



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 at (800) 642-6155 for details. 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>.

Bay Area Bike Share Discount: Join to receive a discounted annual membership on bikes around the Bay Area. Questions? Email corporate@bayareabikeshare.com or call 1-855-480-2453.

- Go to the website appropriate for your employer:
 - City and County of San Francisco, SF Unified School District, and City College employees: www.bayareabikeshare.com/signup/cityofsf.
 - Superior Court employees: www.bayareabikeshare.com/signup/sfcourt.
 - Museum employees: www.bayareabikeshare.com/signup/sfmuseum.
- Enter your personal information including a **valid work email address**.
- Under the partner password, enter **RideSF2015**.

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 March 2017. Offers are subject to change: check <http://myhss.org/well-being/livehealthy.html>

Fitness Facility	Description	Rates	Contact Information
	<p>Fitness Membership Offers: 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.</p>	<p>Month to month pricing with \$0 initiation to all of our employees and their families/friends. \$39.99 Annual Fee.</p> <p>Membership Type- Monthly Dues:</p> <p>All Club Sport \$29.99 All Club Super Sport \$44.99 All Club Ultra Sport \$74.99</p>	<p>Julie Conway at jconway@24hourfit.com 760-918-4749 Club Location Finder 800-224-0240 Online Corporate Membership Code: 100961 www.24hourfitness.com</p>
	<p>Group fitness classes, cardio, strength and weight training equipment, cycling studio</p>	<p>No enrollment fee. \$69.95 per month. Access to all 6 Bay Area Locations; one complimentary training session; Month-to-month contract</p>	<p>ree@fitnesssf.com (415) 857-6700 3 locations in SF, as well as Oakland and Marin</p>
	<p>Aerobic classes, dance classes, yoga, Pilates, spin cycling, free weights, machine weights.</p>	<p>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.</p>	<p>www.crunch.com 415-602-6193 San Francisco, Daly City, San Mateo, Redwood City</p>
	<p>30,000 sq. foot facility; 100+ free classes a week; barre, boxing, boot camp, climbing, cross training, Pilates, cycling, yoga, Zumba, and more.</p>	<p>Unlimited club and class access. One time \$50 enrollment fee; \$135 per month. Month-to-month, no contract.</p>	<p>www.studiomix.com 415-926-6790 1000 Van Ness Avenue, San Francisco</p>
	<p>Cardio, strength and weight training; classes; massage, chiropractic, and acupuncture treatments.</p>	<p>Five different types of memberships to choose from, \$10 discount off monthly membership; No contract. Classes are not included.</p>	<p>www.livefitgym.com 415-525-4364 Hayes Valley and Mission district, San Francisco</p>
<p>FEDERAL FITNESS CENTER</p>	<p>Group classes, free weights, aerobic and resistance equipment, Pilates</p>	<p>\$40 per month. One-time \$40 enrollment fee. Month-to-month, no contract.</p>	<p>Josephine.labanda@aquilaltd.com 450 Golden Gate Avenue, San Francisco</p>
	<p>Cardio, strength and weight training equipment; free unlimited fitness training with membership.</p>	<p>\$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.</p>	<p>planetfitness@gmail.com 415-433-3033 San Francisco, Daly City, Hayward, Fremont and nationwide</p>
	<p>Group classes, free and machine weights, heated pools, racquetball courts, onsite child care.</p>	<p>Waive \$150 initiation fee.</p>	<p>www.sonorafitness.com 209-532-1202 13760 Mono Way, Sonora</p>