

VC-Well!

Ventura County-Working Energetically-loving Life!

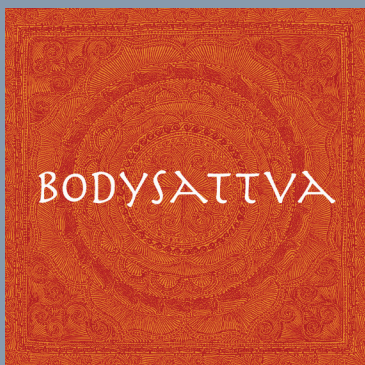
Health Club Discount List July 1, 2016-June 30, 2017

For County Employees and their dependents

Please contact the participating health club/exercise facility directly to obtain additional information. The County of Ventura does not endorse or assume responsibility for any of the clubs listed herein.

WHEN CHOOSING A HEALTH CLUB OR EXERCISE FACILITY, WHAT SHOULD YOU CONSIDER?

- ▶ When looking 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/need to ask.



PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
<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 & 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>10% off <i>Renewal Rate</i> 10% off</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>\$40/month <i>Renewal Rate</i> \$40/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 <i>Renewal Rate:</i> No Contracts Pay as you go. Stop when you want.</p> 
<p>GEORGE ERB FITNESS CENTER 231 Camarillo Ranch Rd. Camarillo, Ca 93012 (805)-484-3307 (805)389-1196 (fax)</p>	<p>Facilities/Activities included in Rates: Membership includes access to all cardio equipment (Treadmills, Step Mills, Ellipticals, Stair Steppers, Upright and Recumbent Bikes) as well as all strength equipment (Life Fitness Signature, Hammer Strength, Free Motion, TRX Suspension Trainers and Free Weights). All group exercise classes including Yoga, BODYPUMP, CXWORX, TRX, Indoor Cycling, Pilates Mat, and Pilates for Buff Bones.</p> <p>Online booking is available for all classes via the myClub membership portal, Towel Service, Day Use Lockers, and Free Wi-Fi are included as well.</p> <p>Each membership includes a free equipment orientation with a personal trainer, and an optional reduced rate full length trial private pilates equipment session (\$15).</p> <p>Special Services: (Additional Fees Apply)</p> <ul style="list-style-type: none"> Personal Training Catalyst Training (Group Personal Training) Private and Duet Pilates Equipment Training The Pilates Experience (Group Pilates Equipment Training) Monthly Locker Rental Child Care 	<p>Discounted County Rate: \$46 / month 1st & last month's dues + one time \$15 membership card fee at sign up.</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 24-Hour Access To Members! Complimentary Fitness Orientation @ Joining 	<p>~\$35.00 / month, \$0 enrollment, \$0 processing ~Month-to-month membership</p> <p>or \$350.00 for 12 months paid in full</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!! Beautiful View Wood Floor <p>Classes: M/Tu/W 5:30pm Sat 8:30am Sat 7:40am</p> <p>Special Services: www.jazzercise.com Facebook Ventura Jazzercise</p>	<p>County Rate (Reg. Rate \$35) 8 classes \$28 (Reg. Rate \$20) 4 classes \$18</p> 

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MAVERICKS VENTURA GYM 5171 Telegraph Road Ventura, CA 93003-4111 805.642.9600	Full gym membership includes <ul style="list-style-type: none"> All Cardio Equipment Strength Equipment Spinning Classes Group Exercise Classes Locker Room Special Services: Child care, bootcamp and personal training available for an extra fee.	\$34/month on open-end agreement Renewal Rate: \$34/month on open-end agreement 
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: <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 & 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) <ul style="list-style-type: none"> Health Club memberships Include all the above excluding the tennis courts. Special Services: Personal Training & Group Training; Nutrition Lectures; Childcare for Members	Reduced Membership Join Fee (normal fees range from \$525 -\$1,050) -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 \$82 to \$282). 
PILATES WITH PASSION 2311 Tapo Street Unit E Simi Valley, CA 93063 http://www.pilateswithpassion.com	Facilities/Activities Included in Rates: Pilates on equipment always guided by a Pilates instructor Beginner package--3 private packages package of 10 sessions	\$25 off each package purchase 
RE-STORE PILATES, INC 970 Petit Ave, Ste B Ventura, CA 93004 Fully equipped Pilates studio est'd in 2008 (2 miles east of Government Center) 805.625.0166 susan-ppf@hotmail.com	Facilities/Activities Included in Rates: Restorative-Exercise Certified Body Art and Science International Certified Privates and classes Highly educated and motivated owner/operator Special Services: Post PT/Rehab Full body alignment Restorative Assessment Private and Group Session (offered at 2008 prices)	\$135 for 3 private sessions (Introduction) \$20 equipment classes 
THE BUNKER GOLF CENTER 1891 Goodyear Ave #611 Ventura, CA 93003 805.650.1534 dan@thebunkergolf.com	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 Special Services: Golf instruction, golf fitness, custom club fitting, golf club repair, men's/women's's traveling club	\$69/month (normally \$79) Renewal Rate: \$69/ month 
VENTURA YOGA STUDIO 110 N. Olive St, Suite P Ventura, CA 93001 805.643.5979 venturayogainfo@gmail.com www.venturayoga.com	Facilities/Activities Included in Rates: Alignment based YOGA <ul style="list-style-type: none"> T'ai Chi Chih® Specialty Yoga Classes everyday The Great Yoga Wall on every wall! FREE PARKING Oldest & most respected Yoga Studio in Ventura County Same location for 26 years! Referred to as the "Hidden Jewel of Ventura" 	10 yoga classes in 3 months \$100 usually \$110) 8 T'ai Chi Chih classes \$56 usually \$64) Renewal Rate: Same discount 

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DON'T SEE YOUR GYM?

ENCOURAGE YOUR GYM TO CONTACT THE WELLNESS PROGRAM FOR DETAILS ON HOW THEY CAN BE ADDED TO THE WELLNESS PROGRAM'S HEALTH CLUB DISCOUNT LIST.

Renée Davis @ 805.654.2628 OR renee.davis@ventura.org