














## Fitness Programs and Facility Discounts

### The Active&Fit Direct Program:

Program	Locations and Amenities	Pricing Details
<p><b>REGENCE and KAISER PERMANENTE MEMBERS:</b>  <a href="#">See below for steps to register for an Active&amp;Fit Direct membership</a></p> <p><b>How does it work?</b>                      Once you have gone online and joined Active&amp;Fit Direct through the steps below, you will choose the gym you want. You will then see your Active&amp;Fit Membership Card online. Print out your Membership Card and show it to the gym on your first visit. The gym will produce one of their membership cards for you to use from that day forward.</p> <hr/> <p>If you are having difficulty setting up your Active&amp;Fit Direct account, please call: 1-844-646-2746</p>	 <p>When members sign up for an Active&amp;Fit Direct membership, they can visit any of the 12,200+ participating fitness centers in the nationwide <b>Active&amp;Fit Direct</b> network. Participating gyms include LA Fitness, Curves, Planet Fitness, Anytime Fitness, Fitness 19, and others.</p> <ul style="list-style-type: none"> <li>• <b>12,200+ Standard Fitness Centers and Studios</b></li> <li>• 9,700+ digital on-demand workout videos in categories such as: Cardio, Dance, Yoga, HIIT, Muscle Release, and more</li> <li>• 5,600+ Premium Exercise Studios and Fitness Centers</li> <li>• Workout classes on YouTube and Facebook available anytime</li> <li>• Try a selection of free digital workout videos on the Active&amp;Fit Direct website before you enroll</li> <li>• 50,000 live-stream weekly classes.</li> <li>• Enroll your spouse or domestic partner</li> <li>• 250+ wearable trackers and apps to stay on top of your goals</li> <li>• One-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep</li> <li>• You can switch fitness centers any time to make sure you find the right fit</li> <li>• Join <b>multiple gyms</b> for one low monthly rate</li> <li>• No long-term contracts or cancellation penalties</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Monthly dues:</b> \$28/month</li> <li>• <b>Enrollment fee:</b> \$28</li> </ul> <p><i>Initially, you'll pay a \$28 enrollment fee, \$28 for the current month, and \$28 for the next month, plus any applicable taxes. After a 3-month commitment, participation is month-to-month and will be \$28 plus any applicable taxes. If you cancel before the end of your first 3 months, American Specialty Health will issue you a prorated refund.</i></p> <p>Below is just a small selection of the fitness options available through this program:</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> </div> <p><i>Gym or home? We'll keep you active either way with flexible, convenient fitness choices at an affordable price you'll love.</i></p>

**To set up your Active&Fit Direct membership, please follow the steps below:**

<b>KAISER PERMANENTE MEMBERS:</b>	<ol style="list-style-type: none"> <li>1. Click here to go to Kaiser Permanente Health &amp; Wellness page: <a href="#">Health &amp; Wellness</a></li> <li>2. Look for the Active&amp;Fit Direct section and click on the "Learn more" button</li> <li>3. Sign in with your Kaiser Permanente account</li> <li>4. Scroll down to Get Started and the non-Medicare members section then click on the "ChooseHealthy" link in the text</li> <li>5. That takes you to the ChooseHealthy/KP Thrive home page - click "Log in" at the top right and then go down to "Not registered?" and click "Create an account" under the login windows</li> <li>6. After creating your ChooseHealthy account, find the purple Active&amp;Fit Direct image and click on it</li> <li>7. Click "Get Started" and follow the steps to create your new Active&amp;Fit Direct account</li> <li>8. You can now access the Active&amp;Fit Direct site, where you can search for participating gyms in your area and select one to join</li> </ol>
<b>REGENCE MEMBERS:</b>	<ol style="list-style-type: none"> <li>1. Click here: <a href="#">Activities &amp; fitness</a></li> <li>2. Log into your Regence account</li> <li>3. Find the "Discount Codes" section at the top of this page and click on the Active&amp;Fit Direct website link</li> <li>4. Click JOIN NOW in the blue bar at the top of the page</li> <li>5. Follow the steps to create your new Active&amp;Fit Direct account</li> <li>6. You can now access the Active&amp;Fit Direct site, where you can search for participating gyms in your area and select one to join</li> </ol>

