

HEALTH CLUB DISCOUNT LIST MAY 1, 2013 - APRIL 30, 2014

For County Employees and their dependents

WHEN CHOOSING AN EXERCISE FACILITY, WHAT SHOULD YOU CONSIDER?

For more detailed and specific club information, contact the club(s) of interest directly. The County does not endorse or assume responsibility for any of the clubs listed.

- ▶ When you look for a safe exercise facility, check the training level of the staff. The director should have at least a degree in physical education or exercise physiology.
- ▶ All instructors should be certified in CPR (cardiopulmonary resuscitation) and first aid, and have a good understanding of anatomy and some form of certification in the subject they teach. Instructors of any fitness activity should emphasize stretching before and after the activity to reduce the risk of injury.
- ▶ Instructors should teach and motivate--not just take you through the moves. Good instructors are always aware of everyone under their supervision and are able to modify exercises for special problems or needs.
- ▶ Shop for your facility during the time of day when you will normally attend to determine the amount and quality of supervision, levels of activities offered, and the general pattern of traffic at the facility. Fitness testing should be offered to determine a member's fitness level and proper kinds of exercise.
- ▶ Check with your physician before starting an aerobic exercise program. As a consumer, you should be selective and ask as many questions as you want.



Promoting Good Health & Helping Manage Health Care Costs

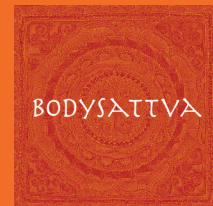
We Do NOT

stop exercising

because we grow old--

We grow old because

we stop exercising.



**PARTICIPATING
FITNESS CENTER**

**SERVICES OFFERED AND FACILITIES/
ACTIVITIES INCLUDED**

COUNTY EMP. RATE

**ANYTIME FITNESS VENTURA
CA**
2950 Johnson Drive Suite 107
Ventura, CA
805.658.1348
www.anytimefitness.com
email: venturaca@anytimefitness.com

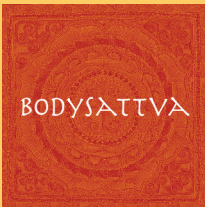


Facilities/Activities Included in Rates:

- Anytime Fitness is open 24 hours a day/ 7 days a week
- State of the art PRECOR Circuit and Free Weights
- Membership includes access to more than 2000 clubs worldwide
- Personal and group training programs
- Each membership includes gym orientation and assessment
- Virtual Classes and Live Classes
- Boot Camps

No enrollment and the first month free. Dues \$30.00 a month. Rates will never increase for county employees

BODYSATTVA
1414 E. Thousand Oaks Blvd Ste 211
Thousand Oaks, CA 91362-4401
805.497.0300
email: infor@bodysattvacenter.com



Facilities/Activities Included in Rates:

~Any drop-in yoga class or stretch and strengthening class (does not include belly dance, workshops or "series" classes)
~Applies to single class rates and multi-class package rates except already discounted senior rate or monthly unlimited.
~Check online schedule for current class listing: www.bodysattvacenter.com

Special Services: Low-force chiropractic, TMJ, cranial work, various styles of bodywork and massage therapy, acupuncture, frequency specific microcurrent, nutritional counseling and supplementation, private yoga instruction and private rehabilitation sessions also available.

15% off

CAMARILLO PILATES
221 E. Daily Drive Suite 7
Camarillo, CA 93010
384 8044
www.camarillopilates.com



Facilities/Activities Included in Rates:

Pilates, Gyrotonic®, Equistrian Pilates®, Pre/Post-Natal; Privates, Duets, Classes
Well qualified and highly trained staff

10% off any services

CURVES
9388 Telephone Rd. Ste. B
Ventura, CA 93004
647-5800 FAX: 647-5925
curvesventuraeast@sbcglobal.net



Facilities/Activities included in Rates:

- Curves 30-minute workout
- Circuit training

Special Services:

Zumba classes offered for an additional \$2/class
CurvesSmart is an additional \$5 /month

**\$49/ svc. fee
\$39/month**

CURVES
922 East Main Street
Santa Paula, CA 93060
525-1062



Facilities/Activities included in Rates:

Circuit coaching, zumba classes, personal service

Special Services:

- "Curves Complete" \$12.95/week for 3 month commitment (exercise, meal planning and coaching)

**Fitness Membership Only
\$29/ svc. fee * (normally \$49)
\$44/month**

CURVES
3885 Cochran St. Ste. W.
Simi Valley, CA 93023-2368
306-9202 FAX: 306-922
curvessimivalley@gmail.com









Facilities/Activities included in Rates:
30 minute circuit workout and coaching

Special Services: Curves complete weight loss program included exercise, meal plan and coaching \$12.95/week for 6 month commitment.

