

Strength training and martial arts facilities

Facility	Location	Amenities	Discount details
MKG/Max10	Northgate - Seattle, WA Max10 Fitness and Boot Camp CrossFit @MKG MKG International	Learn. Play. Sweat. Get in the best shape of your life while having FUN, developing real USEFUL fitness and self-defense skills in a safe, friendly, non-competitive and egoless environment. No traditional uniforms, no ritual, no weirdness. Relieve stress, develop cultural appreciation and build your discipline and confidence. Our Programs include Adult Martial Arts and Kickboxing, MAX10-Adult Fitness and Boot Camp, Kid's Martial Arts, and now CrossFit!	<ul style="list-style-type: none"> • 10% off tuition prices (regularly \$137 - \$247) • 10% off school t-shirt or Starter Kit (shirt, sticks and gloves, regularly \$65) • Enrollment fee is \$74.50 (regularly \$149) • Enroll the same night as a trial class and enroll for \$50 (regularly \$74.50) For MKG International classes, uniforms (t-shirt) are required.
Gym Guyz	We travel in our GYMGUYZ van to your home, office, park or setting of your choice, at a time that works best for you.	GYMGUYZ is proud to be the first home mobile personal training and fitness franchise company. As number one in home personal training, we offer individualized one-on-one workouts, group instruction and corporate fitness. GYMGUYZ has an amazing team of certified coaches that incorporate the GYMGUYZ philosophy of the three C's during each workout. Our workouts are Convenient, Customized and Creative.	<ul style="list-style-type: none"> • Initiation Fee \$0 • First Visit (Fitness Assessment) \$0 • 10% discount off of our Standard Pricing and one free session (Session Costs with Discount \$85- \$59) To sign up: Contact Stacy Edwards at Stacy.Edwards@gymguyz.com or 425-559-4252 and mention discount code King23.
NorthWest CrossFit	Interbay - Seattle, WA Bellevue, WA Green Lake - Seattle, WA	We are an evolution of a revolutionary idea; create a community of fitness-minded people from all walks of life and provide them with world-class health and fitness coaching and community support. We encourage you to become a part of our family in our pursuit to stay healthy, strong and vibrant.	<ul style="list-style-type: none"> • \$57 for six-week boot camp (regularly \$297) • 20% off all memberships
Super Fit	Lynnwood, WA	Get in the best shape of your life! All ages, all levels! Work with a team of trainers on all aspects of fitness – full-body strength training, core conditioning, cardiovascular exercise and flexibility. We tailor each routine to your current level of fitness. With up to 10 training sessions a day to choose from, you'll never miss a session. No monthly dues, no cancellation or signing fees. Free use of cardiovascular equipment at any time.	Eligible members receive: <ul style="list-style-type: none"> • 10% off of personal training packages • 76-session package for \$16.20/hour (regularly \$18/hour) • 36-session package for \$18.90/hour (regularly \$21/hour) • 18-session package for \$22.50/hour (regularly \$25/hour)