to give you the tools and guidance needed to get in the best shape. We provide the best equipment and staff to keep you focused and on track. Our facility is for novice exerciser to avid bodybuilder. Our staff and personal trainers are here to help - no matter what your fitness level.

**Facility Name** Powerhouse Gym Highland Park**Address** 16251 Woodward Ave.**City, State & Zip** Highland Park MI 48203**Facility Contact** Omar - Gen'l. Mgr.**Phone #** 313-868-1035**E-mail****Trial Period** 7 Days**Enrollment Fee** 15% discount**Single Membership** \$39.00/mo.**Family Membership****Visitor Pass****Website** <http://www.powerhousegym.com/>**Additional Information**

Must-see and a must-use for any health enthusiast. The gym has been home to many professional athletes.



**Facility Name** Powerhouse Gym Farmington Hills**Address** 24385 Halsted Rd.**City, State & Zip** Farmington Hills MI 48335**Facility Contact** Don Frazier - Gen. Mgr.**Phone #** 248-477-4700**E-mail****Trial Period** 7 Days**Enrollment Fee** 15% Discount**Single Membership** \$39.00/mo.**Family Membership****Visitor Pass****Website** <http://www.powerhousegym.com/>**Additional Information**

This club offers a great selection of cardio equipment, free weights, and pin-loaded machines. A juice/shake bar is on location. Facility has a large group exercise room.

**Facility Name** Botsford Center for Health Improvement (BC**Trial Period** 7 Days**Address** 39750 Grand River Ave.**City, State & Zip** Novi MI 48375**Facility Contact** Sid Patnaik**Phone #** 248-473-3100**E-mail** [spatnaik@botsford.org](mailto:spatnaik@botsford.org)**Enrollment Fee** None**Single Membership** \$45.00/mo.**Family Membership** \$45.00 per family member**Visitor Pass** \$45.00/week**Website** <http://botsford.org/bchi>**Additional Information**

Pricing requires 5 enrollees. New members get a fitness assessment, quarterly evaluations, equipment orientation and custom designed exercise program. Free group & aquatics classes, massage therapy, Personal Training, Metabolic Testing, Swim Lessons, tobacco cessation & more!

**Facility Name** Powerhouse Gym East Lansing**Trial Period** 7 Days**Address** 4790 S Hagadorn**City, State & Zip** East Lansing MI 48823**Facility Contact** Randy Sitto**Phone #** 517-827-4653**E-mail** [randys0121@gmail.com](mailto:randys0121@gmail.com)**Enrollment Fee** 15% discount**Single Membership** \$39.00/mo.**Family Membership** \$59.50/mo. for 2 adults**Visitor Pass** \$5.00/day as a member's guest**Website** <http://www.powerhousegym.com/>**Additional Information**

Just down the street from MSU campus. The gym offers a full line of cardio, pin loaded machines, free weights and much more.

**Facility Name** Club Fitness**Trial Period** 7 Days**Address** 15425 Manchester Rd., ste. 22**City, State & Zip** Ballwin MO 63011**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** [kvaughn@clubfitness.us](mailto:kvaughn@clubfitness.us)**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 1159 N Hwy 67**City, State & Zip** Florissant MO 63031**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 12 Hampton Village Shopping Ctr.**City, State & Zip** St. Louis MO 63109**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 1269 S Laclede Station Rd.**City, State & Zip** Webster Groves MO 63119**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 9751 Manchester Rd.**City, State & Zip** Rock Hill MO 63119**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 4438 Lemay Ferry**City, State & Zip** St. Louis MO 63129**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 957 Woodcrest Executive Dr.**City, State & Zip** Creve Coeur MO 63141**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session. Free group exercise classes. Over 50 pieces of cardio equipment are available, with flatscreen viewing. 2 lines of circuit training equipment. Free child care. Large free weight area.

**Facility Name Club Fitness****Address** 1443 Bass Pro Dr.**City, State & Zip** St. Charles MO 63301**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes a complimentary personal training session, and free group exercise classes. Over 50 pieces of cardio equipment, and flatscreen viewing is available. Circuit training equipment and free weights. Free child care.

**Facility Name Club Fitness****Address** 3032 Hwy K and N Plaza**City, State & Zip** O'Fallon MO 63366**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes a complimentary personal training session, and free group exercise classes. Over 50 pieces of cardio equipment, and flatscreen viewing is available. Circuit training equipment and free weights. Free child care.

**Facility Name Club Fitness****Address** 259 Centre Pointe Drive**City, State & Zip** St. Peters MO 63376**Facility Contact** Kevin Vaughn, Corporate wellness director**Phone #** 314-752-2582**E-mail** kvaughn@clubfitness.us**Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$19.95/mo.**Family Membership** \$9.95 ea. 12 & up**Visitor Pass** \$10.00/day**Website** <http://clubfitness.us/>**Additional Information**

\$10.00 key card fee. Membership includes complimentary personal training session, and free group exercise classes. Over 50 pieces of cardio equipment w/flatscreen viewing. 2 lines of circuit training equipment. Free child care.

**Facility Name YMCA of Greater Kansas City****Address** 3100 Broadway Suite 1020**City, State & Zip** Kansas City MO 64111**Facility Contact** Vanesa Goldsberry**Phone #** 816-561-8122**E-mail****Trial Period****Enrollment Fee** \$150.00**Single Membership** \$56.00/mo**Family Membership** \$85.00/mo**Visitor Pass****Website** [www.kansascityYMCA.org](http://www.kansascityYMCA.org)**Additional Information**

Enrollment fee \$150.00 waived thru December 31, 2010. Membership includes access to all local YMCA facilities (Greater Kansas City area)

**Facility Name North Kansas City Community Center****Address** 1999 Iron St.**City, State & Zip** North Kansas City MO 64116**Facility Contact** Victoria Meier-Ressler**Phone #** 816-300-0531**E-mail** vlressler@nkc.org**Trial Period** None**Enrollment Fee** None**Single Membership** \$31.00/mo.**Family Membership** \$58.00/mo.**Visitor Pass** \$7/day single, \$15/day family (ID req'd.)**Website** <http://nkccc.org/>**Additional Information**

No contract required, and no initiation fees. Memberships established very easily. Please provide proof of NS employment.

**Facility Name Randolph Area YMCA****Address** 1000 Kwik Road**City, State & Zip** Moberly MO 65270**Facility Contact** Sheryl Morgan**Phone #** 660-263-3600**E-mail** smorgan@randolphareaymca.com**Trial Period** One Day**Enrollment Fee** \$50.00**Single Membership** \$37.00/mo.**Family Membership** \$50.00/mo.**Visitor Pass** \$10.00/day**Website** Under construction**Additional Information**

This Y participates in the "AWAY Program," which allows members more than 50 miles from their home YMCA to visit this facility for free, or at a reduced Day Pass charge. Randolph Area YMCA website coming soon!

**Facility Name Snap Fitness****Address** 2405 Hwy. 39 N**City, State & Zip** Meridian MS 39301**Facility Contact** Paige McDonald**Phone #** 601-693-1818**E-mail** gingerrials@yahoo.com**Trial Period** 7 Days**Enrollment Fee** \$25.00**Single Membership** \$39.99/mo.**Family Membership** \$10. ea. add'l. resident**Visitor Pass** \$10./day during staffed hours only.**Website** <http://www.snapfitness.com/meridianms/>**Additional Information** 24-hour access. \$25.00 card key fee due at enrollment.**Facility Name The Body Shop Fitness Center****Address** Airport Rd.**City, State & Zip** Fletcher NC**Facility Contact** Leticia Cope**Phone #** 828-653-1348**E-mail** sseymour@mail.bodyshopgyms.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$29.95/mo.**Family Membership** Ages 13-17 \$15/mo.**Visitor Pass** \$10.00/day**Website** <http://bodyshopgyms.com/>**Additional Information** One-time \$49 activation fee. 24/7 access to 4 locations. Group fitness classes (Pilates, yoga, etc.) free w/membership. Wide selection of free weights and resistance machines. Cardio equip. have flatscreens. Free child care. 12 mos EFT membership is \$29.95/mo. Even deeper discounts available. Annual \$12 enhancement fee required.**Facility Name The Body Shop Fitness Center****Address** 780 Hendersonville Rd.**City, State & Zip** Asheville NC**Facility Contact** Brian Gunter**Phone #** 828-277-1770**E-mail** sseymour@mail.bodyshopgyms.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$29.95/mo.**Family Membership** Ages 13-17 \$15/mo.**Visitor Pass** \$10.00/day**Website** <http://bodyshopgyms.com/>**Additional Information** One-time \$49 activation fee. 24/7 access to 4 locations. Group fitness classes (Pilates, yoga, etc.) free w/membership. Wide selection of free weights and resistance machines. Cardio equip. have flatscreens. Free child care. 12 mos EFT membership is \$29.95/mo. Even deeper discounts available. Annual \$12 enhancement fee required.**Facility Name The Body Shop Fitness Center****Address** 580 Upward Rd.**City, State & Zip** Flat Rock NC**Facility Contact** Sherrill Moore**Phone #** 828-692-1166**E-mail** sseymour@mail.bodyshopgyms.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$29.95/mo.**Family Membership** Ages 13-17 \$15/mo.**Visitor Pass** \$10.00/day**Website** <http://bodyshopgyms.com/>**Additional Information** One-time \$49 activation fee. 24/7 access to 4 locations. Group fitness classes (Pilates, yoga, etc.) free w/membership. Wide selection of free weights and resistance machines. Cardio equip. have flatscreens. Free child care. 12 mos EFT membership is \$29.95/mo. Even deeper discounts available. Annual \$12 enhancement fee required.



**Facility Name West Davidson Snap Fitness****Address** 4705 S NC Hwy 150**City, State & Zip** Lexington NC 27295**Facility Contact** Mindy Faircloth**Phone #** 336-853-7627**E-mail** westdavidson@snapfitness.com**Trial Period** 30 days (staffed hrs. only)**Enrollment Fee** Waived**Single Membership** \$27.00/month**Family Membership** \$52.00/mo.**Visitor Pass** \$10.00/day**Website** <http://www.snapfitness.com/westdavidson/>**Additional Information**

\$20.00 card fee. \$44.00/mo. for couples. Less than 10 minutes to Spencer Yard. 24/7 access. No contracts. Free personal wellness plan. No contracts required. Free on-line training center. Free personal fitness assessment. Free equipment orientation. Affordable monthly tanning.