\$29/month

County of Ventura Wellness Program thanks you for your participation!

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
<p>CURVES 2092 Newbury Road Newbury Park, CA 91320 curvesnewbury@verizon.net 375-2428 FAX: 375-2438</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> This is a discount off of the "Success Membership" only <p>Special Services: Curves Smart and Curves Complete (not included in regular rate)</p>	<p>\$39/month</p> <p>Renewal Rate \$39/month</p>
<p>CURVES 1738 N. Moorpark Road Thousand Oaks, CA 91360 449.0089 Fax: 449.0078 www.curves.com</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> This is a discount off of the "Success Membership" only <p>Special Services: Curves Smart and Curves Complete (not included in regular rate)</p>	<p>\$39/month</p> <p>Renewal Rate \$39/month</p>
<p>Don's Gym 520 W. El Roblar Drive Ojai, CA 93023 646-1146</p>	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> Olympic Free Weights Full Allotment of Machines Full Array of Aerobic Equipment <p>Special Services: Certified Personal Training \$55 each session by Don Williams, NASM Certified ~ 40 years experience</p>	<p>\$150-3 months \$275-6 months \$450.00 yrly</p> <p>Renewal Rate \$150-3 months \$275-6 months \$450.00 yrly</p>
<p>Fitness Together 330 Via Las Brisas Ste 130 Newbury Park, CA 91320-7038 bryceklenck@fitnesstogether.com 805-375-6200</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> Assessments Every 6-8 Weeks Private Setting Nutritional Guidance Get in the Best Shape of Your Life! Water, Bar and Towels on Hand 	<p>\$99 for 3 one-on-one private training sessions \$45 for 2 pack group sessions</p> <p>Renewal Rate 10% off all training packages</p>
<p>HOLLYWOOD FITNESS (24/7) 410 E. Main Street Ventura, CA 93001 641-3399 FAX: 512-7177</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> State-Of-The-Art Weight Training And Cardiovascular Equipment Cardio Movie Theater Complimentary Towel Service 24-Hour Access To Members! Complimentary Fitness Orientation Upon Joining 	<p>\$29.00 / month \$0 enrollment \$0 processing Month-to-month membership</p>
<p>JAZZERCISE POINSETTIA PAVILION CENTER 3454 Foothill Rd, Ventura, CA 93003 642-4541</p>  	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Restrooms Beautiful View Clean Mats Spongewood Floor Weights Provided Energy! Total Body Workout Addicting!! <p>Classes: M/Tu/W 5:30pm Sat 8:30am</p>	<p>County Rate (Reg. Rate \$35) 8 classes \$28 (Reg. Rate \$20) 4 classes \$18</p>

**PARTICIPATING
FITNESS CENTER**

**SERVICES OFFERED AND FACILITIES/AC-
TIVITIES INCLUDED**

COUNTY EMP. RATE

KO Boxing & Fitness
560 S. "A" St.
Oxnard, CA 93030-7109
805-486-2269 FAX: 486-2221



Facilities/Activities Included in Rates:

- Cardio Equipment--Free Weights
- Nautilus, Body Master, Maxicam, Matrix
- Boxing & Kick-Boxing Classes

Special Services:
Personal Training-Full Function/Boxing. All Sports Training

Annual price is \$249 Paid in Full.

Monthly rates: \$49 enrollment \$19 per month for 1 year agreement.

\$49 enrollment \$29 per month month to month.

LA WORKOUT
192 Camino Ruiz
Camarillo, CA 93012
482-2582 FAX: 604-9643
(across from Roxy Theatre)
www.laworkout.com



Facilities/Activities Included in Rates:

- Over 25 Group X Classes Weekly
- ~Mat Pilates ~Zumba
- ~Funk Fusion ~Weighted workout
- ~Yoga ~Hard Core Chisel
- ~Burn and Firm ~Step
- ~Functional Core Stability
- Weigh machines & Free Weights
- ~Matrix, Hammes Strength, Precor & Icarian

SPECIAL SERVICES:

- Free Fitness Profile/evaluation
- Personal Training
- ~Individual ~Sport Specific
- ~General Cnditioning
- ~Weight Loss
- ~Small Group Training
- Nutritional Counseling
- Virtual Spin Bikes

Processing Fee: \$29
Enrollment Fee \$0
Monthly Fee: \$19
Pre-paid \$228

**MIND & BODY WELLNESS
STUDIO**
1445 Donlon Street, Suite 9
Ventura, CA 93003
654-8354 FAX: 654-8431
www.mbwelness.com



Facilities/Activities Included in Rates:
Full use of facility. Pilates Studio-- Over 25 classes weekly--Cardio Equipment Extremely knowledgeable and highly skilled staff Special Services: Pilates!

