

"He who has health has hope, and he who has hope has everything."

- Arabian Proverb



Fitness Center Discounts

2008 - 2009

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

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 and Wellness Program Manager at (831) 755-0161.

While MCSIG has made every effort to list quality facilities, 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 centers 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
Salinas Athletic Club 1502 N. Main St., Salinas (831) 442-7551	\$29* per month - Single \$59 enrollment - Single (*Electronic fund transfer. 1 year contract)
Chamisal Tennis & Fitness Club www.chamisal.com 185 Robley Rd., Salinas (831) 484-1135	\$84 per month - Single \$100 enrollment fee - Single \$130 per month - Family

<p>(Swim & Fitness Membership Only)</p>	<p>\$175 enrollment fee - Family</p>
<p>Curves www.curves.com Salinas, South Main (831) 757-4487 (CURVESSMART) Creekbridge Village (831) 449-7400 Westridge Park way (831) 757-7511 Prunedale (831) 663-0107 King City (831) 386-0646</p>	<p>\$44* per month - Single \$49 initiation fee (*Electronic fund transfer. 1 year contract)</p>
<p>Greenfield (831) 674-5364</p>	<p>\$39*per month - Single \$39 initiation fee (*Electronic fund transfer. 1 year contract)</p>
<p>Pacific Grove (831) 647-1900 Carmel (831) 626-2878</p>	<p>\$44* per month - Single \$44 enrollment fee (*Electronic fund transfer. 1 year contract)</p>
<p>24 Hour Fitness www.24hourfitness.com 1035 N. Main Street, Salinas (831) 751-7444</p>	<p>\$24.99 per month - Single \$49 enrollment fee</p>
<p>The Circuit Family Fitness 115 Adler St., Soledad (831) 678-3990</p>	<p>\$39 per month - Single \$25 start up fee</p>
<p>Meadowbrook Swim, Fitness & Tennis Club www.meadowbrooktennis.com 1553 Kimball Ave., Seaside (831) 394-6629</p>	<p>\$69 per month - Single \$87.50 initiation fee - Single \$84 per month - Family \$125 initiation fee - Family</p>
<p>Monterey Sports Center www.monterey.org/sportscenter 301 E. Franklin St., Monterey (831) 646-3730</p>	<p>\$392 per year - Single \$650* per year - Family \$705** per year - Family (*Monterey City Resident **Other cities)</p>
<p>Garden Health & Fitness www.gardenhealthandfitness.net 2000 Garden Rd., Monterey (831) 646-0550 26536 Carmel Rancho Blvd., Carmel (831) 626-0550</p>	<p>\$44* per month - Single \$49 processing fee \$49 enrollment fee (*Electronic fund transfer)</p>
<p>Gold s Gym www.goldsgym.com 1502 Constitution Blvd., Salinas (831) 444-6636 120 Westridge Dr., Watsonville (831) 728-4653</p>	<p>\$29* per month - Single \$99 enrollment fee (*Electronic fund transfer)</p>
<p>Carmel Valley Athletic Club www.cvaonline.com 27300 Rancho San Carlos Rd., Carmel (831) 624-2737</p>	<p>\$89 per month - Single (Fitness) \$139-144 per month - Family (Fitness) \$100 off enrollment fee</p>
<p>Healthy Inspirations (805) 238-9395 www.healthyinspirations.us 1421 Riverside Ave., Ste. E, Paso Robles</p>	<p>\$39* per month - Single No enrollment fee (*Fitness membership only)</p>

<p>Kennedy Club Fitness www.kennedyclubs.com One 88 Tank Farm Rd., S.L. O. (805) 781-3488 3534 El Camino Real, Atascadero (805) 481-2888 1299 James Way, Arroyo Grande (805) 466-6775 500 South River Rd., Paso Robles (805) 239-8488</p>	<p>\$595 per year - Single \$100 enrollment fee with brochure</p>
<p>Toadal Fitness & Cabrillo Fitness www.toadalfitness.com 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</p>	<p>\$33-39* per month - Single \$15-75 initiation fee (*Rates vary according to facility usage)</p>
<p>Spa Fitness Centers www.spafitness.com 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</p>	<p>\$449* per year - Single No enrollment fee (*1 year contract. Paid in full. \$399 renewal)</p>
<p style="text-align: center;">Fitness Equipment</p>	<p style="text-align: center;">MCSIG Discount Rate</p>
<p>All Around Fitness www.allaroundfitness.com 555 Broadway Ave., Seaside (831) 394-5206</p>	<p>15% discount on fitness equipment</p>

Health Education Class Discounts

Knowledge is indeed power with it comes to maintaining your health. MCSIG members receive up to 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	
<p>Salinas Valley Memorial Healthcare System www.svmh.com 450 E. Romie Lane, Salinas, CA 93901 (831) 759-1890</p> <ul style="list-style-type: none"> ● Fresh Start (quit smoking) \$15 ● Stress Management \$5 	<p>Community Hospital of the Monterey Peninsula www.chomp.org 23625 Holman Highway, Monterey, CA 93942</p> <p>Classes will be held at various on-site and off-site CHOMP facilities. Please</p>

<ul style="list-style-type: none"> ● 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 	<p>call the number listed by each class for more information.</p> <ul style="list-style-type: none"> ● All About Children (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 (625-4765) \$7.50/10 ● Tai Chi (625-7780) \$20 ● Walk and Win (625-7780) \$7.50 ● Pre-Diabetes: Testing and Diet (625-7220) \$15 ● Pre-Diabetes: Stop Before It Starts (625-7220) \$37.50
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<p>Healthy Meals Discount - Pacific Grove</p>	<p>Healthy Meals Pick Up Only - Salinas</p>
<p>Dinners Ready! www.dinnersready.com 193 Country Club Gate Center, P.G. (831) 645-9100 MCSIG members save 7% on any order. All meals are analyzed by a registered dietician. Enter your MCSIG code D040-049HF on the website or order by phone to get your discount.</p>	<p>Dinners Ready! www.dinnersready.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 and Spas. Enter your MCSIG Salinas code D0064-007KL on the website or order by phone to get your discount.</p>

MCSIG Health Promotion Program Services

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| <ul style="list-style-type: none"> ● Flu Vaccinations ● Health Fairs ● YOUR Wellness Assessment (Health Risk Appraisal) ● Healthy Lifestyle Solutions Incentive Program | <ul style="list-style-type: none"> ● Onsite Health Screenings (blood pressure, cholesterol, etc.) ● Smoking Cessation Aide Reimbursement ● Inservice Speakers |
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- Weight Watchers Subsidies
- Fitness Center Discounts
- Wellness Employee of the Quarter Awards
- Health Education Class Discounts
- Wellness Ambassadors at each school/office
- Onsite Massage
- Health Challenges: Exercise Challenge, 10K-A-Day, etc.
- Quarterly Newsletter "Wellness Works"
- Wellness Advisory Committee
- Educational Resources & Lending Library
- medical Self-Care Booklet
- Worksite Support (healthy foods, release time, etc.)
- District Wellness Program Funds

"I have two doctors - my left leg and my right leg."

- George Trevelyan