**Facility Name Lifestyle Family Fitness****Address** 1741 Walnut St.**City, State & Zip** Cary NC 27511**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (919) 462-0823**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1040 Vision Drive**City, State & Zip** Apex NC 27523**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (919) 387-3095**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 601 E. Six Forks Road**City, State & Zip** Raleigh NC 27609**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (919) 755-1706**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 6461 Triange Plantation Drive**City, State & Zip** Raleigh NC 27616**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (919) 713-2275**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Peak Fitness****Address** 929 S Concorde Pkwy. Unit G**City, State & Zip** Concord NC 28027**Facility Contact** Phillip Henderson**Phone #** 704-795-6000**E-mail** [concord@peakfitnessus.com](mailto:concord@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 20420 W Catawba Ave.**City, State & Zip** Cornelius NC 28031**Facility Contact** Chris Loar**Phone #** 704-895-8100**E-mail** [lakenorman@peakfitnessus.com](mailto:lakenorman@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 5650 Hwy. 59 South**City, State & Zip** Harrisburg NC 28075**Facility Contact** Jennifer Flake**Phone #** 704-454-7000**E-mail** [harrisburg@peakfitnessus.com](mailto:harrisburg@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 2620 E Main St.**City, State & Zip** Lincolnton NC 28092**Facility Contact** Erin Beller**Phone #** 704-583-9400**E-mail** ebeller@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Lifestyle Family Fitness****Address** 9915 East Independence Blvd.**City, State & Zip** Matthews NC 28105**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (704) 814-0440**E-mail** wellness@LFF.com**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name The Forum Fitness****Address** 2318 S Main St.**City, State & Zip** Salisbury NC 28147**Facility Contact** Sacha Roberts**Phone #** 704-633-6638**E-mail** theforumfitness@gmail.com**Trial Period** 14 Days**Enrollment Fee** \$25.00**Single Membership** \$25.00**Family Membership** n/a**Visitor Pass** \$10.00/day**Website** <http://theforumfitness.com>**Additional Information**

23,000 sq ft facility with tons of free weights, and 87 pieces of aerobic machinery. Up to 40 aerobics classes per week, which are free with membership. Free child care. Free towel service with showers. Free introductory training session.

**Facility Name Peak Fitness****Address** 8109 University City Blvd.**City, State & Zip** Charlotte NC 28213**Facility Contact** Valerie Morris**Phone #** 704-547-0222**E-mail** university@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Lifestyle Family Fitness****Address** 8514 University Blvd.**City, State & Zip** Charlotte NC 28213**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** (704) 510-4988**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Peak Fitness****Address** 2101 Rexford Rd.**City, State & Zip** Charlotte NC 28220**Facility Contact** Barry McCormick**Phone #** 704-364-0400**E-mail** [southpark@peakfitnessus.com](mailto:southpark@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 8500 Pineville Matthews Rd.**City, State & Zip** Pineville NC 28226**Facility Contact** Randy Witte**Phone #** 704-341-1314**E-mail** [pineville@peakfitnessus.com](mailto:pineville@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 10404 Independence Blvd.**City, State & Zip** Charlotte NC 28227**Facility Contact** Jennifer Musso**Phone #** 704-814-7325**E-mail** [matthews@peakfitnessus.com](mailto:matthews@peakfitnessus.com)**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 11108 S Tryon St.**City, State & Zip** Charlotte NC 28273**Facility Contact** Erin Beller**Phone #** 704-583-9400**E-mail** ebeller@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness****Address** 935 Crossroads Dr.**City, State & Zip** Statesville NC 28625**Facility Contact** Jonathan Foster**Phone #** 704-873-0061**E-mail** statesville@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/steelecreek.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name The Body Shop Fitness Center****Address** 2314 Asheville Hwy.**City, State & Zip** Hendersonville NC 28792**Facility Contact** Abigail Wiley**Phone #** 828-692-7902**E-mail** sseymour@mail.bodyshopgyms.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$29.95/mo.**Family Membership** Ages 13-17 \$15/mo.**Visitor Pass** \$10.00/day**Website** <http://bodyshopgyms.com/>**Additional Information**

One-time \$49 activation fee. 24/7 access to 4 locations. Group fitness classes (Pilates, yoga, etc.) free w/membership. Wide selection of free weights and resistance machines. Cardio equip. have flatscreens. Free child care. 12 mos EFT membership is \$29.95/mo. Even deeper discounts available. Annual \$12 enhancement fee required.

**Facility Name Buffalo Athletic Clubs for Women - Boulevard****Address** 1235 French Rd.**City, State & Zip** Depew NY 14043**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Additional Information**

BAC opened in 1980. 7 centers in greater Buffalo area.



**Facility Name** Buffalo Athletic Clubs - Southtowns**Address** 1185 Niagara Falls Blvd.**City, State & Zip** Orchard Park NY 14127**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Additional Information** BAC opened in 1980. 7 centers in greater Buffalo area.**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Facility Name** Buffalo Athletic Clubs for Women - Colvin**Address** 3157 Eggert Rd.**City, State & Zip** Tonawanda NY 14150**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Additional Information** BAC opened in 1980. 7 centers in greater Buffalo area.**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Facility Name** Buffalo Athletic Clubs - Downtown**Address** 69 Delaware Ave.**City, State & Zip** Buffalo NY 14202**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathleticclub.com**Additional Information** BAC opened in 1980. 7 centers in greater Buffalo area.**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Facility Name** Buffalo Athletic Clubs for Women - Evans**Address** 480 Evans St.**City, State & Zip** Williamsville NY 14221**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Additional Information** BAC opened in 1980. 7 centers in greater Buffalo area.**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>

**Facility Name** Buffalo Athletic Clubs - Eastern Hills**Address** 4687 Transit Rd.**City, State & Zip** Williamsville NY 14221**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Additional Information**

BAC opened in 1980. 7 centers in greater Buffalo area.

**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Facility Name** Southtowns Fitness Center**Address** 2745 Seneca St.**City, State & Zip** W Seneca NY 14224**Facility Contact** Mike Przybyl and Peg Przybyl**Phone #** 716-824-4653**E-mail** sfc4fitness@yahoo.com**Additional Information**

Family rates: \$19.99/mo for the 2nd member, \$15.99/mo. each additional member. Free wgt's &amp; circuit training. Pers. trainers available. Showers available. Group classes for low, medium or high intensity levels. Body Composition tests done. Child's Room on site. Full range of Cardio equipment. 10 mins from Buffalo yard.

**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$24.99/month**Family Membership****Visitor Pass** \$5.00/visit**Website** <http://southtownsfitness.com/>**Facility Name** Buffalo Athletic Clubs - Boulevard location**Address** 1185 Niagara Falls Blvd.**City, State & Zip** Amherst NY 14226**Facility Contact** Beth Mahoney**Phone #** 716-833-5226**E-mail** presidentast@thebuffaloathletic.com**Additional Information**

BAC opened in 1980. 7 centers in greater Buffalo area.

**Trial Period** None**Enrollment Fee** \$99.00**Single Membership** \$19.95/mo.**Family Membership** \$19.95/mo. per resident**Visitor Pass** \$10.00/day**Website** <http://www.buffaloathletic.com/>**Facility Name** Lifestyle Family Fitness**Address** 5929 E Main St.**City, State & Zip** Columbus OH**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** wellness@LFF.com**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com>

**Facility Name Lifestyle Family Fitness****Address** 3644 Fishinger Blvd.**City, State & Zip** Hilliard OH 43026**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 614-771-1600**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1520 Stonecreek Dr. South**City, State & Zip** Pickerington OH 43147**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 614-759-8593**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 5929 E. Main Street**City, State & Zip** Columbus OH 43213**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 21 East State Street**City, State & Zip** Columbus OH 43215**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1860 Henderson Road**City, State & Zip** Columbus OH 43220**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1575 E. Dublin-Granville Road**City, State & Zip** Columbus OH 43229**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 1378 N. Hamilton**City, State & Zip** Gahanna OH 43230**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 614-304-2500**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 340 South Hamilton Road**City, State & Zip** Gahanna OH 43230**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Lifestyle Family Fitness****Address** 7690 New Market Way**City, State & Zip** Columbus OH 43235**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 1-866-533-2222**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name Urban Active Fitness****Address** 2100 Polaris Pkwy.**City, State & Zip** Columbus OH 43240**Facility Contact** Jody Shockley**Phone #** 614-430-9210**E-mail** [jshockley@urbanactive.com](mailto:jshockley@urbanactive.com)**Trial Period** 14 days**Enrollment Fee** Waived**Single Membership** \$39.99/mo. (\$15.00 semi-annual mainte**Family Membership** \$39.99/mo. per household adult. Reside**Visitor Pass** \$15.00/day when accompanied by a me**Website** <http://urbanactive.com/polaris>**Additional Information**

Facilities have indoor track, indoor lap pool, basketball and racquetball courts, unlimited group spinning and aqua fit classes, free weights and circuit strength training. Cardio cinema! Free assessment & orientation with a Pers Trainer! Programs available for kids 6 wks - 17 yrs.

**Facility Name Lifestyle Family Fitness****Address** 1069 Polaris Parkway**City, State & Zip** Lewis Center OH 43240**Facility Contact** <http://www.lff.com/Clublocator.aspx?zip=>**Phone #** 614-781-7600**E-mail** [wellness@LFF.com](mailto:wellness@LFF.com)**Trial Period** 21 days**Enrollment Fee** \$44.00**Single Membership** \$35.99/mo.**Family Membership****Visitor Pass** \$12.00/day**Website** <http://lifestylefamilyfitness.com/>**Additional Information**

All new memberships receive a \$150 gift card for any in-club fitness service. Membership also includes a 30-day Comfort money back guarantee. Discount family add-on rates available.

**Facility Name TNT Fitness****Address** 1012 W McPherson Hwy.**City, State & Zip** Clyde OH 43410**Facility Contact** Wendy Lippert**Phone #** 419-547-7756**E-mail** [wsltennis@yahoo.com](mailto:wsltennis@yahoo.com)**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$26.00/month**Family Membership** \$45.00/month**Visitor Pass** \$5.00/day**Website** none**Additional Information**

NS employees that pay in full for 12 months get an additional 10% discount.



**Facility Name Urban Active Fitness****Address** 2859 N Hollinsylvania Blvd.**City, State & Zip** Toledo OH 43615**Facility Contact** Mr. J. M. Johnson**Phone #** 419-535-6669**E-mail** jmjohnson@urbanactive.com**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$29.99**Family Membership** \$100.00**Visitor Pass** \$15.00/day**Website** www.urbanactive.com**Additional Information** \$29.99 processing fee plus first and last month dues required to join. Family membership includes Playroom availability for children under age 12.**Facility Name Tones Tan & Fitness****Address** 1828 Franklin Ave.**City, State & Zip** Toronto OH 43964**Facility Contact** Beverly Reese**Phone #** 740-537-9803**E-mail** winkreese@yahoo.com**Trial Period** 14 Days**Enrollment Fee** \$29.00**Single Membership** \$35.00/mo**Family Membership****Visitor Pass** \$5.00/day**Website****Additional Information** \$17/mo for the first additional member, \$10/mo for all others. Free equipment orientation provided. 12 mi. to Mingo Junction yard.**Facility Name The Ashtabula Co. Family YMCA****Address** 263 Prospect Rd.**City, State & Zip** Ashtabula OH 44004**Facility Contact** Cheryl Johnson**Phone #** 440-997-5321**E-mail** ashymca@windstream.net**Trial Period** 7 Days**Enrollment Fee** \$60.00**Single Membership** \$38.26/mo.**Family Membership** \$61.78/mo.**Visitor Pass** \$8.56/day**Website** http://www.ymcaofastabulacounty.com/**Additional Information** Free swimming lessons with family memberships, grades 1 - 6. Free babysitting for members while exercising. Newly renovated facility. Enrollment periods will provide waived enrollment fees. Members get reduced program fees (soccer, basketball, etc.). Land and water fitness classes are free for members.**Facility Name EMH Center For Health & Fitness****Address** 1997 Healthway Dr.**City, State & Zip** Avon OH 44011**Facility Contact** Jan Biedenbach**Phone #** 440-988-6800**E-mail** jbiedenbach@emhrhs.org**Trial Period** 7 days**Enrollment Fee** None**Single Membership** \$67.00/mo.**Family Membership** \$47/mo. for first add-on; \$27/mo. for eac**Visitor Pass** \$20.00/day**Website** http://emhfitness.org/**Additional Information** 60,000 sq.ft. health & fitness center offers over 100 free classes weekly. 10-lap-per-mi. indoor track. 145 pieces of strength & cardio equipment. 75 ft 6-lane indoor lap pool & warm water therapy pool. Day spa/massage services. Racquetball & basketball courts. Whirlpools, steam rooms, saunas. Deluxe locker rooms/amenities with towel service. Childcare available.

