

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 enviroment. 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

Address 7805 Abercorn St., rear unit 1
City, State & Zip Savannah GA 31406
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 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

Address 444 Johnny Mercer Blvd.
City, State & Zip Savannah GA 31410
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

Address 14045 Abercorn St., ste. 1536
City, State & Zip Savannah GA 31419
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 Image Health & Fitness

Address 2003 N 22nd St
City, State & Zip Decatur IL
Facility Contact Michael White
Phone # 217-424-9925
E-mail info@imagehealth.com

Trial Period 30 days
Enrollment Fee Waived
Single Membership \$39.00
Family Membership \$59.00
Visitor Pass \$9.00/day
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

!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 - 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

!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 - 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

!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 - 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

!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 - 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 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 - 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 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 - 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 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 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 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 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

!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 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

!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 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

!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 - 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

!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 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

!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 - 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

!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 - 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

!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 - 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

!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 - 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

!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 - 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

!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 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

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

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

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

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 950 E Van Buren St.

City, State & Zip Columbia City IN 46725

Facility Contact Cara Grulich

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

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/>

Additional Information

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

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

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 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

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

Additional Information

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

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

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 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. & 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@emrnc.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

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/>

Additional Information

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

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 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

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/>

Additional Information

24/7 access.

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

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/>

Additional Information

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

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/>

Additional Information

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

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/>

Additional Information

24/7 access.

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

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/>

Additional Information

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

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/>

Additional Information

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

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/>

Additional Information

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

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 4375 Ebenezer Rd.
City, State & Zip Perry Hall MD 21236
Facility Contact Michelle Reedy
Phone # 410-529-1999
E-mail michellereedy@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 Powerhouse Gym Chesterfield

Address 33089 23 Mile Rd.
City, State & Zip Chesterfield MI
Facility Contact
Phone # 586-273-7948
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

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.

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

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

Address 4790 S Hagadorn
City, State & Zip East Lansing MI 48823
Facility Contact Randy Sitto
Phone # 517-827-4653
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 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

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

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 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

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 Kwix 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

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

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

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

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

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

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

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

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 **Trial Period** None

Address 1235 French Rd.

City, State & Zip Depew NY 14043

Facility Contact Beth Mahoney

Phone # 716-833-5226

E-mail presidentast@thebuffaloathletic.com

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 Niagra Falls Blvd.

City, State & Zip Orchard Park NY 14127

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 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

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 - Downtown

Address 69 Delaware Ave.

City, State & Zip Buffalo NY 14202

Facility Contact Beth Mahoney

Phone # 716-833-5226

E-mail presidentast@thebuffaloathleticclub.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 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

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 - 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

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 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

Trial Period 7 Days

Enrollment Fee Waived

Single Membership \$24.99/month

Family Membership

Visitor Pass \$5.00/visit

Website <http://southtownsfitness.com/>

Additional Information

Family rates: \$19.99/mo for the 2nd member, \$15.99/mo. each additional member. Free wghts & 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.

Facility Name Buffalo Athletic Clubs - Boulevard location

Address 1185 Niagra Falls Blvd.

City, State & Zip Amherst NY 14226

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 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

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 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

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

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

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

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

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

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

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

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

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

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

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

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 each additional member
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

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/>

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

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

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/>

Additional Information 24-hour access.

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

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 5589 Broadview Rd.

City, State & Zip Parma OH 44134

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/day staffed hrs. only

Website <http://workoutfactory.com/>

Additional Information 24-hour access.

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 Ernsthansen Community Complex

Address 100 Republic St.
City, State & Zip Norwalk OH 44857
Facility Contact Linden Ramsey
Phone # 419-663-6775
E-mail parknrec@rbiznet.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

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@monvalleymca.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://monvalleymca.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 rsannanymca@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://beavercountyyymca.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

Trial Period 30 days
Enrollment Fee Waived
Single Membership \$56.00/mo.
Family Membership \$75.00/mo.
Visitor Pass \$15.00/mo.
Website None

Additional Information 13 mi from Conway Yard.

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

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/>

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.

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

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/>

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.

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

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

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.

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 johnstownwesstmont@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 1 day
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 & Pilates. Lap pool & exercise pool. Indoor track. Basketball & 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

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>

Additional Information

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

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/>

Additional Information

\$39.96/mo for two adults.

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

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>

Additional Information

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@gsvymca.org

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

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.

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

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

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 1667Ooltewah-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

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 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

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/>

Additional Information

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

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 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

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/>

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.

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. 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

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/>

Additional Information

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

Trial Period 30 Days
Enrollment Fee Waived
Single Membership \$39.00 mo.
Family Membership
Visitor Pass \$15.00/day
Website <http://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.

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

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 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

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>

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.

Facility Name Good Fitness 24 hours

Address 235 E. Hanbury Rd., stes. 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@fitnessstogether.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

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>

Additional Information \$64.99/mo for couples. One-time \$59.00 processing fee.

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

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/>

Additional Information Personal training available. Health & wellness programs provided. Basketball & racquetball courts on site.

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

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/>

Additional Information

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

Trial Period 30 days
Enrollment Fee Waived
Single Membership \$36.00
Family Membership \$68.00
Visitor Pass \$10.00/week
Website www.goldsgym.com/

Additional Information Price for one-year contract.

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/

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

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 & U.S. military veterans get additional discounts. Children 13 & 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 & 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.