



HEALTH CLUB DISCOUNT LIST

MAY 1, 2009-APRIL 30, 2010

Presented by the Ventura County Wellness Program
for Ventura County employees, their spouses and legal dependants

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.



County Executive Office • Human Resources Division
800 South Victoria Avenue, L#1370 • Ventura, CA 93009
805/654-2628 • Fax: 805/654-3610
<http://ceo.countyofventura.org/benefits/wellness>

The following is a list of participating health clubs that will provide discounted rates to County of Ventura employees and their families. For further information, contact the club(s) of interest directly. The County does not endorse or assume responsibility for any of the clubs listed:

- ▶ Contours Express
- ▶ Curves For Women
- ▶ Edge Fitness Club
- ▶ Fitness Together
- ▶ Gold's Gym
- ▶ Hollywood Fitness
- ▶ Jazzercise Poinsettia Pavilion Center (and Wilson Senior Center)
- ▶ Mind & Body Wellness Studio
- ▶ Newbury Park Athletic Club
- ▶ Ojai Valley Curves
- ▶ Santa Paula Health & Fitness Inc.
- ▶ Spectrum Athletic Club
- ▶ Total Body Fitness

If you don't see your favorite club listed, ask them if they want to participate in offering discounts to County Employees and their dependants--and give them our phone number (654-2628).



PARTICIPATING FITNESS CENTER	SERVICES OFFERED AND FACILITIES/ACTIVITIES INCLUDED	COUNTY EMP. RATE
CONTOURS EXPRESS 1727 Daily Drive Camarillo, CA 93010 987-2484	Facilities/Activities Included in Rates: All Inclusive with membership	10% off Renewal Rate: 10% off
CURVES FOR WOMEN 922 E. Main Street Santa Paula, CA 93060 525-1062 410 Central Ave Fillmore, CA 93015 524-0337	Facilities/Activities Included in Rates: ✓ Strength And Cardio Training ✓ Stretching ✓ Weight Management Classes ✓ Fun Fridays—Games & Prizes	1 time enrollment fee \$39 (regular fee \$149) \$39 monthly dues Renewal Rate: Rates never change once member enrolls
CURVES FOR WOMEN 7730 Telegraph Road, Suite C Ventura, CA 93003 647-5800 Fax: 647-5925	Facilities/Activities Included in Rates: Full access to club	\$69 Service Fee \$44/ month (w/ 12 month contract) Renewal Rate: Continue at \$44/month (w/ 30 day cancellation)
CURVES FOR WOMEN 4940 Verdugo Way Camarillo, CA 93010 482-9600 Fax: 482-9898	Facilities/Activities Included in Rates: Curves Mission Oaks in Camarillo, CA, 93012 Total access to gym membership and travel privileges to other Curves.	\$0 Sign up w/ 12 month minimum check draft @ \$44/ month or prepaid year w/ 10% discount Savings of \$149 Renewal Rate: Same a special County rate
CURVES FOR WOMEN 2092 Newbury Road Newbury Park, CA 91320 375-2428 Fax: 375-2438	Facilities/Activities Included in Rates: Basic membership-unlimited use of club facility and free weight-management classes. <i>Curves Smart technology is not include. To upgrade to Curves Smart, there is a one time \$25 fee and dues increase to \$44 per month.</i>	\$50 Sign-Up Fee (That's' a 75% discount) \$42/month (12 month check draft membership)