**Facility Name** **Fitworks - Mentor****Address** 9221 Mentor Dr.**City, State & Zip** Mentor OH 44060**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Fitworks - Colonial Marketplace****Address** 530 Euclid Ave., ste. 23A**City, State & Zip** Cleveland OH 44115**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Fitworks****Address** 19607 Detroit Rd.**City, State & Zip** Rocky River OH 44116**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Workout Factory****Address** 4924 Turney Rd.**City, State & Zip** Garfield Heights OH 44125**Facility Contact** Basia Maczka**Phone #** 216-351-3090**E-mail** basiamj@hotmail.com**Trial Period** None**Enrollment Fee** 50% discount**Single Membership** \$33.00/mo.**Family Membership****Visitor Pass** \$10.00/day staffed hrs. only**Website** <http://workoutfactory.com/>**Additional Information**

24-hour access.

**Facility Name** Workout Factory**Address** 5508 Ridge Rd.**City, State & Zip** Parma OH 44129**Facility Contact** Basia Maczka**Phone #** 216-351-3090**E-mail** basiamj@hotmail.com**Additional Information**

24-hour access. \$21.00/mo for 3-yr. contract, \$25.00/mo. for 2 yr.

**Trial Period** None**Enrollment Fee** \$1.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$10.00/day staffed hrs. only**Website** <http://workoutfactory.com/>**Facility Name** Workout Factory**Address** 5508 Ridge Rd.**City, State & Zip** Parma OH 44129**Facility Contact** Basia Maczka**Phone #** 216-351-3090**E-mail** basiamj@hotmail.com**Additional Information**

24-hour access.

**Trial Period** None**Enrollment Fee** 50% discount**Single Membership** \$33.00/mo.**Family Membership****Visitor Pass** \$10/day staffed hrs. only**Website** <http://workoutfactory.com/>**Facility Name** Fitworks - Parma**Address** 8555 Day Drive**City, State & Zip** Parma OH 44129**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Facility Name** Workout Factory**Address** 5589 Broadview Rd.**City, State & Zip** Parma OH 44134**Facility Contact** Basia Maczka**Phone #** 216-351-3090**E-mail** basiamj@hotmail.com**Additional Information**

24-hour access.

**Trial Period** None**Enrollment Fee** 50% discount**Single Membership** \$33.00/mo.**Family Membership****Visitor Pass** \$10/day staffed hrs. only**Website** <http://workoutfactory.com/>

**Facility Name** **Fitworks - Richmond Heights****Address** 5174 Wilson Mills Rd.**City, State & Zip** Richmond Heights OH 44143**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Fitworks - Willoughby****Address** 35881 Euclid Ave.**City, State & Zip** Willoughby OH 44143**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Fitworks - Stow-Kent****Address** 4301 Kent Rd. unit 26**City, State & Zip** Stow OH 44224**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **Fitworks - Chapel Hill****Address** 1944 Buchholzer**City, State & Zip** Akron OH 44310**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Bellevue Fitness & Tanning**Address** 115 E Main St.**City, State & Zip** Bellevue OH 44811**Facility Contact** Wendy Lippert**Phone #** 419-483-7002**E-mail** wsltennis@yahoo.com**Trial Period** 7 Days**Enrollment Fee** Waived**Single Membership** \$32.00/month**Family Membership** \$54.00/month for couples**Visitor Pass** \$5.00/day**Website** none**Additional Information**

A paid-in-full one year membership gets the following: 24/7 key-card access; an additional 10% discount; and access to TNT Fitness, 1012 W McPherson Hwy., Clyde OH 43410.

**Facility Name** Bellevue Community Center**Address** 800 Monroe St.**City, State & Zip** Bellevue OH 44811**Facility Contact** Marc Weisenberger**Phone #** 419-483-5555**E-mail** marcw@cityofbellevue.com**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$28.00, or \$140/year**Family Membership** \$280/year**Visitor Pass** \$3.00/day**Website** <http://bellevuerec.com>**Additional Information****Facility Name** Ernsthause Community Complex**Address** 100 Republic St.**City, State & Zip** Norwalk OH 44857**Facility Contact** Linden Ramsey**Phone #** 419-663-6775**E-mail** parknrec@rrbiznet.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$150/yr**Family Membership** \$250/yr**Visitor Pass** \$6.00/day**Website** [www.norwalkoh.com/park\\_and\\_rec2.htm](http://www.norwalkoh.com/park_and_rec2.htm)**Additional Information**

2 indoor & 1 outdoor pool. Steamroom, sauna and whirlpool on site. Indoor running & walking track. Weight and cardio equipment available. Group classes provided. Open 7 days per week.

**Facility Name** Baywinds Athletic Club**Address** 5507 Milan Rd.**City, State & Zip** Sandusky OH 44870**Facility Contact** Karen Karim**Phone #** 419-239-4191**E-mail** baywinds419@aol.com**Trial Period** 30 days**Enrollment Fee** \$50.00**Single Membership** \$42.00**Family Membership** \$10/mo. ea. add'l resident**Visitor Pass** \$20.00/day**Website****Additional Information**



**Facility Name** Fitworks - Middletown**Address** 413 S Breiel Blvd.**City, State & Zip** Middletown OH 45044**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - West Chester**Address** 7844 Kingland Dr.**City, State & Zip** West Chester OH 45069**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** downtown**Address** 4623 Wesley Ave.**City, State & Zip** Cincinnati OH 45212**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - Forest Park**Address** 1194 West Kemper Rd.**City, State & Zip** Forest Park OH 45240**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - White Oak**Address** 5840 Cheviot Rd.**City, State & Zip** Cincinnati OH 45247**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - Anderson**Address** 7910 Beechmont Ave.**City, State & Zip** Cincinnati OH 45255**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - North Dayton**Address** 7070 Miller Lane**City, State & Zip** Dayton OH 45414**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** Fitworks - Indian Ripple**Address** 4464 Indian Ripple Rd.**City, State & Zip** Beaver Creek OH 45440**Facility Contact** Katie Panzo**Phone #** 440-333-4141**E-mail** kpanzo@fitworks.com**Trial Period** 21 Days**Enrollment Fee** \$29.00**Single Membership** \$29.00/mo.**Family Membership****Visitor Pass** \$5.00/day (plus tax, if appl.)**Website** <http://www.fitworks.com/>**Additional Information**

Spouses add \$27/mo. Sales tax may be required. Fitworks offers "Paid In Full" specials - see facilities for details. Playland offered for children while parents work out. All the latest cardio equipment, with cardio cinemas. Free weights, too. Private women's workout area.

**Facility Name** **SOMC LIFE Center - Lucasville****Address** 10617 US Rte 23**City, State & Zip** Lucasville OH 45648**Facility Contact** Becky Perdas**Phone #** 740-356-7900**E-mail** perdasj@somc.org**Trial Period** 1 Day**Enrollment Fee** \$25 single, \$50 family**Single Membership** \$29.00/mo**Family Membership** \$58.50/mo for 4 residents**Visitor Pass** \$10.00/day**Website** <http://www.somc.org/life/lucasville>**Additional Information**

Couples enroll for \$40 and pay only \$44/mo. Life Centers offer youth conditioning, family fun hours, and summer activities for kids. All members get a free fitness consultation. Personal training services are available. Nutrition consultants with registered dietitians are available. Group exercise classes and aquatics programs are included.

**Facility Name** **SOMC LIFE Center - Portsmouth****Address** 1202 18th St.**City, State & Zip** Portsmouth OH 45662**Facility Contact** Becky Perdas**Phone #** 740-356-7900**E-mail** perdasj@somc.org**Trial Period** 1 Day**Enrollment Fee** \$25 single, \$50 family**Single Membership** \$29.00/mo**Family Membership** \$58.50/mo for 4 residents**Visitor Pass** \$10.00/day**Website** <http://www.somc.org/life/portsmouth/>**Additional Information**

Couples enroll for \$40 and pay only \$44/mo. Life Centers offer youth conditioning, family fun hours, and summer activities for kids. All members get a free fitness consultation. Personal training services are available. Nutrition consultants with registered dietitians are available. Group exercise classes and aquatics programs are included.

**Facility Name** **Wheelersburg Fitness World****Address** 9009 Ohio River Rd.**City, State & Zip** Wheelersburg OH 45694**Facility Contact** Jim Cox**Phone #** 740-574-5785**E-mail** coxjd@roadrunner.com**Trial Period** 7 days**Enrollment Fee** Waived**Single Membership** \$23/mo., or \$265/annually**Family Membership** \$31/mo., or \$365 annually**Visitor Pass** \$6/day or \$15/week w/ID**Website** None**Additional Information**

Annual membership drives may provide up to 20% maximum discount. Wheelersburg Fitness World offers a wide array of cardio, free weight and machine-based weights. NS employees get 10% discount on health supplements.

**Facility Name** **SOMC LIFE Center - Wheelersburg****Address** 8430 Hayport Rd.**City, State & Zip** Wheelersburg OH 45694**Facility Contact** Becky Perdas**Phone #** 740-356-7900**E-mail** perdasj@somc.org**Trial Period** 1 Day**Enrollment Fee** \$25 single, \$50 family**Single Membership** \$29.00/mo**Family Membership** \$58.50/mo for 4 residents**Visitor Pass** \$10.00/day**Website** <http://www.somc.org/life/wheelersburg>**Additional Information**

Couples enroll for \$40 and pay only \$44/mo. Life Centers offer youth conditioning, family fun hours, and summer activities for kids. All members get a free fitness consultation. Personal training services are available. Nutrition consultants with registered dietitians are available. Group exercise classes and aquatics programs are included.

