

HEALTH CLUB DISCOUNT LIST MAY 1, 2014 - APRIL 30, 2015

For County Employees and their dependents

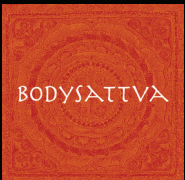
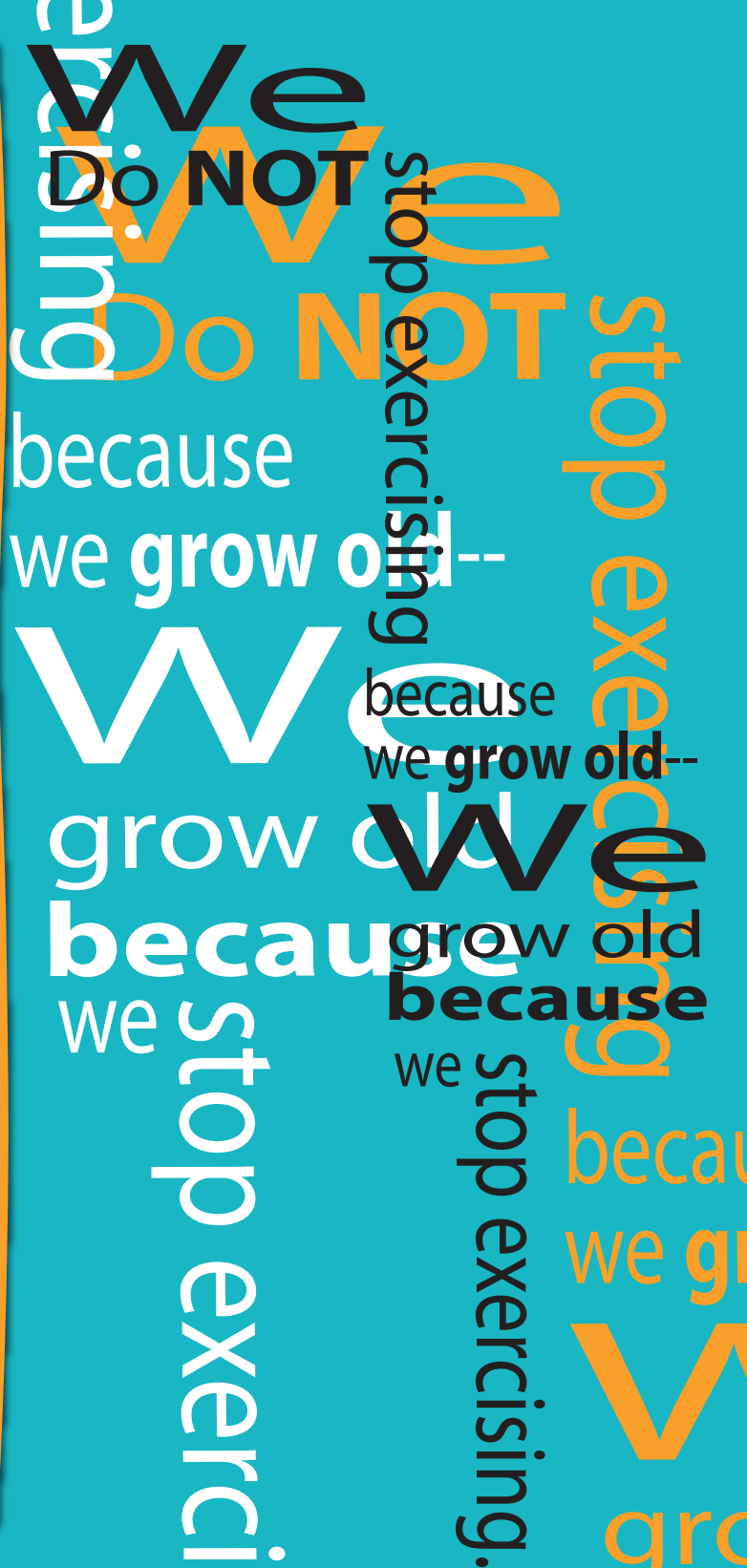
WHEN CHOOSING AN EXERCISE FACILITY, WHAT SHOULD YOU CONSIDER?

