

Health Club Discount List

May 1, 2015-April 30, 2016

For County Employees and their dependents

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.

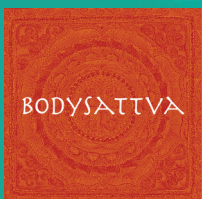
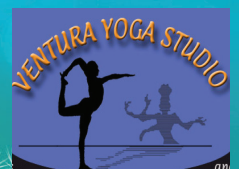
WHEN CHOOSING AN EXERCISE FACILITY, WHAT SHOULD YOU CONSIDER?

- ▶ 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.





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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



PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
ANYTIME FITNESS ~2950 Johnson Drive Suite 107 Ventura, CA 805.658.1348 805.712.2825 www.anytimefitness.com email: venturaca@anytimefitness.com ~2700 E Thompson Blvd Ventura, CA 93003 805.628.9161 ~717 Wendy Drive Newbury Park, CA 91320 805.467.6402	Facilities/Activities Included in Rates: <ul style="list-style-type: none">Anytime Fitness is open 24 hours a day/7 days a weekState-of-the-art PRECOR Circuit and Free WeightsMembership includes access to more than 2800 clubs worldwidePersonal and group training programsEach membership includes gym orientation and assessmentVirtual Classes and Live ClassesBoot Camps	No enrollment fee. Dues \$30.00 a month. <i>Rates will never increase for County employees</i> 
BSF FITNESS (Better Stronger Faster) 2597 Bolker Drive Port Hueneme, CA 93041 Ph: (805) 985-9161 www.BSFgym.com	Facilities/Activities Included in Rates: <p>With over 19,000 squar feet of workout space, we offer all BSF members use of over 80+ pieces of lifting equipment including brand new dumbbells; multiple cardio options available including brand new treadmills; sauna, VIP locker rooms, group classes and much more!</p> Special Services: <p>For an additional fee we offer kettlebell, self-defense, boxing, meal plans, indoor & spray tanning & expert personal trainers!</p>	~1 year EFT option: \$25/month; \$0 down ~6 month EFT option: \$29/month; \$29 down ~Month-to-month option: \$35/month \$35 down <i>Renewal Rate: same as above</i> 
BODYSATTVA 1414 E. Thousand Oaks Blvd Ste 211 Thousand Oaks, CA 91362-4401 805.497.0300 email: infor@bodysattvacenter.com Check online schedule for current class listing: www.bodysattvacenter.com	Facilities/Activities Included in Rates: <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. Special Services: <p>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>	15% off 
BRYANT STREET HEALTH & FITNESS 405-Q Bryant Street Ojai, CA 93023 Off: 805.646.2233 Cell: 805.798.3125 fax: 805.646.2860 www.bryantstreetgym.com info@bryantstgym.com	Facilities/Activities Included in Rates: <p>Bryant Street Health & Fitness offers classes for all fitness levels, including classes in pilates, yoga, water aerobics, step aerobics, dance, cross training and much more. Also available are classes specifically designed for seniors. Coupled with these fantastic classes Bryant Street Health & Fitness has state-of-the-art workout equipment, cardia machines, free weights, stretch room a friendly and helpful staff, and the desire to help you create a healthy body. Come down and see us!</p> Special Services: <p>Bryant Street Health & Fitness offers personal training, personal yoga and pilates coaching. BSHF alsoprovides our clients with massage, facials and watsu to help them relax after a hard workout.</p>	We will give a 10% discount on all our memberships and treatments, massage, facials and watsu. This does not apply to personal trainings. <i>Renewal Rate: Single \$51.30 Couple \$72.90 Family \$99.00</i> 
CURVES 4940 Verdugo Way. Camarillo, CA 93010 805.482.9600	Facilities/Activities included in Rates: <p>Curves is a facility especially designed for women featuring a complete 30-minute workout. Curves also features Curves Complete: exercise, meal planning and coaching all in one place. Curves offers specalty classes including Body Balance, Body Basics and Stretch & Strength.</p> Special Services: <p>We also offer Curves Workouts with Jullian Michaels classes, including 3 different levels.</p>	50% off enrollment fee <i>Renewal Rate 10% off pre-paid year</i> 
CURVES 1738 N. Moorpark Road Thousand Oaks, CA 91360 449.0089 Fax: 449.0078 www.curves.com	Facilities/Activities included in Rates: <ul style="list-style-type: none">This is a discount off of the "Success Membership" only Special Services: <p>Curves Smart and Curves Complete (not included in reg. rate)</p>	\$40/month <i>Renewal Rate \$40/month</i>
CURVES Ventura West 2611 E. Thompson Blvd. Ste. 105 Ventura, CA 93003 805.641.9600	Facilities/Activities included in Rates: <p>FREE: Monthly fitness and coaching consultations; Regular circuit coaching; Specialty classes- Care Strength, Body Balance, Stretch & Strength, Curves Workout w/ Jillian Michaels</p> Special Services: <p>Curves Complete: weight-loss program w/ Cleveland Clinic certified coaches, online program & weekly one-on-one sessions as well as FREE workouts & circuit training; Zumba Gold & Zumba Regular, minimal charge; protein shakes, vitamins, workout wear, etc</p>	60% off registration fee; \$5 reduced monthly dues, plus ONE WEEK FREE TRIAL MEMBERSHIP!
EDGE 2860 Harbor Blvd. Oxnard, CA 93035 805.815.4222 FAX 805.815.4428	Facilities/Activities included in Rates: <ul style="list-style-type: none">Full Access, 7-days a weekYoga, Pilates, Spinning classesFree weights, cardio machines, weight machinesSteam Room, Sauna, Showers, Towel ServicePrivate LockersWifi member lounge Special Services: <ul style="list-style-type: none">Complimentary coffeeMagazine & book club	\$0 to Join \$39/month Month-to-Month <i>Renewal Rate: No Contracts Pay as you go. Stop when you want.</i> 

PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ ACTIVITIES INCLUDED	COUNTY EMP. RATE
FITNESS 19 2721 S. Rose Ave. Oxnard, CA 93033-3961 805.486.2219 FAX 805.486.2249	<i>Facilities/Activities included in Rates:</i> <ul style="list-style-type: none">State-of-the-art cardio fitness equipmentTop-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. <i>Special Services:</i> (Additional Fees Apply) <ul style="list-style-type: none">Personal Training/Small Group TrainingNutritional CounselingKids Club	\$0 enrollment \$12/month or \$15 with classes <i>Renewal Rate:</i> \$0 
FITZONE 4756-3 Telephone Rd. Ventura, CA 93003 email: molly@fitzoneventura.com	<i>Facilities/Activities included in Rates:</i> INCLUDES ALL SMALL AND LARGE GROUP TRAINING PROGRAMS. NO LIMITATIONS TO THE DISCOUNT. Best one hour workout on the Planet! Burn up to 1,200 calories in one hour. When members enter FITZONE they are fitted with a heart-rate monitor. In real time members will see how hard they are working & how many calories burned. We are FITZONE, the energizing group interval fitness concept that has been named one of the best workouts in the world. The one-of-a-kind workout is divided into intervals of cardiovascular and strength training, designed for maximum energy and calorie burn. Our trainers guide you through a 60 minute workout using treadmills, bikes, TRX suspension training and free weights to tone and strengthen your body. <i>Special Services:</i> Each new member will receive a free strategy session including movement screening, body fat analysis. Nutrition program. Call for details.	10% off any FITZONE Program <i>Renewal Rate:</i> 10% off any FITZONE Program 
GEORGE ERB FITNESS CENTER 231 Camarillo Ranch Rd. Camarillo, Ca 93012 (805)-484-3307 (805)389-1196 (fax)	<i>Facilities/Activities included in Rates:</i> 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. 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. Each membership includes a free equipment orientation with a personal trainer, and an optional reduced rate full length trial private pilates equipment session (\$15). <i>Special Services: (Additional Fees Apply)</i> <ul style="list-style-type: none">Personal TrainingCatalyst Training (Group Personal Training)Private and Duet Pilates Equipment TrainingThe Pilates Experience (Group Pilates Equipment Training)Monthly Locker RentalChild Care	Discounted County Rate: \$46 / month 1st & last month's dues + one time \$15 membership card fee at sign up. 
HOLLYWOOD FITNESS (24/7) 410 E. Main Street Ventura, CA 93001 641.3399 FAX: 512-7177	<i>Facilities/Activities Included in Rates:</i> <ul style="list-style-type: none">State-Of-The-Art Weight Training And Cardiovascular EquipmentCardio Movie Theater24-Hour Access To Members!Complimentary Fitness Orientation @ Joining	~\$35.00 / month, \$0 enrollment, \$0 processing ~Month-to-month membership or \$350.00 for 12 months paid in full 
JAZZERCISE POINSETTIA PAVILION CENTER 3454 Foothill Rd, Ventura, CA 93003 642.4541/ 794.9167 Cell: 642.5621	<i>Facilities/Activities Included in Rates:</i> <ul style="list-style-type: none">RestroomsClean MatsWeights ProvidedEnergy! Total Body WorkoutAddicting!!Beautiful ViewWood Floor Classes: M/Tu/W 5:30pm Sat 8:30am Sat 7:40am <i>Special Services:</i> www.jazzercise.com Facebook Ventura Jazzercise	County Rate 8 classes \$28 4 classes \$18 (Reg. Rate \$35) (Reg. Rate \$20) 
MIND & BODY WELLNESS STUDIO 1445 Donlon Street, Suite 9 Ventura, CA 93003 654-8354 FAX: 654-8431 www.mbwellness.com (cont')	<i>Facilities/Activities Included in Rates:</i> Full use of facility. Pilates Studio-- Over 25 classes weekly- Cardio Equipment Extremely knowledgeable and highly skilled staff <i>Special Services: Pilates!</i> <ul style="list-style-type: none">Private Pilates InstructionFoundation TrainingFunctional Movement ScreeningSemi-Private Instruction	10% off regular price (Contact studio for price list) 10 Mat Classes for \$100 10% off Privates, Semi-Privates and Group Reformer classes 