**Facility Name** The Source Family Fitness Center**Address** 2922 Duss Ave.**City, State & Zip** Ambridge PA 15003**Facility Contact** Ron Embaugh**Phone #** 724-266-1150**E-mail** fitness@thesourcefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$25.00/mo.**Family Membership** \$40.00/mo.**Visitor Pass** \$10.00/day**Website** <http://thesourcefitness.com/>**Additional Information****Facility Name** Move It & Lose It**Address** 605 Scenery Dr.**City, State & Zip** Elizabeth PA 15037**Facility Contact** Debbie Victor**Phone #** 412-751-7115**E-mail** da.victor@verizon.net**Trial Period** 7 Days**Enrollment Fee** \$50.00**Single Membership** \$30.00/mo.**Family Membership****Visitor Pass** \$5.00/day**Website** None**Additional Information**

Family membership rates available. 5 miles from Shire Oaks Yard. This facility is a "TOPS" participant. Circuit weights and aerobic equipment available. Aerobics classes are included with membership.

**Facility Name** Mon Valley YMCA**Address** 101 Taylor Run Rd.**City, State & Zip** Monongahela PA 15063**Facility Contact** Jodi Lignelli**Phone #** 724-483-8077**E-mail** jodi@monvalleyymca.org**Trial Period** None**Enrollment Fee** \$50 single, \$75 family**Single Membership** \$41.00/mo.**Family Membership** \$59.00/mo.**Visitor Pass** \$10.00/day**Website** <http://monvalleyymca.org>**Additional Information**

NS employees get 13th month free. Center has cardio machines, strength equipment, free weights, In- & outdoor pools. Members can use sauna, steam room & whirlpool. Group classes include cycling. Racquetball & basketball courts available. 14 miles from Shire Oaks Yard.

**Facility Name** Beaver County YMCA**Address** 2236 Third Avenue**City, State & Zip** New Brighton PA 15066**Facility Contact** Renee Sannan**Phone #** 724-847-2200**E-mail** rsannanyymca@access995.com**Trial Period** 7 Days**Enrollment Fee** 25% discount**Single Membership** \$37.00/mo.**Family Membership** \$54.00/mo.**Visitor Pass** \$25.00 for 3 Days**Website** <http://beavercountyymca.org>**Additional Information**

**Facility Name** Windwood Health & Sports Club**Address** 1000 Lake Rd**City, State & Zip** Wexford PA 15090**Facility Contact** Mary Thompson**Phone #** 724-935-5970**E-mail****Additional Information**

13 mi from Conway Yard.

**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$56.00/mo.**Family Membership** \$75.00/mo.**Visitor Pass** \$15.00/mo.**Website** None**Facility Name** Keystone Health Club & Café**Address** 655 Braddock Ave.**City, State & Zip** E Pittsburgh PA 15112**Facility Contact** Gail Evans-Potter**Phone #** 412-349-0777**E-mail** gail@keystonehealthclub.com**Additional Information**

20,000 sq ft state-of-the-art fitness facility with an accredited staff and fitness programs. Facility has top-of-the-line workout equipment from Cybex and Precor. Contemporary group exercise classes. Value-added services include massage, steam and sauna. Café offers full-menu breakfast and lunch.

**Trial Period** 28 Days**Enrollment Fee** None (\$39 value)**Single Membership** \$35.00/mo. (30% disc.)**Family Membership** \$35/mo. ages 14 & up**Visitor Pass** One week free pass**Website** <http://keystonehealthclub.com/>**Facility Name** Club Julian 24-Hour Fitness**Address** 101 Corbett Ct.**City, State & Zip** Pittsburgh PA 15237**Facility Contact** Mike Savrese**Phone #** 412-366-1931**E-mail** soozash@yahoo.com**Additional Information**

Open for 18 years. Pers. training included with membership. Open 24-7 Mon. - Fri., until 6:00 p.m. weekends. "Risk Free" membership allows no-cost cancellation within the first 14 days. Heated Pool, whirlpool, steam and sauna on sight. Over 70 group exercise classes, including water aerobics. Indoor running and walking track. Massage and tanning services available.

**Trial Period** 14 days**Enrollment Fee** \$99.00**Single Membership** \$41.00/mo.**Family Membership** \$36/mo. ea. add'l. member**Visitor Pass** By appointment only**Website** <http://www.clubjulian.com/>**Facility Name** StriveFit Zone**Address** 210 Valleybrook Rd.**City, State & Zip** McMurray PA 15317**Facility Contact** Kayse Dowden**Phone #** 724-941-8822**E-mail** Kaysed@strivefit.com**Additional Information**

If 12 or more join, monthly cost is lowered to \$49; and 30 or more lowers it to \$39. 13th month is free! \$10 gift can be used for gym offerings. Personal Training packages are 50% off the first 90 days. Youth Gym (6-14) on site. StriveFit is 10 miles from Shire Oaks.

**Trial Period** 14 Days**Enrollment Fee** Waived**Single Membership** \$76.00, or \$720.00 for 1 yr.**Family Membership** Depends on family size**Visitor Pass** \$15 adults, \$10 children**Website**



**Facility Name** New Resolutions Gym/Fitness Center**Address** 21 S Morris St.**City, State & Zip** Waynesburg PA 15370**Facility Contact** Lida Orbash**Phone #** 724-852-2121**E-mail** newresolutionsgym@comcast.net**Trial Period** 15 Days**Enrollment Fee** Waived**Single Membership** \$25.00/month**Family Membership** \$50/mo. couples, \$75/mo. families, up to 4**Visitor Pass** \$5.00/day by appointment.**Website****Additional Information**

\$15.00 key card fee. 24-hr. access. Personal trainers and massage therapists available. Cardio machines in use. Hammerstrength machines and free weights for strength training. Tanning available. Lockerrooms have showers. Less than one mile from Waynesburg Yard.

**Facility Name** ProCare Pleasantville Health Club**Address** 119 Follmar Lane**City, State & Zip** Alum Bank PA 15521**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass****Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name** ProCare Bedford Health Club**Address** 125 Willow Grove Commons**City, State & Zip** Bedford PA 15537**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass** \$15.00/day**Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name** Snap Fitness**Address** 1910 Minno Drive, Westwood Plaza**City, State & Zip** Johnstown PA 15905**Facility Contact** Jenn Hatch**Phone #** 814-254-0022**E-mail** johnstownwestmont@snapfitness.com**Trial Period** 14 days, during staffed hrs.**Enrollment Fee** Waived**Single Membership** \$35.95/mo.**Family Membership****Visitor Pass** \$5.00/day**Website** <http://snapfitness.com/johnstownwestmont/>**Additional Information**

24-hour facility. Pay 12 months in full to earn additional discounts. Membership includes free personal web page, free fitness assessment and one personal trainer session. One-time \$19.00 access card fee. Couples rate \$54.95/mon. Families rate \$67.95/mo.

**Facility Name Snap Fitness - Mars****Address** 162 Brickyard Rd., suite 400**City, State & Zip** Mars PA 16046**Facility Contact** Lorry Staub**Phone #** 724-687-0456; 724-713-5426 mobile**E-mail** marspa@snapfitness.com**Trial Period** 7 Days**Enrollment Fee** Waived.**Single Membership** \$39.95/month.**Family Membership** \$49.95 for joint membership. \$59.95/mo**Visitor Pass** None**Website** <http://www.snapfitness.com/marspa/>**Additional Information**

Cost for 24-7 Access card is \$19.00. Six months pre-paid earns one month free, and 12 months pre-paid earns three free

**Facility Name Fitness Factory****Address** 671 Castle Creek Drive**City, State & Zip** Seven Fields PA 16046**Facility Contact** Steve Duckworth**Phone #** 724-776-2348**E-mail** skiskate@comcast.net**Trial Period** 1day**Enrollment Fee** Waived**Single Membership** \$40.00/mo.**Family Membership** \$60.00/mo.**Visitor Pass** \$5/day escorted by member, \$10/day wi**Website** none**Additional Information**

Less than 10 mis to Conway Yard. Serving the Pittsburgh area for 13 years. Family memberships include husband, wife and dependent children between ages 13 and 21.

**Facility Name LECOM Lake Erie College of Osteopathic Me****Address** 5401 Peach St.**City, State & Zip** Erie PA 16509**Facility Contact** Ken Pasko**Phone #** 814-868-7800**E-mail** kpasko@powerwellness.com**Trial Period** One day**Enrollment Fee** 50% Discount**Single Membership** \$59.00/mo.**Family Membership** \$94 couples, \$125 families**Visitor Pass** \$10/day with ID**Website** <http://lecomwellness.com/>**Additional Information**

An 82,000 sq ft wellness center offering Cardio equipment with individual entertainment systems. Comprehensive weight training areas. Classes for aerobics, cycling, yoga &amp; Pilates. Lap pool &amp; exercise pool. Indoor track. Basketball &amp; racquetball courts. Golf simulator. Executive style locker rooms.

**Facility Name Snap Fitness****Address** 228 E Chestnut Ave.**City, State & Zip** Altoona PA 16601**Facility Contact** Jenn Hatch**Phone #** 814-941-7627**E-mail** altoona@snapfitness.com**Trial Period** 14 days, during staffed hrs.**Enrollment Fee** Waived**Single Membership** \$35.95/mo.**Family Membership****Visitor Pass** \$5.00/day**Website** <http://snapfitness.com/altoona/>**Additional Information**

24-hour facility. Pay 12 months in full to earn additional discounts. Membership includes free personal web page, free fitness assessment and one personal trainer session. One-time \$19.00 access card fee. Couples rate \$54.95/mon. Families rate \$67.95/mo.

**Facility Name ProCare Health & Fitness****Address** 3200 Fairway Drive**City, State & Zip** Altoona PA 16602**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass** \$10.00/day**Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session

**Facility Name Snap Fitness****Address** 167 Glimcher Drive**City, State & Zip** Duncansville PA 16635**Facility Contact** Jenn Hatch**Phone #** 814-696-9996**E-mail** duncansville@snapfitness.com**Trial Period** 14 days, during staffed hrs.**Enrollment Fee** Waived**Single Membership** \$35.95/mo.**Family Membership****Visitor Pass** \$5.00/day**Website** <http://www.snapfitness.com/duncansville>**Additional Information**

24-hour facility. Pay 12 months in full to earn additional discounts. Membership includes free personal web page, free fitness assessment and one personal trainer session. One-time \$19.00 access card fee. Couples rate \$54.95/mon. Families rate \$67.95/mo.

**Facility Name ProCare Huntingdon Health Club****Address** 85 S 4th Street**City, State & Zip** Huntingdon PA 16652**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass** \$10.00/day**Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name ProCare Roaring Spring Health Club****Address** 401 S Route 36**City, State & Zip** Roaring Spring PA 16673**Facility Contact** Phyllis Baker**Phone #** 814-944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass****Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name Garver YMCA****Address** 820 Grove Street**City, State & Zip** Roaring Spring PA 16673-1704**Facility Contact** Rod Feather**Phone #** 814-224-5101**E-mail** rodfeather@embarqmail.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$17.00/mo.**Family Membership** \$34.00/mo.**Visitor Pass** \$9.00/day**Website** <http://garverymca.org/>**Additional Information**

Price assumes one-year contract.

