



Health-Club Discount List

January 1, 2020 – December 31, 2020

If you don't see the club of your choice on this list—encourage that club to contact the Wellness Program:
wellness.program@ventura.org.



WHEN CHOOSING AN EXERCISE FACILITY, WHAT SHOULD YOU CONSIDER?

- 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.

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.

If you don't see the club of your choice on this list—encourage that club to contact the Wellness Program:
wellness.program@ventura.org.



9ROUNDTM

30 MIN KICKBOX FITNESS

[Schedule Your Free Workout!](#)

2764 Cochran St.
Simi Valley, CA 93065
(805) 428 - 9411

Discounted County Rate

\$10 off Monthly Membership

Facility and Amenities

- 30 Minute Circuits
- Members Portal
- Learn Kickboxing
- New Workout Daily
 - Gloves & Wraps
 - Trainer Included
- Heart Rate Technology





Standard Program		All Club Sport	All Club Super-Sport
Employee	Monthly Payment with 1 year commitment	\$0 Initiation fee \$28.99 dues/month	\$0 Initiation fee \$38.99 dues/month
Employee	Monthly Payment	\$29.99 Initiation fee \$29.99 dues/month	\$29.99 Initiation fee \$39.99 dues/month
Each Add On	Monthly Payment	\$0 Initiation fee \$28.99 dues/month	\$0 Initiation fee \$38.99 dues/month

Pay first and last month's dues at time of enrollment. Commitment membership is monthly payment and requires a 1 year commitment.

Cardio Equipment - Free Weights - Full Sized Basketball Court - Group Cycling - Group Exercise - Indoor Lap Pool - Kids' Club * - Personal Training *
 - Personal Training Area - Pro Shop
 Sauna - Steam Room - Strength Machines - TRX Suspension Training - Towel Service - Training Club 24 - Training Club 24 - Whirlpool

Join Today. Go to www.24hourfitness.com/corporate and enter your corporate ID: **99100CORP**

CrossFit®

Adults•Teens•Kids

2646 Palma Dr, Ste 310 Ventura, CA, 93003



BeachSideCrossFit.com
www.beachsidecrossfit.com

Facilities & Amenities

Designed specifically for anyone looking to get in great shape in a safe, fun environment! CrossFit is a fitness program that will change your habits for the better. As a truly functional program, the difficulty level of our daily workouts is designed to be increased or decreased, depending upon the individual. This makes them doable by anyone. Daily workouts include individual coaching with core conditioning, rowing, running, gymnastics, lifting, etc. And all our workouts are designed to improve overall flexibility, strength, speed, endurance, and agility in a non-intimidating, encouraging environment.

Beginners Welcome

~ Unlimited CrossFit classes ~ Kids programs : KinderFit (3-5), KidFit (6-11), CrossFit Teens (12-17) ~ Certified Trainer every class ~ Community of support/friends

~ Get in the best shape of your life ~

Special Services W/Fees Include:

~ Personal Training ~ Nutritional Coaching ~ Mobility & Recovery Classes w Licensed PT

10% off all offered group programs





Curves®

The power to amaze yourself.™

1738 N. Moorpark Road - Thousand Oaks, CA 91360

805-449-0089



\$9 off Month Memberships for County Employees!

	<i>Curves</i>	TRADITIONAL GYMS
30-Minute Total Body Circuit Workout (Strength Training, Cardio, Stretching)	✓	X
Experienced & Professional Coach at Every Workout	✓	X
One-on-One Monthly Coaching Session Included †	✓	X
Specialty Fitness Classes ††	✓	✓
Safe & Effective Machines Designed Especially for Women	✓	X
Supportive Community of Women Just Like You	✓	X
CurvesSmart® Technology (Providing Moment-to-Moment Feedback) ††	✓	X
Travel Privileges Available ††	✓	X

- ✓ Diverse and Dynamic Training Programs Including Small Group Training & 5:30AM Bootcamp
- ✓ Dedicated Large Group Classroom
- ✓ Full Barre Class Schedule and Dedicated Studio
- ✓ Brand New State of the Art Cardio Equipment with DirecTV and Internet
- ✓ 14,000 square feet full-service Boutique Health Club
- ✓ Exclusive Personal Training Studio for Ultimate privacy
- ✓ Exclusive Personal Training Lounge w/Complimentary Supplements and Refreshments
- ✓ Luxurious Full Locker Rooms Complete with Showers and Saunas
- ✓ Complimentary WiFi Throughout the Facility
- ✓ Complimentary Towel Service
- ✓ Morning, Evening, and Weekend Childcare



