

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

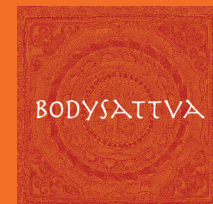
We Do NOT

stop exercising

because we grow old--

We grow old because







we stop exercising.







Great American Nautilus



County of Ventura Wellness Program thanks you for your participation!

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
<p>ANYTIME FITNESS VENTURA CA 2950 Johnson Drive Suite 107 Ventura, CA 805.658.1348 www.anytimefitness.com email: venturaca@anytimefitness.com</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> 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 	<p>No enrollment and the first month free. Dues \$30.00 a month. Rates will never increase for county employees</p>
<p>BODYSATTVA 1414 E. Thousand Oaks Blvd Ste 211 Thousand Oaks, CA 91362-4401 805.497.0300 email: infor@bodysattvacenter.com</p> 	<p>Facilities/Activities Included in Rates:</p> <p>~Any drop-in yoga class or stretch and strengthening class (does not include belly dance, workshops or "series" classes)</p> <p>~Applies to single class rates and multi-class package rates except already discounted senior rate or monthly unlimited.</p> <p>~Check online schedule for current class listing: www.bodysattvacenter.com</p> <p>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.</p>	<p>15% off</p>
<p>CAMARILLO PILATES 221 E. Daily Drive Suite 7 Camarillo, CA 93010 384 8044 www.camarillopilates.com</p> 	<p>Facilities/Activities Included in Rates:</p> <p>Pilates, Gyrotonic®, Equistrian Pilates®, Pre/Post-Natal; Privates, Duets, Classes</p> <p><i>Well qualified and highly trained staff</i></p>	<p>10% off any services</p>
<p>CURVES 9388 Telephone Rd. Ste. B Ventura, CA 93004 647-5800 FAX: 647-5925 curvesventuraeast@sbcglobal.net</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> Curves 30-minute workout Circuit training <p>Special Services:</p> <p>Zumba classes offered for an additional \$2/class</p> <p>CurvesSmart is an additional \$5 /month</p>	<p>\$49/ svc. fee \$39/month</p>
<p>CURVES 922 East Main Street Santa Paula, CA 93060 525-1062</p> 	<p>Facilities/Activities included in Rates:</p> <p>Circuit coaching, zumba classes, personal service</p> <p>Special Services:</p> <ul style="list-style-type: none"> "Curves Complete" \$12.95/week for 3 month commitment (exercise, meal planning and coaching) 	<p>Fitness Membership Only \$29/ svc. fee * (normally \$49) \$44/month</p>
<p>CURVES 3885 Cochran St. Ste. W. Simi Valley, CA 93023-2368 306-9202 FAX: 306-922 curvessimivalley@gmail.com</p> 	<p>Facilities/Activities included in Rates:</p> <p>30 minute circuit workout and coaching</p> <p>Special Services: Curves complete weight loss program included exercise, meal plan and coaching \$12.95/week for 6 month commitment.</p>	<p>\$29/month</p>

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>GREAT AMERICAN NAUTILUS 122 S. Mill St. Santa Paula, CA 93060 525-7609</p> <p>Open Seven Days a Week Mon-Fri 5am-9pm Sat 6:30-2pm Sun 6:30-1pm</p>	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Elliptical Machines Stairmasters, Treadmills, Lifecycles Recumbent Aerobic Bicycles Individual Fitness Programming Olympic -Style Free Weights Separate Men's & Women's Showers State-of-the-Art Nautilus Equipment Sauna 	<p>\$100/3 months \$160/6 months \$300/year No sign up fee.</p> <p>Renewal Fee: \$90/3 months \$160/6 months \$300/year</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>

**PARTICIPATING
FITNESS CENTER**

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

COUNTY EMP. RATE

**JAZZERCISE POINSETTIA
PAVILION CENTER**

3454 Foothill Rd,
Ventura, CA 93003
642-4541
Fax: 642 5621



Facilities/Activities Included in Rates:

- Restrooms
- Beautiful View
- Clean Mats
- Spongewood Floor
- Weights Provided
- Energy! Total Body Workout
- Addicting!!