**Facility Name ProCare Penns Valley Health Club****Address** 2825 Earlstown Road**City, State & Zip** Centre Hall PA 16828**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass** \$10.00/day**Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name ProCare Philipsburg Health Club****Address** 911 N Front Street**City, State & Zip** Philipsburg PA 16866**Facility Contact** Phyllis Baker**Phone #** (814) 944-9412**E-mail** pbaker@procarefitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$46.00/mo.**Visitor Pass** \$10.00/day**Website** <http://procarefitness.com/altoona.html>**Additional Information**

Note: Enrollment must be completed at the Altoona location, then there is access to 8 locations. Free one-on-one fitness consultation and one hour personal training session.

**Facility Name Train Yard Gym & Fitness****Address** 451 N. Enola Rd.**City, State & Zip** Enola PA 17025**Facility Contact** Denny Wonsick**Phone #** 717-728-1902**E-mail** TrainYardGym@aol.com**Trial Period** 30 days**Enrollment Fee** \$49.95**Single Membership** \$19.95/mo.**Family Membership** Case-by-case basis.**Visitor Pass** First visit is free (by appointment). Subs**Website** <http://www.trainyardgym.com>**Additional Information**

24/7 access. Free weights and cardio machines available. Convenient to Enola Yard.

**Facility Name** Platinum Health & Fitness**Address** 7015 Jonestown Rd**City, State & Zip** Harrisburg PA 17112**Facility Contact** Kathie Haley**Phone #** 717-652-7490**E-mail** jbsis4me@paonline.com**Additional Information****Trial Period** None**Enrollment Fee** \$14.50**Single Membership** \$19.99/mo.**Family Membership** None**Visitor Pass** \$10.00/day, \$25.00/week**Website** <http://www.platinumhfc.net>**Facility Name** Snap Fitness**Address** 2308 Patton Rd.**City, State & Zip** Harrisburg PA 17112**Facility Contact** Bonnie Berkowski**Phone #** 717-540-5414**E-mail** harrisburg@snapfitness.com**Additional Information**

\$39.96/mo for two adults.

**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$27.96/mo.**Family Membership** \$51.96/mo.**Visitor Pass** \$8.00/day**Website** <http://snapfitness.com/harrisburg/>**Facility Name** L.A. Fitness - Harrisburg**Address** 5070 Jonestown Rd.**City, State & Zip** Harrisburg PA 17112**Facility Contact** Molly Rounds**Phone #** 717-652-2955**E-mail** patrickm@lafitness.com**Additional Information****Trial Period** 7 Days**Enrollment Fee** \$99**Single Membership** \$34.99/mo.**Family Membership****Visitor Pass** 7 Day pass each 6 mos.**Website** <http://lafitness.com>**Facility Name** Sunbury YMCA**Address** 1150 N 4th St.**City, State & Zip** Sunbury PA 17801**Facility Contact** Katrina Mouery**Phone #** 570-286-5636**E-mail** kmouery@gsnymca.org**Additional Information**

Enrollment fee waived through 5/31/2010. Some of their many programs include: Aerobics, Aquatics, Arts, Baby-sitting services, Child Care for those 6 wks-5 yrs of age, after school hosting, summer camps, Cycling, Circuit weights, Gymnastics Leagues & Tournaments, Martial Arts, Racquetball, Senior & Teen programs.

**Trial Period** 7 Days**Enrollment Fee** \$55 single, \$80 families**Single Membership** \$39.00/mo.**Family Membership** \$56.00/mo.**Visitor Pass** \$15 for 3 visits**Website** [www.gsvymca.org](http://www.gsvymca.org)



**Facility Name LA Fitness****Address** 340 S 25th St.**City, State & Zip** Easton PA 18042**Facility Contact** Skip Pace**Phone #** 610-432-7330**E-mail** patrickm@lafitness.com**Trial Period** 14 days**Enrollment Fee** \$149.00**Single Membership** \$34.99/mo.**Family Membership** \$34.99/mo. for ea. Resident**Visitor Pass** Free up to 7 days**Website** <http://lafitness.com>**Additional Information**

All memberships include a complimentary fitness assessment. Membership also allows use of all L.A. Fitness locations (subject to restrictions).

**Facility Name LA Fitness****Address** 1515 Mauch Chunk Rd.**City, State & Zip** Allentown PA 18104**Facility Contact** Skip Pace**Phone #** 610-432-7330**E-mail** patrickm@lafitness.com**Trial Period** 14 days**Enrollment Fee** 149.00**Single Membership** \$34.99/mo.**Family Membership** \$34.99/mo. per resident**Visitor Pass** Free up to 7 days**Website** <http://lafitness.com>**Additional Information**

All memberships include a complimentary fitness assessment. Membership also allows use of all L.A. Fitness locations (subject to restrictions).

**Facility Name The Fitness Plaza****Address** 1124 Glenlivet Dr.**City, State & Zip** Allentown PA 18106**Facility Contact** Barb Toczek**Phone #** 610-481-0100**E-mail** [info@thefitnessplaza.com](mailto:info@thefitnessplaza.com)**Trial Period** 3 Days, by appointment**Enrollment Fee** \$25.00**Single Membership** \$40.00/month**Family Membership** \$77.00/month**Visitor Pass** \$8.00/day**Website** <http://thefitnessplaza.com>**Additional Information**

Full service club, family owned and operated since 1991. Lockerrooms with showers and towel service. Baby care included. Training sessions available. Sauna, steam rooms and whirlpools on site. Group classes for cardio, spinning, yoga and Pilates. On site full service hair salon, and tanning.

**Facility Name The Regional Medical Center (TRMC) Health****Address** 3000 St. Matthews Rd.**City, State & Zip** Orangeburg SC 29118**Facility Contact** Kendrick Glover**Phone #** 803-395-4380**E-mail** [kmglover@regmed.com](mailto:kmglover@regmed.com)**Trial Period** None**Enrollment Fee** None**Single Membership** \$40.00/mo.**Family Membership** \$55.00/mo.**Visitor Pass** \$7.00/day, \$15.00/week**Website** <http://www.trmchealth.org/>**Additional Information**

Once 10 NS employees have joined, the monthly dues are reduced \$10.00. 'Family' membership includes spouse and one child (15-23, if a dependent). Each additional child adds \$15.00/mo.

**Facility Name Pivotal Fitness****Address** 4350 St. Andrews Rd.**City, State & Zip** Columbia SC 29210**Facility Contact** John Swindler**Phone #** 803-551-2700**E-mail** jswindler@pivotalfitness.com**Trial Period** 7 Days**Enrollment Fee** \$54.00**Single Membership** \$29.00/mo. (min. 10 empl.)**Family Membership** \$20 ea. (min. 10 empl.)**Visitor Pass** \$10.00/day**Website** <http://pivotalfitness.com/>**Additional Information**

Pivotal Fitness offers flexible membership packages. State-of-the-Art Equipment is in use. A professional staff is available for all fitness needs. Each location includes a free and fun KidZONE, and exceptional childcare services.

**Facility Name Peak Fitness - Spartanburg****Address** 399 Peachwood Centre**City, State & Zip** Spartanburg SC 29301**Facility Contact** Beth Lamb**Phone #** 704-617-3411**E-mail** peachwood@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per household resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/peachwood2.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name Peak Fitness - Laurens****Address** 2631 Laurens Rd.**City, State & Zip** Greenville SC 29607**Facility Contact** Wanda Bobo**Phone #** 864-213-9024**E-mail** laurens@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per household resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/laurens.html>**Additional Information**

Large gym w/55,000 sq ft Women's Only area. Complex has basketball courts, tanning, chiropractic services, and personal training. Saunas available. "Kidz Zone" on site.

**Facility Name Peak Fitness - Wade Hampton****Address** 3150 Wade Hampton Blvd.**City, State & Zip** Taylors SC 29687**Facility Contact** Beth Lamb**Phone #** 864-292-6590**E-mail** wadehampton@peakfitnessus.com**Trial Period** 14 Days**Enrollment Fee** \$35.00**Single Membership** \$24.99/mo.**Family Membership** \$24.99/mo. per household resident**Visitor Pass** \$10.00/day**Website** <http://www.peakfitnessclubs.com/wadehampton.html>**Additional Information**

Basketball court. Large free weight and cardiovascular areas. Aerobic classes included with membership. Two personal trainer sessions included.

**Facility Name** Upper Palmetto YMCA - Chester County Bra

**Trial Period** 7 Days

**Address** 157 Columbia St.

**Enrollment Fee** \$25.00

**City, State & Zip** Chester SC 29706

**Single Membership** \$50.00/mo.

**Facility Contact** Y location Member Service Attendant

**Family Membership** \$71.00/mo.

**Phone #** 803-581-9622

**Visitor Pass** \$10.00/day

**E-mail** contactus@upymca.org

**Website** <http://upymca.org/>

**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** Upper Palmetto YMCA - Ft. Mill Branch

**Trial Period** 7 Days

**Address** 857 Promenade Walk

**Enrollment Fee** \$25.00

**City, State & Zip** Ft. Mill SC 29708

**Single Membership** \$50.00/mo.

**Facility Contact** Y location Member Service Attendant

**Family Membership** \$71.00/mo.

**Phone #** 803-548-8892

**Visitor Pass** \$10.00/day

**E-mail** contactus@upymca.org

**Website** <http://upymca.org/>

**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** Upper Palmetto YMCA - Gold Hill Branch

**Trial Period** 7 Days

**Address** 1785 Gold Hill Rd.

**Enrollment Fee** \$25.00

**City, State & Zip** Ft. Mill SC 29708

**Single Membership** \$50.00/mo.

**Facility Contact** Y location Member Service Attendant

**Family Membership** \$71.00/mo.

**Phone #** 803-548-9622

**Visitor Pass** \$10.00/day

**E-mail** contactus@upymca.org

**Website** <http://upymca.org/>

**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** Upper Palmetto YMCA - Clover Branch

**Trial Period** 7 Days

**Address** 107 S Main St.

**Enrollment Fee** \$25.00

**City, State & Zip** Clover SC 29710

**Single Membership** \$50.00/mo.

**Facility Contact** Y location Member Service Attendant

**Family Membership** \$71.00/mo.

**Phone #** 803-222-9622

**Visitor Pass** \$10.00/day

**E-mail** contactus@upymca.org

**Website** <http://upymca.org/>

**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** Upper Palmetto YMCA - Charlotte Ave. Branch **Trial Period** 7 Days**Address** 402 Charlotte Ave.**Enrollment Fee** \$25.00**City, State & Zip** Rock Hill SC 29732**Single Membership** \$50.00/mo.**Facility Contact** Y location Member Service Attendant**Family Membership** \$71.00/mo.**Phone #** 803-329-9622**Visitor Pass** \$10.00/day**E-mail** contactus@upymca.org**Website** www.upymca.org/**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** Upper Palmetto YMCA - York Branch**Trial Period** 7 Days**Address** 103 E Madison St.**Enrollment Fee** \$25.00**City, State & Zip** York SC 29745**Single Membership** \$50.00/mo.**Facility Contact** Y location Member Service Attendant**Family Membership** \$71.00/mo.**Phone #** 803-684-2247**Visitor Pass** \$10.00/day**E-mail** contactus@upymca.org**Website** http://upymca.org/**Additional Information**

Upper Palmetto YMCAs honor the "AWAY" program, allowing Y members from other areas up to three free visits per month.