5750 E Los Angeles Ave Simi Valley, CA 93063
(805) 522-2770



\$24.99/Month
\$0 Enrollment
Month to Month Agreement

**Enrollment rate of \$49
for full membership.
Monthly dues vary
depending on
membership selected
(From \$29-\$49)**



**Personal Training • Nutrition
24 Hour Access
Largest Selection of Equipment in Ventura!**

**20 N. Oak St.
Ventura, CA 93001
805.419.0009**

~24/hr access to all Cardio/Strength equipment ~ Day use lockers ~ Free Wi-Fi
~ Free equipment orientation with a personal trainer
~ Special Services W/Fees include:

Personal Training
Nutritional Programs
Contest Prep
Power Lifting



PIERPONT
RACQUET CLUB



- Indoor/Outdoor pool & Jacuzzi
- Group Exercise classes Ex: Yoga and Zumba
- 12 Tennis Courts, Racquetball, & Squash
- Full Fitness Facility with Cardio & Weight machines
- SPECIAL SERVICES w/fees
- Private/Group training
- Nutrition Lectures
- Childcare for members



Reduced Membership Join Fee of \$100 and full membership for \$150. Monthly dues could range from \$87-\$307 depending on your membership plan.



PIERPONT
RACQUET CLUB

500 Sanjon Road – Ventura CA 93001
(805) 648-5161



Ventura Yoga Studio



Embracing the teachings and practices of Patanjali

- 10 Yoga Classes in 3 months for \$100
 - 8 T'aiChi Chih Classes for \$56
-
- Highly Qualified Yoga Instructors
 - T'ai Chi Chih Instructors
 - All Levels of Yoga Welcome
 - Yoga Supplies Shop on Site

[Enroll today!](#)

(805) 643-5979



**110 N. Olive St., Suite P
Ventura, CA**

The background of the advertisement is a photograph of a modern fitness studio. In the foreground, a woman with blonde hair tied back is performing a yoga pose, with her hands extended forward. In the background, a man is also in a yoga pose. The studio has large windows and wooden accents. The logo for 'Athletic Society' is prominently displayed at the top.

AS ATHLETIC SOCIETY

SOMETHING FOR EVERYONE

YOGA

KIDS CLUB

LUXURIOUS REJUVENATION CENTER

WEIGHTLIFTING

PILATES

CYCLING

SWIMMING POOL

SPACIOUS WORKOUT FLOOR

SPORTS

\$0 ENROLLMENT

Plus, come in for a complimentary 14-day VIP Membership on us!



FITNESS

**CHATSWORTH • NORTHRIDGE
SANTA CLARITA • LANCASTER • PALMDALE
SIMI VALLEY • VAN NUYS • AND MORE!**

- State-of-the-Art Equipment Awesome
- Group Fitness Classes
- Personal Training
- HIITZone Small Group Training
- Online Training & Nutrition Programs
- Tanning & HydroMassage®
- Fit3D Body Scanning
- Full Service Locker Rooms

Memberships as low as \$9.95/month.
Enroll for just \$1 on [crunch.com](https://www.crunch.com) using promo code: **MYMOJO**



CLUB PILATES 4020 E. Main St #B-1-2
(805)856-4424
ventura@clubpilates.com

**10% OFF DUES FOR VENTURA COUNTY EMPLOYEES AND
FAMILY - COME TAKE A FREE INTRO CLASS!**

A consistent Pilates practice can offer benefits to everybody. Whether you're an experienced athlete looking to step up your training or you're simply looking to start a new fitness routine, Pilates creates a strong foundation of balance, strength, mobility and flexibility.

The full-body, low-impact workouts offered at Club Pilates provide a high-impact challenge to the stabilizing muscles of the core. Unlike the mat Pilates classes offered in many gym settings, Club Pilates offers classes using an array of specialized equipment, including the Reformer, EXO-Chair, Bosu Ball, TRX Suspension Trainer, springboards and more.

This unmatched combination of equipment provides a wide range of motion training and maximizes the effectiveness of your exercise session. With seven signature class formats and four unique levels of classes, Club Pilates Ventura has a workout that will work for you.

**10% off all membership dues
and no enrollment fees**