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



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 805.712.2825 www.anytimefitness.com email: venturaca@anytimefitness.com ~717 Wendy Drive Newbury Park, CA 91320</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>Check online schedule for current class listing: www.bodysattvacenter.com</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> 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. <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>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: Zumba classes offered for an additional \$2/class CurvesSmart is an additional \$5 /month</p>	<p>\$49/ svc. fee \$39/month</p>
<p>CURVES 922 E. Main Street Santa Paula, CA 93060 525-1062</p>	<p>Facilities/Activities included in Rates: 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>\$49/ svc. fee \$39/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: 30 minute circuit workout</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>
<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 reg. rate)</p>	<p>\$44/month Renewal Rate \$44/month</p>
<p>EDGE 2860 Harbor Blvd. Oxnard, CA 93035 805.815.4222 FAX 805.815.4428</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> Full Access, 7-days a week Yoga, Pilates, Spinning classes Free weights, cardio machines, weight machines Steam Room, Sauna, Showers, Towel Service Private Lockers Wifi member lounge <p>Special Services:</p> <ul style="list-style-type: none"> Complimentary coffee Magazine & book club 	<p>\$0 to Join \$39/month Month-to-Month</p> <p>Renewal Rate: No Contracts Pay as you go. Stop when you want.</p>
<p>FITNESS 19 2721 S. Rose Ave. Oxnard, CA 93033-3961 805.486.2219 FAX 805.486.2249</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> State-of-the-art cardio fitness equipment Top-of-the-line free weight & strength training equipment from Life Fitness and Hammer Strength. Group classes including Zumba, TRX, Bootcamp, Yoga, Kickboxing, Pilates and More. <p>Special Services: (Additional Fees Apply)</p> <ul style="list-style-type: none"> Personal Training/Small Group Training Nutritional Counseling Kids Club 	<p>\$0 enrollment \$12/month or \$15 with classes</p> <p>Renewal Rate: \$0</p>



County of Ventura Wellness Program thanks you for your participation!

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
<p>Fitness Together 330 Via Las Brisas Ste 130 Newbury Park, CA 91320-7038 bryceklenck@fitnessstogether.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>George Erb Fitness Center 231 Camarillo Ranch Rd. Camarillo, CA 93012 805.484.3307 FAX 805.389.1196</p> 	<p>Facilities/Activities included in Rates:</p> <ul style="list-style-type: none"> • Club Access • All Group Exercise Classes • Towel Service • Day Use Locker • Showers w/ Shampoo and Body wash <p>Special Services: (Additional Fees Apply)</p> <ul style="list-style-type: none"> • Personal Training (All trainers are certified strength & condition specialists.) • Pilates Reformer Training • Monthly Locker Rental 	<p>\$40/month 1st & last month's dues + one-time \$15 membership-card fee at sign up</p>
<p>GREAT AMERICAN NAUTILUS 122 S. Mill St. Santa Paula, CA 93060 805.525.7609</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 Rate: \$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 @ Joining 	<p>\$35.00 / month \$0 enrollment \$0 processing Month-to-month membership</p>
<p>ICANIX FITNESS 1464 Madera Rd, Suite G Simi Valley, CA 93065 805.990.9171 www.icanixfitness.com info@icanixfitness.com</p> <p>(west side of Simi, adjacent to the 23 freeway)</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> • Workout with a personal trainer for just one monthly fee – no additional cost per session. • First 3 months at an Introductory Rate of 50% off. • Every Member receives a personalized orientation, assessment and set-up on all cardio equipment. • Small group total body training classes: <ul style="list-style-type: none"> o 3-days a week (Mon-Wed-Fri) – mornings from 5:15am until the evening at 7:30pm; or o 2-days a week (Tues-Thurs) – mornings from 7:00 am until the evening at 7:30pm. • "Getting Fit with the Krank" – 2-days a week (Tues & Thurs) – upper body cardio class – ideal for cross-training. • Nike NG360 golf performance conditioning – individual and group rates available, call ahead. • 1-on-1 personal training sessions by appointment. • Members may add a free Saturday class (see list of classes below). <p>Special Services:</p> <ul style="list-style-type: none"> • Towels available for use (no charge) during your workout. • Track your goals – personal tracking available to meet your needs. • Saturday morning classes from 7:30am until 11:00am – free to members: <ul style="list-style-type: none"> o Movement & Mobility o Krank Fusion o Krank Express o Krank Restore 	<p>County Emp. Rate 50% off your first three months (introductory special); 10% off our regular rates after the Introductory Period.</p>
<p>JAZZERCISE POINSETTIA PAVILION CENTER 3454 Foothill Rd, Ventura, CA 93003 642.4541/ 794.9167 Cell: 642.5621</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> • Restrooms • Clean Mats • Weights Provided • Energy! Total Body Workout • Addicting!! <p>Classes: M/Tu/W 5:30pm Sat 8:30am</p>	<p>County Rate 8 classes \$28 4 classes \$18</p> <p>(Reg. Rate \$35) (Reg. Rate \$20)</p>

**PARTICIPATING
FITNESS CENTER**

SERVICES OFFERED AND FACILITIES/ACTIVITIES 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.

KO STUDIO WESTLAKE
766 Lakefield Rd Unit F
Westlake Village, CA 91361-2626
abby@thekostudios.com
805-551-9042



Facilities/Activities Included in Rates:

- Unlimited semi-private classes
- Unlimited boxing, fitness, TRX, Yoga Shred & Jiu Jitsu classes
- Cardio equipment
- Free weights
- Fun, positive, family-friendly atmosphere

Special Services:

- Private training
- Fight conditioning
- Youth programs
- Sports training
- Advanced prgrms

\$80/month

Renewal Rate:
\$80/month

MAVERICKS VENTURA GYM
5171 Telegraph Rd.
Ventura, CA 93003-4111
805-642-9600 FAX: 805-642-4219



Full gym membership includes:

- All Cardio Equipment
- Strength Equipment
- Spinning Classes
- Group Exercise Classes
- Locker Rooms

Special Services:
Child care, bootcamp and personal training available for an extra fee.

