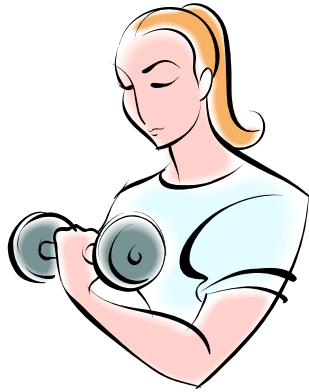


Fitness Center Discounts

for
MCSIG Members 2009 - 10



“Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.”

- Goethe



www.mcsig.com

Enjoy healthy savings while you get fit at any of the fitness centers listed in this brochure.

MCSIG believes fitness is an important component of wellness and encourages our members to engage in physical fitness activities that can enhance your physical and mental health. To assist you in your fitness efforts, we have negotiated discounted membership rates for our members. The memberships have been set up as individual contracts between the clubs and the MCSIG member. MCSIG does not pay any portion of your membership fee.



If you are interested in joining one of the following clubs, present your MCSIG card at the counter and request the MCSIG discount membership rate.

For more information, call Neil Hertsch, MCSIG Health & Wellness Program Manager at (831) 755-0161.

While MCSIG has made every effort to list quality providers, we cannot guarantee the services and make no claims or promises regarding your actual experience. Discounts may vary and can be discontinued at any time. Certain restrictions may apply. Before beginning any exercise or diet program, consult your doctor.

The following fitness providers have agreed to give MCSIG members discounts averaging 10-50% off their current rates. Members are responsible for all charges and for abiding by their contract with the fitness center.

Facility	MCSIG Discount Rate
Fitness Unlimited 1502 N. Main Street, Salinas (831) 975-4233	\$24.99* per month - Single \$29 processing fee - Single & Family \$21.99* per month - Family (*Processing fee plus first and last months dues to be paid at time of sign-up.)
Salinas Community YMCA www.centralcoastymca.org 117 Clay Street, Salinas (831) 758-3811	\$44.20 per month - Single \$76.50 per month - Family \$50 enrollment fee
Curves www.curves.com <ul style="list-style-type: none"> • King City (831) 386-0646 • Pacific Grove (831) 647-1900 • Carmel (831) 626-2878 	\$39* per month - Single \$24 membership fee (*Electronic fund transfer. 1 year contract. Travel pass offered at this location only and is good in 10,000 locations worldwide) \$44* per month - Single \$44* enrollment fee \$20* per month - Family Add On rate (minor only) \$44* enrollment fee (*Electronic fund transfer 1 year contract)
The Circuit Family Fitness 115 Alder St., Soledad (831) 678-3990	\$29 per month - Single \$25 start up fee
Meadowbrook Swim, Fitness & Tennis Club www.meadowbrooktennis.com 1553 Kimball Ave., Seaside (831) 394-6629	\$69 per month - Single \$87.50 initial fee - Single \$84 per month - Family \$125 initiation fee - Family
Monterey Sports Center www.monterey.org/sportscenter 301 E. Franklin St., Monterey (831) 646-3730	\$409 per year - Single (Paid in Full) \$47*** monthly - Single \$670* per year - Family (Paid in Full) \$725** per year - Family (Paid in Full) \$73*** monthly - Family \$50 Start up fee - (for monthly rate only) (*Monterey City Resident **Other cities *** Electronic fund transfer)
Garden Health & Fitness www.gardenhealthandfitness.net <ul style="list-style-type: none"> • 2000 Garden Rd., Monterey (831) 646-0550 • 26536 Carmel Rancho Blvd., Carmel (831) 626-0550 	\$44* per month - Single \$49 processing fee \$49 enrollment fee (*Electronic fund transfer)
Gold's Gym www.goldsgym.com <ul style="list-style-type: none"> • 1502 Constitution Blvd., Salinas (831) 444-6636 • 120 Westridge Dr., Watsonville (831) 728-4653 	\$34* per month - Single \$99 enrollment fee (*Electronic fund transfer)
Anastasia's Club Fit 1146 Forest Ave., Pacific Grove (831)649-2348	\$416* per year - Single No enrollment fee (*Pre-payment)
Carmel Valley Athletic Club www.cvaconline.com 27300 Rancho San Carlos Rd., Carmel (831) 624-2737	\$89* per month - Single (Fitness) \$139-144 per month - Family (Fitness) \$100 off enrollment fee (*Fitness membership only)
Healthy Inspirations www.hiforlife.com <ul style="list-style-type: none"> • 1421 Riverside Ave., Ste. E, Paso Robles (805) 238-9395 • 8125 El Camino Real, Atascadero (805) 462-3476 	\$39* per month - Single No enrollment fee (*Fitness membership only)

"Happiness lies, first of all, in health."