- Private Pilates Instruction
- Foundation Training
- Functional Movement Screening
- Semi-Private Instruction
- Group Mat Classes
- Group Reformer Classes

Also offering Personal Training, Weight Training, Body Fat Testing, Weight Management, Nutritional Counseling

10% off regular price
(Contact studio for price list)
10 Mat Classes for \$100
10% off Privates, Semi-Privates and Group Reformer classes

PHYSICAL ADVENTURES, INC
850 Wagon Wheel Road
Oxnard, CA 93036
fit@physicaladventures.com
805-981-9800



Facilities/Activities Included in Rates:
Group Exercise Classes

- Zumba Fintess • Zumba Atomic
- Yoga Muscle Conditioning
- Circuit TRaining
- Beachbody Workouts
- Pilates
- Spin* (not available offsite)

SPECIAL SERVICES:

- Fitness analysis • Detox foot-baths
- Nutrituon consultation (by appointment)
- Nutritional supplements
- Holistic services (by appointment)
- Zumba wear
- Beachbody Product available (ie; P90x, Insanity, Shakeology)

\$25/month with no registration fee
10% Discount off of any of our training packages

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<p>PIERPONT RACQUET CLUB 500 San Jon Road. Ventura, CA 93001 648-5161 FAX: 652-1832 pac@pierpontrc.com http://www.pierpontrc.com/</p> 	<p>Facilities/activities included in membership rates:</p> <ul style="list-style-type: none"> • Full membership includes- Use of Indoor pool & Jacuzzi, outdoor pool, group exercise classes such as Mat Pilates, Yoga, Zumba Toning, Heart/Body Pump, Bootcamp, Kettlebell & more. 12 Tennis courts (9 hard courts, two classic clay courts, and one ball machine practice court), racquetball, squash, full fitness facility that includes cardio machines, weight machines and free weights. (Private & group swim and/or tennis instruction available. (FEES APPLY) • Health Club memberships Include all the above excluding the tennis courts. 	<p>Reduced Membership Join Fee (normal fees range from \$475 -\$1,000) -County employee rate to join a Health Club membership- \$100 and Full membership with all amenities and including tennis is \$150. Monthly dues vary depending on membership selected and for single, couple or family memberships. (Monthly dues range from \$68 to \$230).</p>
<p>RYTHMIC BODY FITNESS 10235 Telephone Rd Ste B Ventura, CA 93004 rhythmicbodyfitness@yahoo.com 746-2186</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> • Zumba • Cardio Kickboxinbg • Toning & Sculpting Classes <p>SPECIAL SERVICES: Personal Training</p>	<p>5% off</p> <p>Renewal Rate No enrollment fee</p>
<p>THE YOGA CHANNEL 2520 Roosevelt Blvd. Silver Strand Beach, Oxnard, CA 93035 http://www.theyogachannel.net 805-984-2520 tyc2520@yahoo.com</p> 	<p>Yoga classes, groups, privates, workshops Discount applies to group classes only!</p>	<p>\$10 for a single class (\$15 is our regular rate) 10% off of our class packages</p> <p>Renewal Rate: \$10 single class 10% off of class package</p>
<p>TOTAL BODY FITNESS 618 Lindero Canyon Rd Ste B Oak Park, CA 91377-5481 jessica@tbfgy.com 818-991-5410 FAX: 818-991-4590</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> • Full Gym Access • Private, Boutique, Community Feel • We Are The Neighborhood Gym • Group Classes <p>SPECIAL SERVICES:</p> <ul style="list-style-type: none"> • Spin Classes • Power Hour Workout • Cardio Kidz Yoga • Nutrition Counseling • Spin Circuit • Personal Training 	<p>\$35/month</p> <p>Renewal Rate \$35/month</p>
<p>YMCA VENTURA FAMILY 3760 Telegraph Rd. Ventura, CA 93003-3421 amy.bailey@ciymca.org 642 2131 FAX: 642 1137</p> 	<p>Facilities/Activities Included in Rates: Adult membership includes use of all facilities; pools, group exercise classes, cardio equipment, cable weights, free weights, suana, seminars and more. Family membership include all of the above for adults, plus child care while adults exercise (2 hrs a day) and discounted kids classes ie aquatics, youth dance, sports and specialty classes.</p>	<p>As a non-profit we do not provide discounts although we provide scholarships for all who qualify.</p>

IF YOU DON'T SEE YOUR GYM, ENCOURAGE THEM TO CONTACT THE WELLNESS PROGRAM FOR DETAILS ON HOW THEY CAN BE INCLUDED IN THE WELLNESS PROGRAM'S HEALTH CLUB DISCOUNT LIST.
Renée Davis @ 654 2628 OR renee.davis@ventura.org