\$34/month on 12-month agreement
Renewal Rate:
\$34/month on open-end agreement

Martial HeART Fitness
3130 Paseo Mercado #108
Oxnard, CA 93036
diane@martialheartfitness.com
805-983-2800
www.martialheartfitness.com



Facilities/Activities Included in Rates:
Strengthening the Mind, Body & Spirit – Fitness, the Martial Arts Way!

- Group classes, including Focus Pad Frenzy, Banzai Bagwork, Kamikaze Kickboxing, Bombs Away Babes, Combat, and a variety of cardio and strength training workouts utilizing body weight exercises, kettlebells, medicine balls, sandbags, hand weights, bands and other equipment
- Low impact classes for those starting a fitness routine, rehabbing injuries, seniors, or just needing active rest days
- Yoga
- Open floor/Challenge of the Day workouts any time during open hours

Special Services/Activies:
(Call for Details & Rates)

- Boot Camps (ex. BallZ to the Wall; Kick Start the Heart; Tag Team; Focus Pad Frenzy)
- T.U.F.F. Kid Fit Camps
- Martial HeART Experience, Levels 1-4
- Workshops (ex. Women's Self-Defense; Family Protection; Non-Deadly Force)
- Corporate Team-building
- Personal Training
- Local, Regional & National Fitness Team Challenges

Call for current annual membership rate; \$25 sign-up fee waived for all County employees

Member rate is locked in for each subsequent year if membership is renewed prior to current year contract expiration.

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

PIERPONT RACQUET CLUB
500 San Jon Road. Ventura, CA 93001
805.648.5161 FAX: 805.652.1832
pac@pierpontrc.com
http://www.pierpontrc.com/



Facilities/Activities Included in 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 memberships.
(Monthly dues range from \$68 to \$230).

County of Ventura Wellness Program thanks you for your participation!

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ACTIVITIES INCLUDED	COUNTY EMP. RATE
<p>PILATES PLUS 220 E. Thousand Oaks Blvd, #100 Thousand Oaks, CA 91362 805.778.1514 info@pilatexspluswv.com</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Pilates Indoor Cycling/Spin TRX/Gym XT Suspension Training <p>Special Services:</p> <ul style="list-style-type: none"> Private Training Group Classes 	<p>10% off any monthly package 10 % off any series of 5 or more classes</p> <p>Renewal Rate: Same</p>
<p>THE BUNKER GOLF CENTER 1891 Goodyear Ave #611 Ventura, CA 93003 805.650.1534 dan@thebunkergolf.com</p> 	<p>Facilities/Activities Included in Rates: Indoor driving range with full access to: Foresight GC2 golf simulators, a golf specific fitness center, chipping/putting green, member discount on all golf club repair Each new member will receive a free swing video analysis, club fitting and physical assessment</p> <p>Special Services: Golf instruction, golf fitness, custom club fitting, golf club repair, men's/womens's traveling club</p>	<p>\$69/month (normally \$79)</p> <p>Renewal Rate: \$69/ month</p>
<p>THE STUDIO WORKOUT 5770 Nicolle St, Suite G Ventura, CA 93003 949.291.5112 helya@thestudioworkout.com</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Group classes + personal training (personal attention and goal setting with and without trainer) High Intensity (kettlebells+ HIIT) Low Intensity (Pilates, Yoga + PiYo) <p>Special Services:</p> <ul style="list-style-type: none"> Nutrition consulting Body Fat Dunk Test Action Plan Guides Child Care Servs. 	<p>Monthly group class \$50 Personal training \$50/session</p> <p>Renewal Rate: Group classes, 3 month renewal (automatic) Personal training: session by session</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>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Yoga classes, groups, privates, workshops Discount applies to group classes only! 	<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>YOGA WORKS (For Everybody) 2475 Townsgate Road Westlake Village, CA 91361 805.371.3030 mikel@yogaworks.com www.yogaworks.com</p> 	<p>Facilities/Activities Included in Rates:</p> <ul style="list-style-type: none"> Unlimited yoga classes, barworks classes, scuptworks classes and mat pilates classes. Lockers, showers, towel service 	<p>\$85/ month</p>
<p>VENTURA YOGA STUDIO 110 N. Olive St, Suite P Ventura, CA 93001 805.643.5979 venturayogainfo@gmail.com</p> 	<p>The studio is beautiful and has plenty of free parking, and our instructors are terrific. We're located behind the Mission Plaza Von's between Ventura Avenue and N. Olive Street in a small strip mall. We've been here 23 years and we are the oldest and most respected studio in the county. You can check out our new website at www.venturayoga.com - FYI these rates will not be available to purchase online, but can be purchased at the studio with debit/credit card, check or cash as long as students identify themselves as county employees etc.</p>	<p>10 yoga classed in 3 months \$100 (usually \$110)</p> <p>8 T'ai Chi Chih classes \$56 (usually \$64)</p>
<p>YMCA VENTURA FAMILY 3760 Telegraph Rd. Ventura, CA 93003-3421 amy.bailey@ciymca.org 805.642.2131 FAX: 805.642.1137</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>

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