- George W. Curtis

Facility	MCSIG Discount Rate
Kennedy Club Fitness www.kennedyclubs.com <ul style="list-style-type: none"> One 88 Tank Farm Rd., S.L.O. (805) 781-3488 3534 El Camino Real, Atascadero (805) 466-6775 1299 James Way, Arroyo Grande (805) 481-2888 500 South River Rd., Paso Robles (805) 239-8488 	\$595 per year - Single \$55 per month - Single \$100 enrollment fee with brochure (Spouse & child—discounts also available)
Toadal Fitness & Cabrillo Fitness www.toadalfitness.com <ul style="list-style-type: none"> 1200 17th Ave., Suite 108, Santa Cruz (831) 464-3764 113 Lincoln St., Santa Cruz (831) 423-3764 6200 Soquel Drive, Aptos (831) 475-5979 	\$33-39* per month - Single \$15-75 initiation fee (*Rates vary according to facility usage)
Spa Fitness Centers www.spafitness.com <ul style="list-style-type: none"> 1100 41st Ave., Capitola (831) 476-7373 1200 41st Ave., Capitola (831) 462-2004 816 Bay Ave., Capitola (831) 475-6316 25 Penny Lane, Watsonville (831) 722-3895 	\$449* per year - Single \$719** per two year - Family No enrollment fee (*1 year contract. **2 year contract. Paid in full.)
Personal Training	MCSIG Discount Rate
Todd Pirlot, Certified Personal Trainer 1038 North David Rd., Salinas (831) 905-4651	10% discount on the first 12 visits
Dan Williams, Certified Personal Trainer 1502 Constitution Blvd., Salinas (831) 521-2291	10% discount on the first 10 visits

Health Education Class Discounts

Knowledge is indeed power when it comes to maintaining your health. MCSIG members receive 50% off tuition when they attend any of the community health education classes listed below. To register for classes, call and give your MCSIG ID # on your card. The discounted class fee is shown below. MCSIG members must attend 80% of the class sessions to qualify for the discount. Due to the high demand for these classes, we ask you to commit to attending each session in consideration of others.

Facility	
Salinas Valley Memorial Healthcare System www.svmh.com 450 E. Romie Lane, Salinas, CA 93901 (831) 759-1890 <ul style="list-style-type: none"> Fresh Start (quit smoking) \$15 Stress Management \$ 5 Yoga Flow \$22 Tai Chi Chi \$25 Diabetes (living with diabetes) \$17 Childbirth Preparation \$25 Meditation (a tool for stress) \$ 7 Breast Feeding Made Easy \$ 7 	Community Hospital of the Monterey Peninsula www.chomp.org 23625 Holman Highway, Monterey, CA 93942 Classes will be held at various on-site and off-site CHOMP facilities. Please call the number listed by each class for more information. <ul style="list-style-type: none"> All About Childbirth (625-4704) \$32.50 Breastfeeding: The Beginning (625-4704) \$12.50 Gentle Yoga - 4 or 8 sessions (625-4765) \$17.50/32.50 Heart-Smart Supermarket Tour (624-4756) \$7.50/10 T'ai Chi (649-7780) \$20 Healthy Steps (649-7780) \$30 Pre-Diabetes: Testing & Diet (649-7220) \$15 Pre-Diabetes: Stop Before It Starts (649-7220) \$50

Healthy Meals Discount - Pacific Grove	Healthy Meals Pick Up Only - Salinas
Dinners Ready! www.dinnersreadypacificgrove.com 193 Country Club Gate Center, P.G. (831) 645-9100 Dinners Ready provides delicious, healthy meals designed to freeze and cook at home, saving you time and money. MCSIG members save 7% on any order. All meals are analyzed by a registered dietician. Enter your MCSIG code D01154H on the website or order by phone to get your discount.	Dinners Ready! www.dinnersreadypacificgrove.com 875 West Market #A, Salinas (831) 645-9100 For the convenience of our Salinas members, you can now order and pick up meals in Salinas at Blackthorne Pools & Spas. Enter your MCSIG code D01154H on the website or order by phone to get your discount.



76 Stephanie Drive
Salinas, CA 93901

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MCSIG Wellness Program

- Flu Vaccinations
- Health Fairs
- Wellness Assessment (Health Risk Appraisal)
- Healthy Lifestyle Solutions Incentive Program
- Weight Watchers* Subsidies
- Fitness Center Discounts
- Wellness Employee of the Quarter Awards
- Health Education Class Discounts
- Wellness Ambassadors at each school/office
- Onsite Massage
- Onsite Health Screenings (blood pressure, cholesterol, etc.)
- Smoking Cessation Aide Reimbursement
- Inservice Speakers
- Health Challenges: Exercise Challenge, 10K-A-Day, etc.
- Bi-monthly Newsletter *Living Well*
- Wellness Advisory Committee
- Educational Resources & Lending Library
- Worksite Support (healthy meeting ideas, release time, etc.)
- Golden Apple District Wellness Fund

www.mcsig.com

Monterey County Schools Insurance Group
76 Stephanie Drive, Salinas, CA 93901
(831) 755-0161
nhertsch@monterey.k12.ca.us