**Facility Name** YMCA of Metro Chattanooga - North Georgia **Trial Period** 7 Days**Address** 1846 LaFayette Rd.**Enrollment Fee** \$25.00**City, State & Zip** Ft. Oglethorpe TN 30742**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** http://ymcachattanooga.org/**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** YMCA of Metro Chattanooga - Clev. Branch **Trial Period** 7 Days**Address** 220 Urbane Rd.**Enrollment Fee** \$25.00**City, State & Zip** Cleveland TN 37312**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** http://ymcachattanooga.org/**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** YMCA of Metro Chattanooga - Rhea Branch**Trial Period** 7 Days**Address** 232 4th Ave.**Enrollment Fee** \$25.00**City, State & Zip** Dayton TN 37321**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** Sports Barn**Trial Period** 30 days**Address** 1790 Hamill Rd.**Enrollment Fee** Waived**City, State & Zip** Chattanooga TN 37343**Single Membership** \$50.00/mo.**Facility Contact** Don Bowman**Family Membership** \$70.00/mo.**Phone #** 423-266-1125**Visitor Pass** \$10.00/day**E-mail** dbrock@sportsbarn.net**Website** <http://sports-barn.com>**Additional Information**

\$60.00/mo. for employee and spouse. Access to 3 locations.

**Facility Name** Snap Fitness - Chattanooga**Trial Period** 7 days**Address** 1667 Ooltewah-Ringgold Rd.**Enrollment Fee** 50% discount**City, State & Zip** Chattanooga TN 37363**Single Membership** \$31.45/mo.**Facility Contact** Beth Wright**Family Membership** \$44.95/mo.**Phone #** 423-855-8950**Visitor Pass** \$5.00/day**E-mail** chattanooga@snapfitness.com**Website** <http://snapfitness.com/chattanooga/>**Additional Information**

\$37.75 for 2 adults

**Facility Name** YMCA of Metro Chattanooga - Downtown Br**Trial Period** 7 Days**Address** 301 W 6th St.**Enrollment Fee** \$25.00**City, State & Zip** Chattanooga TN 37402**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.



**Facility Name** YMCA of Metro Chattanooga - Downtown Br**Trial Period** 7 Days**Address** 301 W 6th St.**Enrollment Fee** \$25.00**City, State & Zip** Chattanooga TN 37402**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** Sports Barn**Trial Period** 30 days**Address** 301 Market Street**Enrollment Fee** Waived**City, State & Zip** Chattanooga TN 37402**Single Membership** \$50.00/mo.**Facility Contact** Don Bowman**Family Membership** \$70.00/mo.**Phone #** 423-266-1125**Visitor Pass** \$10.00/day**E-mail** dbrock@sportsbarn.net**Website** <http://sports-barn.com>**Additional Information**

\$60.00/mo. for employee and spouse only. Access to 3 locations.

**Facility Name** Rush Fitness Complex**Trial Period** 30 days**Address** 210 W 4th St., ste. 600**Enrollment Fee** \$99.00**City, State & Zip** Chattanooga TN 37402**Single Membership** \$49.00/mo.**Facility Contact** Nick Rich, Gen Mgr.**Family Membership** \$78.00/mo.**Phone #** 423-308-0575**Visitor Pass** \$15.00/day**E-mail** nrich@therush247.com**Website** <http://therush247.com>**Additional Information**

Swimming pool on premises. Sauna and jacuzzi available. "Free motion" equipment. Personal trainer available. Parking garage access.

**Facility Name** YMCA of Metro Chattanooga - J.A. Henry Bra**Trial Period** 7 Days**Address** 5600 Brainerd Rd.**Enrollment Fee** \$25.00**City, State & Zip** Chattanooga TN 37411**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** **YMCA of Metro Chattanooga - North River Br** **Trial Period** 7 Days**Address** 4138 Hixson Pike**Enrollment Fee** \$25.00**City, State & Zip** Chattanooga TN 37415**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** **Studio 360 Women's Fitness and Wellness** **Trial Period** 10 Days**Address** 250 Northgate Mall Drive**Enrollment Fee** \$75.00**City, State & Zip** Chattanooga TN 37415**Single Membership** \$55.00/mo.**Facility Contact** Lindsay and/or Summer**Family Membership****Phone #** 423-870-9878**Visitor Pass** \$15.00/day**E-mail** info@studio360fit.com**Website** <http://studio360fit.com/>**Additional Information**

Facility measures over 15k Sq ft. Certified Personal Trainers on staff. State-of-the-art Cardio and Strength Training Equipment.  
Steam Room and Sauna available. Childcare Services provided.  
Fireplace Lounge, and Smoothie Bar are on site. Tanning equipment available. Massage Therapists available.

**Facility Name** **YMCA of Metro Chattanooga - Hamilton Fami** **Trial Period** 7 Days**Address** 7430 Shallowford Rd.**Enrollment Fee** \$25.00**City, State & Zip** Chattanooga TN 37421**Single Membership** \$58.00/mo.**Facility Contact** Lori Dodd**Family Membership** \$73.00/mo.**Phone #** 423-265-8834**Visitor Pass** \$10.00/day**E-mail** ldodd@ymcachattanooga.org**Website** <http://ymcachattanooga.org/>**Additional Information**

Membership includes "Fit Start," 8 free sessions with a personal trainer! Outlying and smaller Y's have special membership pricing. \$33.00/mo for students. \$40.00/mo. for adults 18-29. No membership contract needed.

**Facility Name** **Sports Barn****Trial Period** 30 days**Address** 6148 Lee Hwy.**Enrollment Fee** Waived**City, State & Zip** Chattanooga TN 37421**Single Membership** \$50.00/mo.**Facility Contact** Don Bowman**Family Membership** \$70.00/mo.**Phone #** 423-266-1125**Visitor Pass** \$10.00/day**E-mail** dbrock@sportsbarn.net**Website** <http://sports-barn.com>**Additional Information**

\$60.00/mo. for employee and spouse. Access to 3 locations.

**Facility Name** St Mary's Fitness Center**Address** 7540 Dannaher Way**City, State & Zip** Powell TN 37849**Facility Contact** Brandi McNutt, Membership Coord.**Phone #** 865-859-7901**E-mail** bmcnutt@mercy.com**Trial Period** 30 Days**Enrollment Fee** \$25.00 per person**Single Membership** \$44.00/mo.**Family Membership** Varies - see below.**Visitor Pass** \$10.00/day**Website** www.mercy.com**Additional Information**

Dues are drafted on the 10th of each month. Family of 3 is \$85.00/mo., and family of 4 is \$104.00/mo. For both, 'family' includes spouse and children between ages 13 and 21. Each membership includes a fitness assessment by a personal trainer. The first and third Thursday of each month are "Free Guest Days."

**Facility Name** YMCA of East Tennessee - Downtown**Address** 605 W Clinch Ave.**City, State & Zip** Knoxville TN 37902**Facility Contact** Buster Brasfield**Phone #** 865-522-9622**E-mail** bbrasfield@ymcaknoxville.org**Trial Period** 3 Days**Enrollment Fee** \$25 single, \$50 families**Single Membership** \$46.00**Family Membership** \$68.00**Visitor Pass** \$6 w/member, \$15 without**Website** http://www.ymcaknoxville.org/**Additional Information**

Single parent households join for \$50.00 and pay \$52.00 per month. The Y never requires a membership contract.

**Facility Name** YMCA of East Tennessee - West**Address** 400 N Winston Rd.**City, State & Zip** Knoxville TN 37909**Facility Contact** Tonya Creed**Phone #** 865-690-9622**E-mail** tcreed@ymcaknoxville.org**Trial Period** 3 days**Enrollment Fee** \$25 single, \$50 families**Single Membership** \$46.00**Family Membership** \$68.00**Visitor Pass** \$6 w/member, \$15/day without**Website** http://www.ymcaknoxville.org/**Additional Information**

Single parent households join for \$50.00 and pay \$52.00 per month. The Y never requires a membership contract.

**Facility Name** National Fitness Center**Address** 3030 Tazewell Pike**City, State & Zip** Knoxville TN 37918**Facility Contact** Corey Church**Phone #** 865-687-6066**E-mail** coreychurch@nfc1.com**Trial Period** 3 days**Enrollment Fee** One month's fee**Single Membership** \$44.95/mo.**Family Membership** \$29.95 for 2nd, \$19.95 for 3rd**Visitor Pass** \$15.00/day**Website** http://nfc1.com**Additional Information**

National Fitness offers a 10-day purchase guarantee. Cardio movie theatre. Heated indoor junior olympic pool. Ladies only areas. Sauna, steam and jacuzzi. Handicap accessibility.

**Facility Name** YMCA of East Tennessee - East**Address** 616 Jessamine St.**City, State & Zip** Knoxville TN 37919**Facility Contact** Jan Geyer**Phone #** 865-670-9622**E-mail** jgeyer@ymcaknoxville.org**Additional Information**

Single parent households join for \$50.00 and pay \$52.00 per month. The Y never requires a membership contract.

**Trial Period** 3 days**Enrollment Fee** \$25 single, \$50 families**Single Membership** \$46.00**Family Membership** \$68.00**Visitor Pass** \$6 w/member, \$15/day without**Website** <http://www.ymcaknoxville.org/>**Facility Name** Ladies Workout Express**Address** 5745 Western Ave.**City, State & Zip** Knoxville TN 37921**Facility Contact** Sandy Hazelwood**Phone #** 865-588-6764**E-mail** shazelwood@comcast.net**Additional Information****Trial Period** 30 days**Enrollment Fee** 20% discount**Single Membership** \$5 off monthly fee**Family Membership** N/A**Visitor Pass** \$3 per day**Website** <http://ladiesworkoutexpress.com/knoxville/>**Facility Name** YMCA of East Tennessee - Farragut**Address** 10709 Kingston Pike**City, State & Zip** Knoxville TN 37922**Facility Contact** Pam Williams**Phone #** 865-777-9622**E-mail** pwilliams@ymcaknoxville.org**Additional Information**

Single parent households join for \$50.00 and pay \$52.00 per month. The Y never requires a membership contract.

**Trial Period** 3 days**Enrollment Fee** \$25 single, \$50 families**Single Membership** \$46.00**Family Membership** \$68.00**Visitor Pass** \$6 w/member, \$15/day without**Website** <http://www.ymcaknoxville.org/>**Facility Name** YMCA of East Tennessee - North**Address** 7609 Maynardville Hwy.**City, State & Zip** Knoxville TN 37938**Facility Contact** Rebecca Baker**Phone #** 865-922-9622**E-mail** rbaker@ymcaknoxville.org**Additional Information**

Single parent households join for \$50.00 and pay \$52.00 per month. The Y never requires a membership contract. This club will honor foreign YMCA membership but cannot guarantee that with other clubs.