CURVES FOR WOMEN 1738 N. Moorpark Road Thousand Oaks, CA 91360 449-0089 Fax: 449-0078	Facilities/Activities Included in Rates: Basic membership-unlimited use of club facility and free weight-management classes. <i>Curves Smart technology is not included and requires an additional \$25 activation fee and \$2 increase in monthly dues.</i>	\$50 Sign-Up Fee (That's' a 75% discount) \$42/month (12 month check draft membership) Renewal Fee: \$0 \$42 monthly dues
CURVES FOR WOMEN 30831 Thousand Oaks Blvd. Westlake Village, CA 91361 (818)879-8500	Facilities/Activities Included in Rates: Circuit training on hydraulic resistant machines. Cardio/strength training in one—Machines are designed for women who come in for fast, fun fitness. <u>NO</u> showers, saunas, free weight or treadmills.	\$44/ month \$199 Service Fee reduced to \$59 for County Employees
EDGE FITNESS CLUB 2860 Harbor Blvd. Channel Islands, CA 93035 (In the Channel Islands Harbor on the waterfront) 815-4222 Fax: 815-4228	Special Services: ✓ 10,000 sq feet ✓ Private full-service health club ✓ Steam room/sauna ✓ Private locker/towel service ✓ Free instruction services ✓ Yoga, Pilates and Dance <i>Facilities/Activities included in rates: Ocean view from all workout areas Edge is a full-service, oceanfront, private health and fitness club. Membership is limited. Edge offers 10,000 sq. feet of fitness including free weights, circuit training, yoga, spinning, treadmills, life cycle, elliptical trainers, and more. Relax after a vigorous workout in the steam, sauna, and wet areas. Towel service included as well as other personal care products and private lockers. Our member lounge offers flat screen tv, complimentary coffee and fruit daily. By design, the club is never crowded and always stays clean. Beginner programs offered daily. Ask about our 50+ Fitness program. Experience EDGE FITNESS CLUB.</i>	NO enrollment fee Monthly dues are \$60 per person for new enrollments. 20% off for senior citizens (50+) Senior Citizen dues: \$48
FITNESS TOGETHER 3747 E. Thousand Oaks, Blvd. Thousand Oaks, CA 91362 557-0883 Fax: 557-0883	Facilities/Activities Included in Rates: ✓ One-On-One Personal Training In Your Own Private Suite ✓ Nutritional Guidance ✓ Individualized Program Based On Your Needs ✓ Accountability ✓ ALL TRAINERS ARE CERTIFIED AND CARRY A KINESIOLOGY DEGREE	15% OFF ANY PACKAGE NO MEMBERSHIP FEES! 1 FREE HEALTH EVALUATION + SESSION
GOLD'S GYM OXNARD 2251 East Gonzales Rd Oxnard, CA 93036 983-2639 corporatewellness@goldsgym.net	Facilities/Activities Included in Rates: ✓ Largest Sports Club in Ventura County ✓ Jr. Olympic Pool ✓ Full Basketball Courts ✓ Full Sized Cardio Movie Theater ✓ Outdoor Basketball Court ✓ Outdoor Muscle Beach ✓ Child Care/ Juice Bar/Tanning/Massages/Chiropractic ✓ 190 pc Cardio 600 pc of Strength	NO ENROLLMENT FEE. \$69.00 processing \$29.00 month for 36 months 1 year \$299.00