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(cont') MIND & BODY WELLNESS STUDIO	<ul style="list-style-type: none"> 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/	<i>Facilities/Activities Included in Rates:</i> <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. <i>Special Services:</i> Massage by Appt; 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 \$79 to \$270). 
PILATES WITH PASSION 2311 Tapo Street Unit E Simi Valley, CA 93063 http://www.pilateswithpassion.com	<i>Facilities/Activities Included in Rates:</i> Pilates on equipment always guided by a Pilates instructor Beginner package--3 private packages package of 10 sessions	\$25 off each package purchase 
THE BUNKER GOLF CENTER 1891 Goodyear Ave #611 Ventura, CA 93003 805.650.1534 dan@thebunkergolf.com	<i>Facilities/Activities Included in Rates:</i> 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 <i>Special Services:</i> Golf instruction, golf fitness, custom club fitting, golf club repair, men's/womens's traveling club	\$69/month (normally \$79) <i>Renewal Rate: \$69/ month</i> 
THE PILATES STUDIO 3537 Old Conejo Rd, #102 Newbyr Park, CA 91320 805.498.2800 http://www.thestudionp.com/	<i>Facilities/Activities Included in Rates:</i> Our integrative approach to wellness acknowledges the strengths and challenges in your current health habits and lifestyle to help you move forward. We won't try to mold you into a one-size-fits-all program or push you into a difficult routine. Our goal is to help you create good habits that provide self-motivation and inspiration to let healthy changes come naturally and continue throughout every aspect of your life. <ul style="list-style-type: none"> •Awesome Discounts on ALL Equipment Classes! •Body Assessment & Workout prescription •Daily support and encouragement! •The BEST Instructors •10% off any Service or Image Product for your first visit/ purchase with Maryam Skin Therapy •\$10/off your first Massage session w/ Cynthia Azma Massage 	\$10 off per month 12 month \$49 membership or 20% off non-member series We welcome you to come try your First class with us FREE! Call for details 
THE SAUNA STUDIO 3439 Telegraph Road Ventura, CA 93003 805.850.3500 infor@thesaunastudio.com http://www.thesaunastudio.com	<i>Facilities/Activities Included in Rates:</i> Infrared Sauna Therapy and Infrared Hot Yoga Classes	20% off Sauna or Yoga Packages 
THE STUDIO WORKOUT 5770 Nicolle St, Suite G Ventura, CA 93003 949.291.5112 helya@thestudioworkout.com	<i>Facilities/Activities Included in Rates:</i> <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) <i>Special Services:</i> <ul style="list-style-type: none"> Nutition consulting Body Fat Dunk Test Action Plan Guides Child Care Service 	Monthly group class \$80 Personal training \$50/session <i>Renewal Rate: Group classes, 3 month renewal (automatic)</i> <i>Personal training: session by session or monthly contract</i> 
THE YOGA CHANNEL 2520 Roosevelt Blvd. Silver Strand Beach, Oxnard, CA 93035 http://www.theyogachannel.net 805.984.2520 tyc2520@yahoo.com	<i>Facilities/Activities Included in Rates:</i> <ul style="list-style-type: none"> Yoga classes, groups, privates, workshops Discount applies to group classes only! 	\$10 for a single class (\$16 is our regular rate) 10% off of our class packages <i>Renewal Rate:</i> \$12 single class 10% off of class package 

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VENTURA YOGA STUDIO 110 N. Olive St, Suite P Ventura, CA 93001 805.643.5979 venturayogainfo@gmail.com www.venturayoga.com	<i>Facilities/Activities Included in Rates:</i> Alignment based YOGA • T'ai Chi Chih® • Specialty Yoga Classes 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) <i>Renewal Rate: Same discount</i> 
YOGA WORKS (For Everybody) 2475 Townsgate Road Westlake Village, CA 91361 805.371.3030 mikel@yogaworks.com www.yogaworks.com	<i>Facilities/Activities Included in Rates:</i> • Unlimited yoga classes, bar works classes, Sculpt works classes and mat Pilates classes. • Lockers, showers, towel service	\$85/ month <i>Renewal Rate:</i> <i>\$85/ month</i> 

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