**Trial Period** 3 days**Enrollment Fee** None**Single Membership** \$46.00**Family Membership** \$68.00**Visitor Pass** \$6 w/member, \$15/day without**Website** <http://www.ymcaknoxville.org/>

**Facility Name** Town Center Fitness**Address** 205 Town Center Dr**City, State & Zip** Virginia Beach VA**Facility Contact** Tom Purcell**Phone #** 757-962-3778**E-mail** tom.purcell@towncenterfitness.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$30.00**Family Membership** N/A**Visitor Pass** Free visitor pass**Website** <http://towncenterfitness.com/>**Additional Information**

Individual rates only. Classes are included. Assumes one-year contract.

**Facility Name** ZOOM Fitness on the Go**Address** 215 S. Jefferson St.**City, State & Zip** Roanoke VA**Facility Contact** Brian Minter**Phone #** 540-224-5678**E-mail** bminter@carilion.com**Trial Period** 14 Days money-back guarantee**Enrollment Fee** Waived**Single Membership** \$20.00/mo.**Family Membership** None**Visitor Pass** \$10.00/day**Website** <http://www.carilionfitness.com/>**Additional Information**

They offer cardio theatre, strength training and free weights only.

**Facility Name** Anytime Fitness**Address** 1274 N Great Neck Rd.**City, State & Zip** Virginia Beach VA**Facility Contact** Audrey**Phone #** 757-227-9447**E-mail** VirginiaBeach@anytimefitness.com**Trial Period** 14 consecutive days**Enrollment Fee** 50% discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 consecutive days free, see club for de**Website** <http://www.getfitvb.com/>**Additional Information****Facility Name** Anytime Fitness Front Royal**Address** 70 Riverton Commons, ste. 60**City, State & Zip** Front Royal VA 22630**Facility Contact** Johanna Wright**Phone #** 540-636-4434**E-mail** FrontRoyalVA@anytimefitness.com**Trial Period** 7-Day Pass**Enrollment Fee** \$39 key fob for 24/7 access**Single Membership** \$25.00/mo.**Family Membership** \$65.00/mo.**Visitor Pass** \$7.00/day**Website** <http://valleyanytimefit.com/>**Additional Information**Link for 7-day pass: [www.freefitmembership.com](http://www.freefitmembership.com). Sign up w/a "Buddy" (non-NS employee) and both join for \$20/mo. (Limit one per employee.) Family rates assume spouse and 2 children between ages 10-18. Children under 18 must be escorted by adult. Key fob gives 24/7/365 access.



**Facility Name Anytime Fitness****Address** 13609 Carrollton Blvd., stes. 8, 9 & 10**City, State & Zip** Carrollton VA 23314**Facility Contact** Steve Cross**Phone #** 757-715-1279**E-mail** carrolltonva@anytimefitness.com**Additional Information****Trial Period** 14 consecutive days**Enrollment Fee** 50% discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 consecutive days free, see club for de**Website** <http://www.clubsanytime.com/carrolltonva/>**Facility Name Onelife Fitness****Address** 600 Jarman Rd.**City, State & Zip** Chesapeake VA 23320**Facility Contact** De'Marco Williams**Phone #** 757-424-1600**E-mail** demarco@onelifefitness.com**Additional Information**

This offer good only for local residents. Visitors escorted by members pay only \$8.00/day. All new members receive a fitness assessment by a personal trainer. Membership must be established at the Jarman Rd. (Greenbrier Mall) location. Once established, all area Onelife Fitness facilities may be used.

**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$39.00 mo.**Family Membership****Visitor Pass** \$15.00/day**Website** <http://onelifefitness.com/>**Facility Name Anytime Fitness****Address** 1437 Sam's Dr.**City, State & Zip** Chesapeake VA 23320**Facility Contact** Angie French and/or Crystal Raner**Phone #** 757-410-9205**E-mail** angie.french@anytimefitness.com**Additional Information****Trial Period** 14 Consecutive Days**Enrollment Fee** 50% Discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 Consecutive days free, see club for de**Website** <http://anytimefitness.com/>**Facility Name Wellness One Fitness****Address** 565 Cedar Rd.**City, State & Zip** Chesapeake VA 23322**Facility Contact** Loretta Richardson**Phone #** 757-547-2582**E-mail** wellnessonefitness@yahoo.com**Additional Information**

11,000 sq ft facility offering a variety of Group Exercise Classes ( step, kickboxing, pilates, yoga, Indoor Cycle, and bootcamps). Full line of Hammer strength and Free Weight equipment, some with a Master Trainer. A 10 wk. weight loss program is available.

**Trial Period** 14 Days**Enrollment Fee** Waived**Single Membership** \$29.00/mo.**Family Membership** \$59.00/mo.**Visitor Pass** \$10.00/day**Website** <http://wellnessonefitness.com>

**Facility Name** Good Fitness 24 hours

**Address** 235 E. Hanbury Rd., ste. 1 & 2

**City, State & Zip** Chesapeake VA 23322

**Facility Contact** Emily Snapp

**Phone #** 757-228-1952

**E-mail** emilysnapp@goodfitness24hours.com

**Trial Period** 7 Days

**Enrollment Fee** \$75.00

**Single Membership** \$45/mo indiv.

**Family Membership** \$20/mo ea. add'l. person

**Visitor Pass** \$10/day, \$30/week

**Website** www.goodfitness24hours.com

**Additional Information**

\$79./mo. for couples. At Good Fitness 24 Hours, you'll get results you want from experts who care. Ultra-Clean Facilities with certified Personal Trainers, and Group Exercise classes.

**Facility Name** Anytime Fitness

**Address** 1464 Mt. Pleasant Rd.

**City, State & Zip** Chesapeake VA 23322

**Facility Contact** Audrey

**Phone #** 757-410-5300

**E-mail** chesapeakeva@anytimefitness.com

**Trial Period** 14 Consecutive Days

**Enrollment Fee** 50% Discount

**Single Membership** 10% discount

**Family Membership** See club for details

**Visitor Pass** 7 Consecutive Days free

**Website** http://getfitvb.com/

**Additional Information**

**Facility Name** Anytime Fitness

**Address** 3352 Princess Anne Rd.

**City, State & Zip** Virginia Beach VA 23456

**Facility Contact** Amanda

**Phone #** 757-201-9624

**E-mail** VirginiaBeach@anytimefitness.com

**Trial Period** 14 consecutive days

**Enrollment Fee** 50% discount

**Single Membership** 10% discount

**Family Membership** See club for details

**Visitor Pass** 7 consecutive days free, see club for de

**Website** http://anytimefitness.com/en-us/clubs/2083/Virginia Beach VA health club

**Additional Information**

**Facility Name** Anytime Fitness

**Address** 5300 Kemps River Dr.

**City, State & Zip** Virginia Beach VA 23464

**Facility Contact** Audrey

**Phone #** 757-233-0240

**E-mail** virginiaibeachva2@anytimefitness.com

**Trial Period** 14 consecutive days

**Enrollment Fee** 50% discount

**Single Membership** 10% discount

**Family Membership** See club for details

**Visitor Pass** 7 consecutive days free, see club for de

**Website** http://www.getfitvb.com/

**Additional Information**

**Facility Name** Dominion Tower YMCA**Address** 999 Waterside Dr., 4th Fl**City, State & Zip** Norfolk VA 23510**Facility Contact** Christine DeBastiani**Phone #** 757-627-4124**E-mail** cdebastiani@ymcashr.org**Trial Period** 30 Days**Enrollment Fee** Waived**Single Membership** \$61.00/mo.**Family Membership** \$86.00/mo.**Visitor Pass** \$5.00 w/member escort**Website** ymcashr.org**Additional Information**

Access to all 16 South Hampton Roads/Penninsula YMCAs. Can enroll at any South Hampton Roads location, except Dominion Tower Annex. No annual contract. Visitor pass applies to out-of-town guests (more than 100 miles) who are accompanied by member.

**Facility Name** Blocker Norfolk Family YMCA**Address** 312 W Bute St.**City, State & Zip** Norfolk VA 23510**Facility Contact** Christine DeBastiani**Phone #** 757-622-9622**E-mail** cdebastiani@ymcashr.org**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$61/mo**Family Membership** \$86/mo**Visitor Pass** \$5.00\***Website** http://www.ymcashr.org**Additional Information**

Access to all 16 South Hampton Roads/Penninsula YMCAs. Can enroll at any South Hampton Roads location, except Dominion Tower Annex. No annual contract. Visitor pass applies to out-of-town guests (more than 100 miles) who are accompanied by member.

**Facility Name** Executive Health & Fitness**Address** 101 W. Main St., ste. 1400**City, State & Zip** Norfolk VA 23510**Facility Contact** Victoria Saxby**Phone #** 757-625-5585**E-mail** vlsaxby@hotmail.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$39.00/mo.**Family Membership** \$68.00/mo.**Visitor Pass** \$15.00/day**Website****Additional Information****Facility Name** Fitness First**Address** 115 Tazwell St**City, State & Zip** Norfolk VA 23510**Facility Contact** Julie Martin**Phone #** 757-625-1115**E-mail** jmartin@fitnessfirstsw.com**Trial Period** 1 day free**Enrollment Fee** \$49.00**Single Membership** \$40.00/mo**Family Membership** N/A**Visitor Pass** \$10.00/day**Website** www.fitnessfirstthehealthwellness.com**Additional Information**

Visitors enjoy 1 day free pass and \$10.00 per day charge for each additional day

**Facility Name** The Gym Downtown**Address** 259 Granby St.**City, State & Zip** Norfolk VA 23510**Facility Contact** Lacey Lee**Phone #** 757-321-GYMD**E-mail** lacey@gymdowntown.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$29.95/mo.**Family Membership****Visitor Pass** \$15.00/day**Website** <http://gymdowntown.com>**Additional Information**

Free fitness assessment and one-hour with personal trainer. Discounts for downtown restaurants and businesses. Annual club improvement fee waived.

**Facility Name** Fitness Together**Address** 350 W. 22nd St., Ste 102**City, State & Zip** Norfolk VA 23517**Facility Contact** Mark Carrier**Phone #** 757-228-5310**E-mail** markcarrier@fitnesstogether.com**Trial Period** NA**Enrollment Fee** Waived**Single Membership** 10% off packages**Family Membership** NA**Visitor Pass** NA**Website** <http://ftnorfolk.com>**Additional Information**

Personal Training Studio where you work with your personal trainer in a private training room. Free fitness assessment and personal trainer session. 10% discount off packages.