### Other fitness facilities and studios not included in the Active&Fit Direct Program who are offering discounts to King County Employees:

Facility	Location	Description/Amenities	Discount Details
<b>24 Hour Fitness</b>	<i>Locations vary</i>	Each club's amenities vary and can include a wide variety of cardio, weights and strength training equipment, personal trainers, lap pools. They also offer a fun and active Kids' Club. <i>(Additional fees apply.)</i>	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Free three-day pass</a></li> <li>• <b>Monthly dues:</b> 10% off</li> </ul> <p><i>Must show King County ID badge</i></p>

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<b><u>425 Fitness</u></b>	<b>Bothell</b>  <b>Issaquah</b>  <b>Redmond</b>	Club amenities vary by location and can include basketball, state-of-the-art weight and cardio training equipment, group fitness classes, Kids Klub, certified personal training, pool and hot tub, steam rooms, and Hydromassage Chairs.	<ul style="list-style-type: none"> <li>• <b>Enrollment fee:</b> \$0. (Regularly \$99.) <i>Redmond, Issaquah, and Bothell:</i></li> <li>• <b>Monthly dues:</b> \$69. with agreement <i>Bothell only:</i></li> <li>• <b>Monthly dues:</b> \$27. with agreement</li> </ul> <p><i>Must show King County ID badge</i></p>
<b><u>Bala Yoga</u></b>	<b>Seattle</b> <i>Fremont</i>  <b>Kirkland</b> <i>Sammamish</i>	The Fremont studio is spacious and bright, generously appointed with everything you want to have for the yoga experience you most need – whether you’re rushing in right before you head off to work for a challenging session of Power Vinyasa, or slowly unwinding with Yin Yoga on a weekend afternoon. In Fremont we also offer Bala Barre classes, complimentary tea, and a great selection of our favorite yoga apparel, accessories, and props. In Kirkland, you’ll find two gently heated studios with bamboo flooring and open, airy spaces for practicing your favorite style of yoga. We offer a co-ed changing suite, and an extensive retail boutique.	<p><b>Discount:</b></p> <ul style="list-style-type: none"> <li>• <b>Monthly unlimited yoga:</b> \$109. per month auto-pay (Regularly \$139.)</li> </ul> <p><i>Must show King County ID badge</i></p> <p>For more information, call: (206) 802-2871</p>
<b><u>Bodytonic Pilates</u></b>	<b>Seattle</b> <i>Pioneer Square</i>	Pilates instruction at Bodytonic emphasizes blending strength, mobility, and flexibility training while focusing on precise skeletal alignment, muscular contractions, and breathing patterns. Our classes focus on the quality of movement (AKA technique) rather than the number of repetitions performed or weights lifted. During your classes at Bodytonic, you will work every major muscle group, with particular emphasis given to the abdominal, back, hip girdle, and shoulder girdle muscles. This fusion provides a refreshing, energizing, and balancing workout that improves musculoskeletal balance, joint health, athletic performance, injury prevention, and stress and pain reduction.	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• 10% off Springboard Class Monthly Memberships</li> <li>• 4 classes/month: \$137. (Regularly \$152.)</li> <li>• 8 classes/month: \$238. (Regularly \$264.)</li> <li>• Unlimited monthly classes: \$315. (Regularly \$350.)</li> </ul> <p><i>To sign up, fill out your intake forms <a href="#">here</a> and mention you are a King County Employee in the details section of your appointment request form. Bring your King County ID badge to your first session.</i></p> <p>For more information, email: <a href="mailto:info@bodytonicpilates.com">info@bodytonicpilates.com</a></p>
