

Fitness Center	Discount Summary
Show your MCSIG health insurance card to claim your discount. Rates and fees listed are subject to change by each gym or club.	
Chamisal Tennis & Fitness Club 185 Robley Rd., Salinas https://chamisal.com/	Fitness: MCSIG initiation fee 50% OFF – you pay \$500 Monthly dues single: \$135 Monthly dues family: \$185 Tennis: MCSIG initiation fee 50% OFF – you pay \$1000 Monthly dues single: \$170 Monthly dues family: \$225
Club Pilates Pacific Grove 188 Country Club Gate Center, Pacific Grove, CA	Enrollment: \$29 (normally \$99) 10% discount on all memberships for MCSIG members: 4 Pack Membership (4 classes/mo.) \$129 (MCSIG member pays \$116) 8 Pack Membership (8 classes/mo.) \$199 (MCSIG member pays \$179) Unlimited Membership (unlimited/mo.) \$229 (MCSIG member pays \$206) Pricing is subject to change, however the 10% off promotion would remain valid.
Gold's Gym 935 W Alisal St., Salinas 1510 Del Monte Center, Monterey 120 Westridge Dr., Watsonville 1525 Cushman St., Hollister 8795 San Ysidro Ave., Gilroy Ca https://www.goldsgym.com/salinas	2-year agreement: \$0 enrollment \$69 processing fee \$36.99 per month Month to Month: \$0 enrollment \$69 processing fee \$46.99 per month Membership includes access to all locations.
In Shape 1502 N. Main St., Salinas 1040 N. Davis Rd., Salinas, CA 2370 Fremont St., Monterey 1100 41st Ave., Capitola https://www.inshape.com	20% discount off monthly dues on all available memberships. Corporate Code: MCSIG027 Core Club Membership – Single - \$23.99 per month (\$49.99 enrollment fee) Lifestyle Network (access to all 44+ clubs) – Single - \$79.99 per month (\$29.99 enrollment fee) Capitola (1 Lifestyle Club) – Single - \$55.99 per month (\$49.99 enrollment fee)
Montage Wellness Center 2920 2nd Ave., Marina 1910 North Davis Rd., Salinas https://www.montagewellnesscenter.com	Please call the Peninsula Wellness Center/Salinas Wellness Center for special MCSIG rates. Marina - (831) 883-5656 Salinas - (831) 622-6900
Monterey Sports Center 301 Franklin St., Monterey https://monterey.org/city_facilities/monterey_sports_center	1-year Membership (Single): \$624 Monthly Auto-Pay Program: \$52.00 per month
Planet Fitness Salinas 1210 Northridge Mall, Salinas https://www.planetfitness.com/gyms/salinas-ca	<ul style="list-style-type: none"> - \$24.99/month Black Card Membership – 12-month commitment - \$15/month Classic Membership - NO Commitment - \$10/month Classic Membership – 12-month commitment \$49 annual fee applies to all 3 memberships
Salinas Family YMCA 117 Clay St., Salinas https://www.centralcoastymca.org	\$100 Entry fee is waived for MCSIG members. Adult Rate: \$58/month Family Rate (2 Adults & Children under 18): \$102/month

<div>Seaside Yoga Sanctuary</div> <div>Carmel Plaza (3rd Floor) Ocean & Mission Carmel-by-the-Sea https://seasideyogasanctuary.com</div>	<div>Enrollment Fee: \$0</div> <div>Drop In: \$15/session (Regularly \$22)</div>
<div>Toadal Fitness</div> <div>269 Mount Hermon Rd., Scotts Valley 113 Lincoln St., Santa Cruz 618 Bay Ave. Ste. D, Capitola 3004 Mission St., Santa Cruz 6200 Soquel Dr., Aptos 25 Penny Ln, Watsonville https://www.toadalfitness.com/</div>	<div>Enrollment fee: \$0 on 24-month membership (regularly \$49) \$25 on 12-month membership (regularly \$99) \$75 on month to month membership (regularly \$199)</div> <div>Monthly Fee: \$39 to \$55 based on membership type</div>
<div>Fitness Your Way</div> <div>Tivity Health network includes more than 800 fitness locations in California. https://bsca.fitnessyourway.tivityhealth.com/</div>	<div>\$25 initiation (one-time fee) and \$25 per month, per person. *</div> <div>Enroll today:</div> <div><div>1</div>Go to fitnessyourway.tivityhealth.com/bsc.</div> <div><div>2</div>Click <i>Enroll</i>.</div> <div><div>3</div>Complete the five easy steps to enrollment.</div>

Or you can enroll over the phone at **(833) 283-8387**,
Monday through Friday, 5 a.m. to 5 p.m. Pacific time.

* Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

Consult your physician before starting any diet or exercise program. If you don't see your club listed, ask the club manager if corporate rates are available, then contact MCSIG Health Strategy Specialist, Jessica Amezcua, at jamezcua@mcsig.com to see if a discount can be arranged. Please go to www.mcsig.com for the most updated list. MCSIG does not endorse or assume responsibility for any of the clubs listed herein and does not pay any portion of the fees.