**Facility Name** Anytime Fitness**Address** 2406 E Little Creek Rd.**City, State & Zip** Norfolk VA 23518**Facility Contact** Angie French and/or Crystal Raner**Phone #** 757-383-6298**E-mail** angie.french@anytimefitness.com**Trial Period** 14 Consecutive Days**Enrollment Fee** 50% Discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 Consecutive days free, see club for de**Website** <http://anytimefitness.com/>**Additional Information****Facility Name** Anytime Fitness**Address** 2069 W Mercury Blvd.**City, State & Zip** Hampton VA 23666**Facility Contact** LaDonna Williams**Phone #** 757-896-1010**E-mail** HamptonVA@anytimefitness.com**Trial Period** 14 consecutive days**Enrollment Fee** 50% discount**Single Membership** 10% discount**Family Membership** See club for details**Visitor Pass** 7 consecutive days free, see club for de**Website** <http://www.clubsanytime.com/HamptonVA/>**Additional Information**

**Facility Name** Gold's Gym North Roanoke**Address** 5002 Airport Rd**City, State & Zip** Roanoke VA 24012**Facility Contact** Susan Jordan**Phone #** 540-366-4496**E-mail** roanokenorthva@goldsgym.net**Additional Information** \$64.99/mo for couples. One-time \$59.00 processing fee.**Trial Period** 7 Days**Enrollment Fee** None**Single Membership** \$34.99/mo.**Family Membership** \$74.99/mo.**Visitor Pass** \$10.00/day**Website** <http://www.goldsgym.com/roanokenorthva>**Facility Name** Kirk Family YMCA**Address** 520 Church Ave. SW**City, State & Zip** Roanoke VA 24016**Facility Contact** Becci Emanuelson**Phone #** 540-342-9622**E-mail** bemanuelson@ymcaroanoke.org**Additional Information** Personal training available. Health & wellness programs provided. Basketball & racquetball courts on site.**Trial Period** 3 Days**Enrollment Fee** 50% discount**Single Membership** \$48.00/mo.**Family Membership** \$73.00/mo.**Visitor Pass** 1 free visit, then \$15/visit**Website** <http://ymcaroanoke.org/>**Facility Name** Gainsboro Family YMCA**Address** 108 Orange Ave.**City, State & Zip** Roanoke VA 24016**Facility Contact** Michael Smith**Phone #** 540-344-9622**E-mail** msith@ymcaroanoke.org**Additional Information****Trial Period** 3 Days**Enrollment Fee** 50% discount**Single Membership** \$48.00/mo.**Family Membership** \$73.00/mo.**Visitor Pass** 1 free visit, then \$15/visit**Website** <http://www.ymcaroanoke.org/>**Facility Name** Gold's Gym – Cave Spring Corners**Address** 3270 Electric Road Southwest**City, State & Zip** Roanoke VA 24018**Facility Contact** Donnie Baker**Phone #** 540-527-GOLD**E-mail** goldsgym419@cox.net**Additional Information** Price for one-year contract.**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$36.00**Family Membership** \$68.00**Visitor Pass** \$10.00/week**Website** [www.goldsgym.com/](http://www.goldsgym.com/)



**Facility Name** Roanoke Athletic Club (RAC)**Address** 4508 Starkey Road**City, State & Zip** Roanoke VA 24018**Facility Contact** Brian Minter**Phone #** 540-989-5758**E-mail** bminter@carilion.com**Trial Period** 14 days money-back guarantee**Enrollment Fee** \$50.00**Single Membership** \$69.00/mo.**Family Membership** \$112.00/mo.**Visitor Pass** \$5/day with hotel key card**Website** <http://www.carilionfitness.com/>**Additional Information**

Group exercise studios offer dozens of weekly classes. Weight equipment and free weights in use. Personal Trainers on site. Cycle Studio, Indoor Track and air-conditioned basketball. Aquatic Center has aerobics, lessons & heated pool. Infant & kids care available. Free Exercise and equip. consult.

**Facility Name** Botetourt Athletic Club (BAC)**Address** 105 Summerfield Ct.**City, State & Zip** Roanoke VA 24019**Facility Contact** Brian Minter**Phone #** 540-992-2993**E-mail** bminter@carilion.com**Trial Period** 14 days money-back guarantee**Enrollment Fee** \$50.00**Single Membership** \$69.00/mo.**Family Membership** \$112.00/mo.**Visitor Pass** \$5/day with hotel key card**Website** <http://www.carilionfitness.com/>**Additional Information**

Group exercise studios offer 100+ classes per week. Weight equipment and free weights. Personal Training available. Cycle Studio. Indoor Track. Air-conditioned basketball. Indoor & outdoor pools. Aquatic Center has aerobics & lessons. Youth Services: Infant room, Nursery and Playland. Free Exercise Consultation. Free equipment orientation.

**Facility Name** Salem Family YMCA**Address** 1126 Kime La.**City, State & Zip** Salem VA 24153**Facility Contact** Karen Conlan**Phone #** 540-387-9622**E-mail** [kconlan@ymcaroanoke.org/](mailto:kconlan@ymcaroanoke.org/)**Trial Period** 3 Days**Enrollment Fee** 50% discount**Single Membership** \$48.00/mo.**Family Membership** \$73.00/mo.**Visitor Pass** 1 free visit, then \$15/visit**Website** <http://www.roanokeymca.org/>**Additional Information****Facility Name** Waldron Family YMCA**Address** 267 Alleghany Springs Rd.**City, State & Zip** Shawsville VA 24162**Facility Contact** Spencer Hoopes**Phone #** 540-268-1623**E-mail** [shoopes@roanokeymca.org](mailto:shoopes@roanokeymca.org)**Trial Period** 3 Days**Enrollment Fee** 50% discount**Single Membership** \$48.00/mo.**Family Membership** \$73.00/mo.**Visitor Pass** 1 free visit, then \$15/visit**Website** <http://www.roanokeymca.org/>**Additional Information**

**Facility Name Jamerson Family YMCA of Lynchburg****Address** 801 Wyndhurst Dr.**City, State & Zip** Lynchburg VA 24502**Facility Contact** Kathy Thomas**Phone #** 434-847-5597**E-mail** kathythomas@lynchburgymca.org**Trial Period** 7 Days (Must sign in)**Enrollment Fee** \$100.00**Single Membership** \$42.00/mo.**Family Membership** \$70.00/mo.**Visitor Pass** \$10.00/day**Website** <http://lynchburgymca.org>**Additional Information**

2 Lynchburg-area centers. Both provide child care. Participates in YMCA "AWAY" program.

**Facility Name Lynchburg Downtown YMCA****Address** 1315 Church St.**City, State & Zip** Lynchburg VA 24504**Facility Contact** Kathy Thomas**Phone #** 434-847-5597**E-mail** kathythomas@lynchburgymca.org**Trial Period** 7 Days (Must sign in)**Enrollment Fee** \$100.00 singles, \$150.00 families (50%)**Single Membership** \$42.00/mo.**Family Membership** \$70.00/mo.**Visitor Pass** \$10.00/day**Website** <http://lynchburgymca.org>**Additional Information**

2 Lynchburg-area centers. Both provide child care. Participates in YMCA "AWAY" program.

**Facility Name Four Seasons YMCA****Address** 106 Gratton Rd.**City, State & Zip** Tazewell VA 24651**Facility Contact** Shana Kitts**Phone #** 276-979-0280**E-mail** shana.kitts@fourseasonsymca.org**Trial Period** 30-day cancel period**Enrollment Fee** Waived**Single Membership** \$40.00/mo.**Family Membership** \$64.00/mo.**Visitor Pass** 7 visits free w/mem escort**Website** <http://fourseasonsymca.org/>**Additional Information**

Single parent rate of \$44.00/month. Couple rate of \$50/month. Full-size gym. Indoor walking/jogging track. Cardiovascular Area with ellipticals, treadmills, 2 bike styles, and rowers. Weights are "Pin Select" machines or free weights. Large Natatorium averages 86°. Smaller one averages 90°. Group Studio for Pilates, Yoga, Zumba, 20/20/20, Power Pump and Cycling Classes. Child Watch Area supervises children up to 2 hours a day.

**Facility Name The Wellness Center, Inc.****Address** 418 Federal St.**City, State & Zip** Bluefield WV 24701**Facility Contact** Monica Shrewsbury**Phone #** 304-324-5836**E-mail** wellnesscenter00@yahoo.com**Trial Period** 30 days**Enrollment Fee** Waived**Single Membership** \$30.00**Family Membership** \$50.00**Visitor Pass** \$6.00/day**Website** <http://blfdwellness.com/>**Additional Information**

**Facility Name** Princeton Health & Fitness**Address** 321 12th St. Ext.**City, State & Zip** Princeton WV 24740**Facility Contact** Brenda Woodward**Phone #** 304-487-7876**E-mail** woodward@frontiernet.net**Trial Period** 7 Days**Enrollment Fee** \$100 single, \$150 families**Single Membership** \$40/month**Family Membership** \$62/mo + \$10/mo for ea child**Visitor Pass** \$10.00/day**Website** <http://princetonhealthandfitness.com>**Additional Information**

44,000 sq ft. facility with 2 pools. Racquetball courts. Child care available.

**Facility Name** Community Fitness Center**Address** 1201 Poplar St.**City, State & Zip** Kenova WV 25530**Facility Contact** Jane Bartley**Phone #** 304-453-2449**E-mail** mbart2303@zoominternet.net**Trial Period** 3 days**Enrollment Fee** Waived**Single Membership** \$25, or \$160/yr**Family Membership** \$65 for 4 straight mos.**Visitor Pass** \$4.00/day**Website****Additional Information**

Members of American Legion Post 93 in Kenova, WV &amp; U.S. military veterans get additional discounts. Children 13 &amp; older can be added for \$60/year for each child. Members paying for 12 months in advance get additional discounts.

**Facility Name** Hatfield's Gym & Tanning**Address** P.O. Box 137**City, State & Zip** Lenore WV 25676**Facility Contact** Pam Hatfield**Phone #** 304-475-3378; 304-475-2251 (home)**E-mail** phatfield69@hotmail.com**Trial Period** 30 days**Enrollment Fee** \$25.00**Single Membership** \$30.00/month**Family Membership****Visitor Pass** \$5.00/day**Website** None**Additional Information**

Hatfield's offers cardio workouts, weight lifting and strength training. Tannings is also offered. Also available are certified personal trainers (private fees apply). Family pricing: \$50/mo for two adults, and children ages 14 &amp; up adds \$10.00/ea.

**Facility Name** Greater Bluefield Community Center**Address** 703 College Ave.**City, State & Zip** Bluefield WV 25701**Facility Contact** Butch Tolley**Phone #** 304-325-5707**E-mail** tolleybutch@yahoo.com**Trial Period** 30 days for 50% discount**Enrollment Fee** Waived**Single Membership** \$33.30/mo.**Family Membership** \$42.30/mo**Visitor Pass** \$8.00/day**Website** <http://gbcconline.org/>**Additional Information**

\$20.00 for the first month (single or family). Six month minimum. 36,000 sq ft facility with two gymnasiums, racquetball, heated indoor pool. Free weights and Nautilus equipment. Two saunas are available. Membership includes water aerobics and floor aerobics, and yoga classes. Extreme Spin classes and hard-core kick boxing classes available.