

GYM DISCOUNT PROGRAM

Your Clackamas County Healthy Benefits Team is proud to announce the **Gym Discount Program** for employees, retirees and their eligible dependents.



The **Gym Discount Program** provides discounted gym memberships for employees, retirees and their eligible dependents to support their efforts to improve or maintain their health. Facilities throughout Clackamas vary in types of services provided, membership costs, and location. Gyms are participating on a voluntary basis. Employees, retirees and their eligible dependents must pay all membership costs.

Gyms that are part of the discount program have been selected because they offer a full range of education, instruction and counseling on physical activities with equipment. In most cases the discounts are good for a year.

To join, you must contact the health club directly. If your gym provides discounts and you don't see yours listed, they may contact debrah@co.clackamas.or.us or by phone at 503-742-5472.

HEALTH CLUB	CITY	STREET ADDRESS	TELEPHONE	WEB SITE
Anytime Fitness	Oregon City	Oregon City Shopping Ctr	503-657-3814	http://www.anytimefitness.com/
Cutting Edge	Molalla	222 N Molalla Ave	503-759-3636	N/A
East Side Athletic Club	Clackamas	9100 SE Sunnyside Rd	503-659-3846	http://eastsideathleticclub.com/
East Side Athletic Club	Milwaukie	4606 SE Boardman	503-659-3845	http://eastsideathleticclub.com/
Nelson's Nautilus	Oregon City	Beavercreek Rd	503-657-7717	http://www.nelsonsnautilus.com/
Nelson's Nautilus	Milwaukie	10466 SE Main	503-659-4111	http://www.nelsonsnautilus.com/

Employees, retirees and eligible dependents enrolled in Providence health plans are also members of LifeBalance. The LifeBalance program has a variety of fun and interesting events available to Providence health plan members. LifeBalance encourages employees, retirees and their eligible dependents to stay active, stay healthy, relieve stress and have fun. To support members in reaching their fitness goals, the LifeBalance program has partnered with hundreds of local fitness clubs, yoga instructors, pilates studios, cycling shops and more. Members receive reduced fees and prices, free trial memberships and a myriad of other benefits. Telephone 503-234-1375 or follow this link <http://www.lifebalanceprogram.com/> for the complete list of fitness clubs.

Employees, retirees and eligible dependents enrolled in Kaiser Permanente are eligible for special discounts on health club membership. Health club discounts are available at approximately 20 health clubs within our service area, including Salem. Specific discounts vary by club, so make sure you ask for details before you join. Follow this link for club listings http://members.kaiserpermanente.org/kpweb/optionalben/navlinkpage.do?elementId=htmlapp/feature/193optionalben/nw_althealthprog.html.xml&repositoryBean=/kp/repositories/ContentRepository

Frequently Asked Questions (FAQs) on Gym Discounts

What is the Gym Discount Program?

The Gym Discount Program is designed to support employees, retirees and their eligible dependents in building or maintaining healthy habits through regular physical activity. Clackamas County's Gym Discount Program was created to encourage and support regular physical activity among county employees and dependents.

How were the gyms chosen to be in the Gym Discount Program?

Gyms participating in the discount program were selected because they offer a full range of education, instruction and counseling on physical activities with or without equipment. Additionally, they offer a discount to employees, retirees and their eligible dependents. These discounts are good for a year except when otherwise indicated. Finally, participating gyms had to be able to accommodate at least 25 people at a time.

Who is eligible for the Gym Discount Program?

Employees, retirees and their eligible dependents may receive discounts provided by participating gyms.

Can my family also receive discounts?

Yes, eligible dependents may receive discounts provided by participating gyms.

How do I find out if my gym is participating?

A list of participating gyms can be found on the County Benefits Web Page

Why is my gym not listed with participating gyms?

Participation by gyms is voluntary. Your gym might have chosen not to participate, or you may attend a gym that hasn't heard of the program. If they are interested, have them contact the Healthy Benefits Team via email debrah@co.clackamas.or.us or by phone at 503-742-5472.

How long will the gym discounts be effective?

In most cases discounts are good for at least one year.

Disclaimer

Membership in these gyms is voluntary on the part of employees, retirees and their eligible dependents. Clackamas County neither advocates nor recommends any particular club or gymnasium, nor endorses specific programs or business practices. Clackamas County will not be liable for any personal injury, property damage, or theft that may occur as a result of an individual participating in any club or gymnasium that is referenced in this site. Clackamas County does not guarantee the rates/fees or discounts.