Classes: M/Tu/W 5:30pm Sat 8:30am

County Rate (Reg. Rate \$35)
8 classes \$28 (Reg. Rate \$20)
4 classes \$18

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 Conditioning
 - ~Weight Loss ~Small Group Training
- Nutritional Counseling
- Virtual Spin Bikes

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

Martial HeART Fitness

3130 Paseo Mercado #108
Oxnard, CA 93036
martialheartfitness@gmail.com
805-983-2800



Facilities/Activities Included in Rates:

- Group exercise classes: Focus Pad Frenzy, Banzai Bagwork, Kamikaze Kickboxing, Bombs Away Babes, Kombat, and a variety of cardio and strength training workouts including Medicine Ball Madness, Killer Kettlebells, and Fire Stations
- Low Impact classes for those starting a fitness routine, rehabbing injuries, seniors, or just needing active rest days . Open Floor/Challenge of the Day workouts any time between 5am and 7:30pm Monday-Friday

SPECIAL SERVICES/ACTIVITIES: (Call for rates)

- BallZ to the Wall Boot Camps
- Martial HeART Experience, Levels 1-4 .
- Personal Training
- Workshops (ex., Non-Deadly Force; Women's Self-Defense)
- Corporate Team Building
- Local, Regional & National Fitness Team Challenges

Annual Membership \$79/month, 1"1 month free;or Sign up with a friend/family member, each annual membership \$69/month; Or Annual Half-Day Membership \$49/month;\$50 sign-up fee waived for all memberships

When renewed before annual membership expires, monthly rate remains at the \$79/month (individual), \$69/month each (pair), or \$49/month(half-day)

County of Ventura Wellness Program thanks you for your participation!

**PARTICIPATING
FITNESS CENTER**

SERVICES OFFERED AND FACILITIES/ACTIVITIES INCLUDED

COUNTY EMP. RATE

**MIND & BODY WELLNESS
STUDIO**

1445 Donlon Street, Suite 9
Ventura, CA 93003
654-8354 FAX: 654-8431
www.mbwellness.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 Fitness • Zumba Atomic
- Yoga Muscle Conditioning
- Circuit TRaining
- Beachbody Workouts
- Pilates
- Spin* (not available offsite)

SPECIAL SERVICES:

- Fitness analysis • Detox foot-baths
- Nutrition 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**

PIERPONT RACQUET CLUB

500 San Jon Road.
Ventura, CA 93001
648-5161 FAX: 652-1832
pac@pierpontrc.com
http://www.pierpontrc.com/



Facilities/activities included in membership rates:

• 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.

**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 member-
ships.
(Monthly dues range from \$68 to
\$230).**

RYTHMIC BODY FITNESS

10235 Telephone Rd Ste B
Ventura, CA 93004
rhythmicbodyfitness@yahoo.com
746-2186



Facilities/Activities Included in Rates:

- Zumba
- Cardio Kickboxinbg
- Toning & Sculpting Classes




SPECIAL SERVICES:

Personal Training

**5% off
Renewal Rate
No enrollment fee**

County of Ventura Wellness Program thanks you for your participation!

County of Ventura Wellness Program thanks you for your participation!

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ACTIVITIES INCLUDED	COUNTY EMP. RATE
<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 Linder 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 <p>SPECIAL SERVICES:</p> <ul style="list-style-type: none"> • Spin Classes • Power Hour Workout • Cardio Kidz Yoga • Nutrition Counseling • Group Classes • 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) & discounted kids classes ie aquatics, youth dance, sports & specialty classes.</p>	<p>As a non-profit we do not provide discounts although we provide scholarships for all who qualify.</p>
<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</p>		
<p>HEALTH CLUB DISCOUNT LIST. <i>Renée Davis @ 654 2628 OR renee.davis@ventura.org</i></p>		