<p>GOLD'S GYM, SIMI VALLEY Gold's Gym Simi Valley 1357 E. Los Angeles Ave. Simi Valley, CA 93065 581-4653 www.goldsgym.com</p>	<p>Facilities/Activities Included in Rates: Latest Cardio Equipment with Individual TV's • Cardio Cinema • 25 Meter Lap Pool • State of the Art Strength Training Equipment • Towel Service • Certified Personal Trainers • Men and Women's Eucalyptus Steam and Sauna • Great Pro Shop • Jacuzzi/Whirlpool • Supplement Store • Tanning Center • Boxing Ring • Basketball Court • Indoor/Outdoor Kids' Club</p> <p>Best Group Classes In Simi Valley: Dance Classes • Yoga • 6 Week Boot Camp • Kick Boxing • Abs Classes • Pilates • Group Cycling • And many more!</p>	<p>\$79 down \$39.99/ month</p>
<p>GOLD'S GYM, THOUSAND OAKS 197 N. Moorpark Rd. Thousand Oaks, CA 91360 496-9331 www.goldsgym.com</p>	<p>Facilities/Activities Included in Rates: Latest Cardio Equipment • State of the Art Strength Training Equipment • 25 Meter Lap Pool • Towel Service • Juice Bar • Kid's Club • Supplement Store • Certified Personal Trainers • Men and Women's Eucalyptus Steam and Sauna • Great Pro Shop • Jacuzzi/Whirlpool • Tanning Center including Mystic Tan</p> <p>Best Group Classes In Thousand Oaks: Dance Classes • Yoga • 6 Week Boot Camp • Kick Boxing • Abs Classes • Pilates • Group Cycling • And many more!</p>	<p>\$79 down \$39.99/ month</p>
<p>HOLLYWOOD FITNESS 20 N. Oak Street Ventura, CA 93001 641-3399 Fax: 652-2014</p>	<p>Facilities/Activities Included in Rates: ✓ State-Of-The-Art Weight Training And Cardiovascular Equipment ✓ Cardio Movie Theater ✓ Complimentary Towel Service ✓ 24-Hour Access To Members! ✓ Complimentary Fitness Orientation Upon Joining</p>	<p>\$29.00 / month \$0 enrollment \$0 processing Month-to-month membership</p>
<p>JAZZERCISE POINSETTIA PAVILION CENTER 3454 Foothill Rd, Ventura, CA 93003</p> <p>WILSON SENIOR CENTER 350 North "C" St. 807-3718</p>	<p>Facilities/Activities Included in Rates: Beautiful new restrooms, springwood floor mats, tubes, weights. Energy!</p>	<p>8 classes \$28 4 classes \$18 6 classes \$23 Walk-in \$5</p>
<p>OJAI VALLEY CURVES 236 W. Ojai Ave #201 Ojai, CA 93023 640-0110 Fax: 640-1040</p>	<p>Facilities/Activities included in rates: Circuit Training, Cardio ✓ Curves Smart Personal Coaching System included in month dues fee ✓ FREE monthly weight management classes ✓ Personal Trainer Inc. W/ Membership ✓ Travel Privileges To Other Curves W/ 12 Mo. Agreement ✓ FREE Fitness Assessment</p>	<p>\$69 Service Fee \$44/month (based on a 12 month membership. Not valid w/ any other offers)</p>
<p>MIND & BODY WELLNESS STUDIO 1445 Donlon Street, Suite 9 Ventura, CA 93003 654-8354 www.mbwelness.com</p>	<p>Facilities/Activities included in rates: Full Pilates Studio-- Over 30 classes weekly--Cardio Equipment Extremely knowledgeable and highly skilled staff Special Services: Pilates! ✓ Private Pilates Instruction ✓ Semi-Private Instruction ✓ Group Mat Classes ✓ Group Reformer Classes Also offering Personal Training, Weight Training, Body Fat Testing, Weight Management, Nutritional Counseling</p>	<p>10% off regular price (Contact studio for price list)</p>
<p>NEWBURY PARK ATHLETIC CLUB 161 N. Reino Rd. Newbury Park, CA 499-0023 Fax: 499-5955 www.npathleticclub.com info@npathleticclub.com</p>	<p>Facilities/Activities Included in Rates: Over 50 classes weekly. Full use of entire club, locker room and showers. Dry saunas in each bathroom. Stretch area. Amphitheater cycle room ✓ Chiropractor ✓ J'u-jitsu ✓ Massage Therapy ✓ Personal Training ✓ Sports Performance ✓ Nutrition ✓ Kids Club</p>	<p>\$87 down & \$29 Monthly dues \$399/12 months \$449/15 months Renewal Fee: \$399/12 months \$499/15 months</p>
<p>SANTA PAULA HEALTH & FITNESS INC. 847 East Main Street Santa Paula, CA 93060-2737 933-2648 www.sphealthandfitness.com</p>	<p>Facilities/Activities included in rates: ✓ New Cardio & strength equipment ✓ Group exercise classes ✓ Separate women's workout room ✓ Child care ✓ Locker rooms with showers ✓ Air-conditioning ✓ Personal Training ✓ Nutritional counseling by a registered dietician</p>	<p>\$49 processing fee \$29/monthly</p>
<p>TOTAL BODY FITNESS 1125 Lindero Canyon Rd #A-7 Westlake Village, CA 91362 (818) 991-5410 Fax (818) 879-4809</p>	<p>Facilities/Activites included in rates: General gym including cardio equipment, machines and free weights. No classes or showers.</p>	<p>\$40 Monthly dues (reduced from published rate@ \$55/ month) Renewal Rate: month to month renewal rate is \$40/ month</p>