



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

**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](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"> <li>Visit <a href="http://member.fordgobike.com/group/cityofsf">member.fordgobike.com/group/cityofsf</a></li> <li>Enter the password: 99hd5</li> <li>Enter your City email address &amp; enroll</li> </ol>	<ol style="list-style-type: none"> <li>Visit <a href="http://member.fordgobike.com/group/sfd">member.fordgobike.com/group/sfd</a></li> <li>Enter the password: 89bh5</li> <li>Enter your City email address &amp; enroll</li> </ol>

**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 August 2017. 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.	Month to month pricing with \$0 initiation to all of our employees and their families/friends. \$49.99 Annual Fee.  Membership Type- Monthly Dues:  All Club Sport \$28.99 All Club Super Sport \$43.99 All Club Ultra Sport \$73.99	Julie Conway at <a href="mailto:jconway@24hourfit.com">jconway@24hourfit.com</a> 760-918-4749 <a href="#">Club Location Finder</a> 800-224-0240 <b>Online Membership Code: 100961CORP</b> <a href="http://www.24hourfitness.com">www.24hourfitness.com</a>
	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	<a href="#">Troy Macfarland</a> <a href="mailto:corporatewellness@fitnesssf.com">corporatewellness@fitnesssf.com</a> (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 \$59 and one-time processing fee of \$29.99 per person; unlimited California club access \$59.99 per month. Month-to-month, no contract.	<a href="http://www.crunch.com">www.crunch.com</a> 415-602-6193 San Francisco, Daly City, San Mateo, Redwood City
 STUDIOMIX	30,000 sq. foot facility; <a href="#">100+ free classes a week</a> ; 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.	<a href="http://www.studiomix.com">www.studiomix.com</a> 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.	<a href="http://www.livefitgym.com">www.livefitgym.com</a> 415-525-4364 Hayes Valley and Mission district, San Francisco
<b>FEDERAL FITNESS CENTER</b>	Group classes, free weights, aerobic and resistance equipment, Pilates	\$40 per month. One-time \$40 enrollment fee. Month-to-month, no contract.	<a href="mailto:Josephine.labanda@aquilaltd.com">Josephine.labanda@aquilaltd.com</a> 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.	<a href="mailto:planetfitness@gmail.com">planetfitness@gmail.com</a> 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.	<a href="mailto:laurahitfitsf@gmail.com">laurahitfitsf@gmail.com</a> 415-440-8269 Nob Hill and Mission District, San Francisco <a href="http://www.hitfitsf.com">www.hitfitsf.com</a>