<b><u>Columbia Athletic Club</u></b>	<b>Kirkland</b> <i>Juanita Bay</i>  <b>Sammamish</b> <i>Pine Lake</i>  <b>Everett</b> <i>Silver Lake</i>	Our vision is to offer excellent service to our members and to be the number one provider of health and lifestyle services in every community in which we operate. It is our long-term goal, not to be the largest, but to be the best in the minds of our members, employees, vendors, communities, and neighbors. Services vary by location and can include a variety of cardio and strength equipment, gravity and cycle studios, personal training, fitness assessments, and group exercise classes. All locations have a pool and a basketball court. Youth Programs and Kids Club are also available.	<p><b>Individual memberships:</b></p> <ul style="list-style-type: none"> <li>• Enrollment: \$100.</li> <li>• Monthly: 10% off (Regularly \$139.)</li> </ul> <p><b>Couple memberships:</b></p> <ul style="list-style-type: none"> <li>• Enrollment: \$150.</li> <li>• Monthly: 10% off (Regularly \$220.)</li> </ul> <p><b>Family memberships:</b></p> <ul style="list-style-type: none"> <li>• Enrollment: \$200.</li> <li>• Monthly: 10% off (Regularly \$249.)</li> </ul> <p><i>Must show King County ID badge</i></p> <p>Please contact the location closest to you for exact pricing or visit their website <a href="http://www.columbiaathletic.com">www.columbiaathletic.com</a> and click on the location in which you are interested.</p>
<b><u>CorePower Yoga</u></b>	<i>Locations vary</i>	Unlimited classes at any studio; unlimited access to Live and On-Demand classes; priority in-studio booking; no long-term contract — freeze or cancel anytime*; access to studio events.	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• <u>Try a week for free!</u></li> <li>• 20% off All Access Membership</li> <li>• 20% off the 10-class package</li> </ul> <p><i>Must show King County ID badge</i></p> <p>For more information, call: 1-833-448-2561</p>
<b><u>Cue CrossFit</u></b>	<b>Seattle</b> <i>South Pioneer Square</i>	Cue CrossFit is a functional fitness gym offering Boot Camp classes, personal training, HIIT workouts, and open gym to those seeking a welcoming community and a healthier life. During class, we take you through step-by-step to demonstrate each movement, coach you through it, and correct any issues with posture or technique. Most importantly, the community at Cue CrossFit will help hold you accountable to your fitness goals and, above all, celebrate your consistency and progress.	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• 10% discount on all Unlimited Monthly memberships, which includes unlimited access to classes and open gym, full access to shower and spa amenities, and complimentary towel service.</li> <li>• Also receive the Fundamentals Course, which goes over CrossFit basics and general workout technique, complimentary with membership.</li> </ul> <p><i>Must show King County ID badge</i></p> <p>Call for more information: 206-999-7126</p>

