

# *Pima County Employee Wellness Program*

## *Fitness and Wellness Discount*

### GlobalFit Discount

You'll enjoy preferred rates on fitness club memberships within the GlobalFit™ network. With nearly 9,000 locations including Anytime Fitness and Curves, it's easy to find one close to where you live or work.

To view all available discounts, first activate your account at [www.globalfit.com/WELCOAZ](http://www.globalfit.com/WELCOAZ) or call toll free 1-800-294-1500.

### LA Fitness



**\$24.99 per month per member (plus tax)**

With your membership you will enjoy the following amenities\*\*:

- The finest strength and cardio equipment strength and free weight centers
- Unlimited Group Fitness Classes – Any class, any time!
- Personal Training\*
- Complete access to Pool, Sauna, and Aqua Fitness classes\*
- Basketball and Volleyball\*
- Racquetball\*
- Sports Leagues\*
- Kids Klub – Babysitting\*
- Juice Bars\*
- And more!

\* Membership includes access to all LA Fitness clubs within the state of enrollment excluding Signature Clubs.

\*\*Amenities and classes may vary from club to club; extra charge for some amenities. Family members must live at the same address as the employee and family memberships must be paid for with the same account as the employee membership.

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## Platinum Fitness

Any employee, spouse, domestic partner, children 13+ living in the same household are eligible for this subsidized rate.

**\$18.95 per month per member (plus tax)**

**\$14.95 per month children 12-17 yrs. (plus tax)**

### **Platinum Fitness Membership Includes:**

- Access to all Tucson locations
- Two months of Studio Fit (\$130 value)
- Block Menu Nutritional Assistance
- Functional Movement Screen
- One-hour service session with a Personal Trainer (includes a custom workout)
- Unlimited 7 day V.I.P. passes
- Eligible for family add-on memberships
- Waived Barcode Fee (\$10 Value)
- Eligible to freeze membership up to 6 months

### **Amenities<sup>+</sup> Include:**

- Cardio Cinemas
- Step mills, Treadmills, Ellipticals, Octane Lateral Trainers, Rowers
- Selectorized equipment & Free Weights
- Group Classes (Les Mills, Zumba & Spin)
- Child Activity Center (additional)
- Personal and Group Training (additional)

+ Family members who wish to participate must bring proper identification to verify eligibility at time of enrollment. Memberships have a Rate Guarantee/Maintenance Fee of \$29.95 That gets billed on their second month of membership and then annually after that. The above rates are contingent on the monthly payment being captured electronically. Employees who are current Platinum Fitness Members may convert their membership to the new lower rate at no cost to them.

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## YMCA

The YMCA of Southern Arizona is dedicated to improving the quality of human life and to helping all people realize their fullest potential through the development of Spirit, Mind and Body. Bring your Pima County ID or check stub to get these great rates!

**Employee: \$20/month (plus tax)**

**Family +: \$47/month (plus tax)**

**Single Parent Family ++: \$41/month (plus tax)**

This subsidized membership rate will include the following amenities:

- No joining fee
- No contract
- Use of all Southern Arizona YMCA facilities
- 3 free Personal Training sessions for all members
- Free swim lesson for all members
- 50% off most programs
- Free ChildWatch while in facilities
- ActivTrax computerized training and nutrition system
- Free fitness classes
- Pools, racquetball/handball, basketball
- Full service mens's and women's lockers with sauna and steam room

+ Family includes 2 adult 21+ and any dependents under 21 living in the same household.

++ Single Parent Family includes 1 adult and any dependents under 8 living in the save household.

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### Additional Gym Membership Discount

For the following fitness discounts and subsidies, present your Pima County ID at time of enrollment.

<b>Arizona Power Yoga</b>	<b>\$59/month unlimited classes</b> <b>No enrollment fee or contract</b>	<b>(520) 572-7697</b>
<b>Body Basic Health &amp; Fitness</b>	10% off services	(520) 498-0359
<b>Boxing, Inc University</b>	½ off enrollment; \$10 off monthly fee; 1 <sup>st</sup> class free	(520) 795-3333
<b>Centerfield Indoor Baseball &amp; Softball Academy</b>	No registration fee; \$10 off monthly fee Additional discounts apply	(520) 440-4487
<b>CrossFit NOW</b>	10% off monthly fee No Enrollment Fee	(520) 888-0317
<b>Desert Sport and Fitness</b>	\$25 enrollment; \$25/month	(520) 791-7799
<b>MidValley Athletic Center</b>	Free enrollment and low monthly fee	(520) 792-3721
<b>The Daly Workout</b>	50% registration fee; \$5 discount monthly fees Now has weight machines	(520) 903-2500
<b>La Mariposa Fitness &amp; Sports Club</b>	50% off enrollment fee (reg \$100) ; discounted membership	(520) 749-1099
<b>New Body Studios</b>	10% off fitness classes	(520) 795-1004
<b>Power &amp; Physique Systems</b>	50% enrollment; \$35/month	(520) 327-3070
<b>SNAP Fitness</b> ( <a href="http://Snapfitness.com">Snapfitness.com</a> )	Free enrollment; Discounted monthly rate of 10% off	(520) 293-1584
<b>Tucson Jewish Community Center</b>	Free enrollment; 15% discount off monthly fees with 1 year contract.	(520) 299-3000
<b>Tucson Racquet &amp; Fitness Club</b>	Initiation fee waived with membership	(520) 795-6960
<b>X1 Sports &amp; Fitness</b>	Free enrollment; up to 50% off monthly membership	(520) 209-2696