



EMPLOYEE FITNESS RESOURCES

Discounts at Fitness Centers: SFHSS has negotiated discounts at a variety of clubs, see the second page of this document for details.

Fitness Memberships and Discounts Through Your Health Plan:

Blue Shield	Kaiser Permanente	United Healthcare/City Plan
<p>Get Started with Discounts at 24 Hour Fitness, Renaissance ClubSport, ClubSport:</p> <ol style="list-style-type: none"> Go to www.blueshieldca.com/wellnessdiscounts or call Blue Shield Member Services Access+ members call 855-256-9404. Trio members call 855-747-5800. Inform the club of your discount. 	<p>Get Started with the ChooseHealthy Discount Program:</p> <ol style="list-style-type: none"> Go to www.choosehealthy.com or call 1-877-335-2746. Select the "Find a Provider" tab Select the drop down menu "Fitness Club" option. Select your desired search criteria (zip code, State, by facility name) to find the nearest location. 	<p>Get Started with the United Health Allies Discount Program:</p> <ol style="list-style-type: none"> Go to www.myuhc.com, or call 1-800-860-8773 to obtain verification of the discount. Take the verification when you go to sign up.

HSS Wellness Center and City Hall Free Classes: Attend one of the free group exercise classes including yoga, Zumba and more: <http://myhss.org/well-being/exercise/classes.html>.

Ford GoBike Discount: Ford GoBike is the Bay Area's new bike share system, with thousands of public bikes for use across San Francisco, East Bay and San Jose. The bike share system is designed with convenience in mind; it's a fun and affordable way to get around town.

- \$124 Annual Membership for CCSF employees (Regularly \$149).
- Visit <https://www.fordgobike.com/> or call 855-480-2453 for more information
- Download flyer at: http://myhss.org/well-being/downloads/FordBike_CCSF_Flyer.pdf

To Sign Up (All Depts. Except DPH & SFPW)	To Sign Up (DPH & SFPW)
<ol style="list-style-type: none"> Visit member.fordgobike.com/group/cityofsf Enter the password: 99hd5 Enter your City email address & enroll 	<ol style="list-style-type: none"> Visit member.fordgobike.com/group/sfd Enter the password: 89bh5 Enter your City email address & enroll

Daily Challenge: Go to <http://myhss.org/well-being/dailychallenge.html> and receive one activity each day via email or text. Tracks include: Fit at Work, Quick Cardio, Limber Legs, Flexibility & Posture, Simple Yoga.

SF Rec and Parks: Attend one of the free Zumba classes or Healthy People, Healthy Parks walks, or register for a low-cost group exercise or senior class: <http://sfrecpark.org/>

FITNESS CENTER DISCOUNTS FOR EMPLOYEES & RETIREES

Simply show proof of employment from a City employer to participate in these special offers. This flyer was updated January 2018. Offers are subject to change: check <http://myhss.org/well-being/livehealthy.html>

Fitness Facility	Description	Rates	Contact Information
	Individual fitness planning & guidance, Personal Training *added fee; Group Exercise classes including Zumba, spin/24cycle, Body Pump & many more ; Free fitness tools; Kids Club available at many locations.	New Memberships: monthly payment w/ 1 year commitment, \$0 initiation fee; \$49.99 Annual Fee; pay first and last month's dues at time of enrollment. Membership Type & Monthly Dues: <ul style="list-style-type: none"> All Club Sport \$28.99 All Club Super Sport \$43.99 All Club Ultra Sport \$73.99 View Other Rates http://myhss.org/well-being/downloads/CCSF_100961CORP_EXP092018.pdf	Julie Conway at jconway@24hourfit.com 760-918-4749 Club Location Finder 800-224-0240 Online Membership Code: 100961CORP www.24hourfitness.com
	Group fitness classes, cardio, strength and weight training equipment, cycling studio	No enrollment fee. \$69.95 per month. Access to all 7 Bay Area Locations; one complimentary training session; Month-to-month contract	Troy Macfarland corporatewellness@fitnesssf.com (415) 348-6377 5 locations in SF, as well as Oakland and Marin
	Aerobic classes, dance classes, yoga, Pilates, spin cycling, free weights, machine weights.	One-time enrollment fee \$60 & one-time processing fee of \$35 per person; unlimited CA & Signature Club access \$74 per month (excludes San Lorenzo & Sunnyvale) Month-to-month, no contract. Annual fee \$50.	Kevin McCrea kevin.mccrea@crunch.com 415-715-4358 Visit www.crunch.com for locations
	30,000 sq. foot facility; 100+ free classes a week ; barre, boxing, boot camp, climbing, cross training, Pilates, cycling, yoga, Zumba, and more.	Unlimited club and class access. One time \$50 enrollment fee; \$135 per month. Month-to-month, no contract.	www.studiomix.com 415-926-6790 1000 Van Ness Avenue, San Francisco
	Cardio, strength and weight training; classes; massage, chiropractic, and acupuncture treatments.	Five different types of memberships to choose from, \$10 discount off monthly membership; No contract. Classes are not included.	www.livefitgym.com 415-525-4364 Hayes Valley and Mission district, San Francisco
FEDERAL FITNESS CENTER	Group classes, free weights, aerobic and resistance equipment, Pilates	\$40 per month. One-time \$40 enrollment fee. Month-to-month, no contract.	Josephine.labanda @aquilaltd.com 450 Golden Gate Avenue, San Francisco
	Cardio, strength and weight training equipment; free unlimited fitness training with membership.	\$15 per month, San Francisco only; \$59 sign-up fee and \$30 annual lock-in rate. \$19.99 per month multi-club; \$39 sign-up fee; \$30 annual lock-in rate. No contract.	planetfitness@gmail.com 415-433-3033 San Francisco, Daly City, Hayward, Fremont and nationwide
	Boot camps, boxing and TRX classes, weights, full size boxing ring, heavy bags, TRX stations, chin & dip bars, and a kids program.	No sign up fee and \$139 a month with no contract.	laurahitfitsf@gmail.com 415-440-8269 Nob Hill and Mission District, San Francisco www.hitfitsf.com