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<p><b><u>Feminist Karate Union</u></b></p>	<p><b>Seattle</b> <i>SODO</i></p>	<p>Feminist Karate Union was founded 50 years ago as a women-only organization and currently, all senior instructors are women. Our community is a safe, supportive place to develop mind/body balance and learn self-defense. Our focus is on those who are victimized disproportionately, including women, children, and those discriminated against for reasons of gender or gender identity. This dojo welcomes anyone who identifies as a member or ally of such a community.</p>	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• “2 for 1” Karate 101 class for adults - bring a friend and save</li> </ul> <p>After the completion of the 8-week Karate 101 training class, anyone interested in continuing training may sign up for further classes at the usual rates; see the <a href="#">website</a> for more details.</p> <p><i>Must show King County ID badge</i></p> <p>For more information, call: 206-325-3878</p>
<p><b><u>Fitness Quest</u></b></p>	<p><b>Puyallup</b>  <b>Auburn</b> <i>The Outlet Collection</i></p>	<p>Fitness Quest’s mission is to help our clients realize their most passionate fitness quest at the greatest integrated wellness, sport, and fitness center in the world with world-class training. Take advantage of this discount and receive 1 free personal training session every month as well as full access to Auburn, Puyallup, and any future club we open!</p>	<p><b>Monthly dues:</b></p> <ul style="list-style-type: none"> <li>• Silver Memberships: \$19.</li> <li>• Platinum Single Membership: \$29.</li> <li>• <u>Free Seven-day Pass</u></li> </ul> <p><i>Must show King County ID badge</i></p> <p>For more information, call: 253-268-0625</p>
<p><b><u>Green Lake Strength &amp; Conditioning</u></b> <i>(formerly NW CrossFit)</i></p>	<p><b>Seattle</b> <i>Greenlake</i></p>	<p>We vary our focus throughout the week. In one 7-day period, you’ll see the following areas of focus in our workouts:</p> <ul style="list-style-type: none"> <li>• Bullet-proofing: designed to prevent injuries and counterbalance the work many of us do at our computers.</li> <li>• Skill: designed to focus on building techniques for movements used in our workouts.</li> <li>• Strength: designed to focus on building strength, generally with heavier weights and less aerobic work.</li> <li>• Aerobic: a combination of actual aerobic training along with teaching strategies for effective aerobic exercise.</li> <li>• Metabolic Conditioning: a mix of exercises with little rest in between, to maximize calorie burn and increase metabolic rate during and after the workout.</li> </ul>	<p><b>Discount:</b></p> <ul style="list-style-type: none"> <li>• \$50 credit towards a beginner course for new members only</li> </ul> <p><i>Must show King County ID badge</i></p> <p>For more information, call: 206-526-5425</p>
<p><b><u>Greenlake Martial Arts School - Evolution of Martial Arts</u></b></p>	<p><b>Seattle</b> <i>Greenlake</i></p>	<p>Founded in 1980, we offer separate programs focusing on different age groups, Youth and Adult. This school helps students new to martial arts as well as those with extensive martial arts backgrounds. Essential to what we teach is principle-based movement and reaction with adaptability built into it all, so that you are armed with simplified decision making, multifunctional skills and ready for action. Training and preparation often make the difference in outcomes where self-defense is needed. Whether you have 3 weeks or years to train, we have programs, classes and workshops designed to fit your needs.</p>	<p><b>Discount:</b></p> <ul style="list-style-type: none"> <li>• 10% off any in-person service including trial classes, workshops, and monthly, quarterly, and yearly tuition.</li> </ul> <p><i>Must show King County ID badge and use “KingCo10” to receive the discount.</i></p> <p>For more information, call: 206-522-2457</p>
<p><b><u>Harbor Square Athletic Club</u></b></p>	<p><b>Edmonds</b></p>	<p>Harbor Square is a full-service fitness center dedicated to helping members achieve their fitness goals. Located in downtown Edmonds, since 1985, we are committed to providing the highest quality fitness environment available for all ages. This includes a fitness center, full gymnasium, indoor pool, and Jacuzzi. We also offer indoor and outdoor tennis courts, childcare, racquetball, and squash courts, group fitness studios (Yoga/Mind Body Studio, Group Fitness Studio, Cycling Studio), and locker rooms, each complete with dry and steam saunas.</p>	<p><b>Individual memberships:</b></p> <ul style="list-style-type: none"> <li>• Enrollment fee: \$100. (Regularly \$250.)</li> <li>• Monthly dues: \$100., includes access to all amenities except tennis</li> </ul> <p><b>Add on memberships:</b></p> <ul style="list-style-type: none"> <li>• Enrollment fee: \$75. for each add on (Regularly \$250.)</li> <li>• Monthly dues: \$100. for 1<sup>st</sup> add on member</li> </ul> <p><i>Must show King County ID badge</i></p> <p>For more information, call: 425-778-3546</p>

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<u>Momentum Indoor Climbing SODO</u>	<b>Seattle SODO</b>	<p>Momentum SODO offers 20,000 sq ft of climbing terrain and 7,000 square feet of Bouldering! We have you covered for all your vertical needs. The gym offers a fully equipped training, weightlifting, and cardio area to meet all your fitness goals. We also have daily yoga classes.</p>	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• Two-week free trial</li> <li>• 1 free guest pass</li> <li>• 2 weeks free rentals</li> <li>• Free Learn to Climb class</li> <li>• Unlimited gym access for 2 weeks</li> <li>• No enrollment fee when signing up for an autopay membership</li> </ul> <p><i>Must show King County ID badge</i></p>
<u>Seattle Athletic Club</u>	<b>Seattle Downtown</b>	<p>All memberships are month to month, they include all group exercise classes and have no hourly restrictions. Locker rooms include sauna, Jacuzzi, lockers, complimentary towels, and free parking. Additional specials may be available and vary based on current promotions.</p>	<p><b>Individual memberships:</b></p> <ul style="list-style-type: none"> <li>• Initiation: \$250. (Regularly \$350.)</li> <li>• Monthly dues: \$123. (Regularly \$139.)</li> </ul> <p><b>Family memberships:</b></p> <ul style="list-style-type: none"> <li>• Initiation: \$350. (Regularly \$450.)</li> <li>• Monthly dues: \$193. (Regularly \$220.)</li> <li>• <u>Free Day Pass</u></li> </ul> <p><i>Must show King County ID badge</i></p>
<u>Seattle Athletic Club</u>	<b>Seattle Northgate</b>	<p>All memberships are month to month, they include all group exercise classes and have no hourly restrictions. Locker rooms include sauna, Jacuzzi, lockers, complimentary towels, and free parking. Additional specials may be available and vary based on current promotions.</p>	<p><b>Individual memberships:</b></p> <p><u>Free Three-day Pass</u></p> <ul style="list-style-type: none"> <li>• Initiation fee: \$200. (Regularly \$300.)</li> <li>• Monthly dues: \$103. (Regularly \$122.)</li> </ul> <p><b>Family memberships:</b></p> <p><i>“Family” includes two adults and children through the age of 18.</i></p> <ul style="list-style-type: none"> <li>• Initiation fee: \$300. (Regularly \$400.)</li> <li>• Monthly dues: \$150. (Regularly \$176.)</li> </ul> <p><i>Must show King County ID badge</i></p>
<u>Seattle Pro Club</u>	<b>Seattle Eastlake</b>	<p>Seattle Pro offers personal training, state of the art equipment, group fitness classes, physical therapy, a pool, childcare, and more! Day Pass available – contact the Eastlake gym for more information: 206-332-1873</p>	<p><b>Single memberships:</b></p> <ul style="list-style-type: none"> <li>• Initiation fee: \$200. (Regularly \$400.)</li> <li>• Monthly dues: \$125.</li> </ul> <p><b>Family memberships:</b></p> <ul style="list-style-type: none"> <li>• Initiation fee: \$300. (Regularly \$600.)</li> <li>• Monthly dues: \$195.</li> </ul> <p><i>Must show King County ID badge</i></p>
<u>SOL Yoga</u>	<b>Seattle Leschi</b>	<p>SOL is a warm, community-centered neighborhood studio that specializes in Power Vinyasa Yoga. We pair breath (Pranayama), movement (Asana), and heat (Tapas) in a challenging and athletic practice designed to leave you feeling sweaty, strong, and free of stress. Expect every class to be challenging, yet accessible. We sweat and work hard, but every pose can be modified to challenge both beginners and advanced yogis alike. Expect to cultivate inner warmth and strength and walk out feeling more centered and clearer. Free parking.</p>	<p><b>Discounts:</b></p> <ul style="list-style-type: none"> <li>• 1-month unlimited: \$120. (Regularly \$150.)</li> <li>• 5-class package: \$88. (Regularly \$110.)</li> <li>• 10-class package: \$160. (Regularly \$200.)</li> <li>• Email <a href="mailto:hello@solyogaseattle.com">hello@solyogaseattle.com</a> to access these discounts.</li> </ul> <p><i>Must show King County ID badge</i></p>
<u>YMCA of Pierce and Kitsap Counties</u>	<i>Locations vary</i>	<p>Membership includes full access to all our facilities, group exercise classes, wellness orientations, and youth programs like swim lessons and gymnastics. <u>Find your local YMCA</u></p>	<ul style="list-style-type: none"> <li>• <b>Enrollment fee:</b> No enrollment fee for King County employees, their families, and retirees (Regularly \$150.)</li> </ul> <p><i>Must show King County ID badge</i></p>