



EMPLOYEE FITNESS RESOURCES

Discounts at Fitness Centers: SFHSS has negotiated discounts at a variety of clubs, see the second page of this document for details.

Fitness Memberships and Discounts Through Your Health Plan:

Blue Shield	Kaiser Permanente	United Healthcare/City Plan
<p>Get Started with Discounts at 24 Hour Fitness, Renaissance ClubSport, ClubSport:</p> <ol style="list-style-type: none"> Go to www.blueshieldca.com/wellnessdiscounts or call Blue Shield Member Services Access+ members call 855-256-9404. Trio members call 855-747-5800. Inform the club of your discount. 	<p>Get Started with the ChooseHealthy Discount Program:</p> <ol style="list-style-type: none"> Go to www.choosehealthy.com or call 1-877-335-2746. Select the "Find a Provider" tab Select the drop down menu "Fitness Club" option. Select your desired search criteria (zip code, State, by facility name) to find the nearest location. 	<p>Get Started with the United Health Allies Discount Program:</p> <ol style="list-style-type: none"> Go to www.myuhc.com, or call 1-800-860-8773 to obtain verification of the discount. Take the verification when you go to sign up.

HSS Wellness Center and City Hall Free Classes: Attend one of the free group exercise classes including yoga, Zumba and more: <http://myhss.org/well-being/exercise/classes.html>.

Ford GoBike Discount: Ford GoBike is the Bay Area's new bike share system, with thousands of public bikes for use across San Francisco, East Bay and San Jose. The bike share system is designed with convenience in mind; it's a fun and affordable way to get around town.

- \$124 Annual Membership for CCSF employees (Regularly \$149).
- Visit <https://www.fordgobike.com/> or call 855-480-2453 for more information
- Download flyer at: http://myhss.org/well-being/downloads/FordBike_CCSF_Flyer.pdf

To Sign Up (All Depts. Except DPH & SFPW)	To Sign Up (DPH & SFPW)
<ol style="list-style-type: none"> Visit member.fordgobike.com/group/cityofsf Enter the password: 99hd5 Enter your City email address & enroll 	<ol style="list-style-type: none"> Visit member.fordgobike.com/group/sfd Enter the password: 89bh5 Enter your City email address & enroll

Daily Challenge: Go to <http://myhss.org/well-being/dailychallenge.html> and receive one activity each day via email or text. Tracks include: Fit at Work, Quick Cardio, Limber Legs, Flexibility & Posture, Simple Yoga.

SF Rec and Parks: Attend one of the free Zumba classes or Healthy People, Healthy Parks walks, or register for a low-cost group exercise or senior class: <http://sfrecpark.org/>

FITNESS CENTER DISCOUNTS FOR EMPLOYEES & RETIREES

Simply show proof of employment from a City employer to participate in these special offers.

This flyer was updated October 2018. Offers are subject to change: check <http://myhss.org/well-being/livehealthy.html>

Fitness Facility	Description	Rates	Contact Information
	Individual fitness planning & guidance, Personal Training *added fee; Group Exercise classes including Zumba, spin/24cycle, Body Pump & many more ; Free fitness tools; Kids Club available at many locations.	New Memberships: monthly payment w/ 1 year commitment, \$0 initiation fee; \$49.99 Annual Fee; pay first and last month's dues at time of enrollment. Membership Type & Monthly Dues: <ul style="list-style-type: none"> All Club Sport \$28.99 All Club Super Sport \$43.99 All Club Ultra Sport \$73.99 View Other Rates http://myhss.org/well-being/downloads/CCSF_100961CORP_EXP092018.pdf	Julie Conway at jconway@24hourfit.com 760-918-4749 Club Location Finder 800-224-0240 Online Membership Code: 100961CORP www.24hourfitness.com
	Group fitness classes, cardio, strength and weight training equipment, cycling studio, Personal Training, EO Body Products, Towel Service (SF Locations) and FREE Parking at most locations.	New members \$79.95 per month. All Gym Access - \$79.95 per month Marin Only - \$39.95 per month Oakland Only - \$49.95 per month NO Enrollment Fees, NO Annual Fees, NO Processing Fees, NO Cancellation Fees	Troy Macfarland corporatwellness@fitnesssf.com (415) 348-6377 7 Bay Area Locations (5 locations in SF, as well as Oakland and Marin)
	Aerobic classes, dance classes, yoga, Pilates, spin cycling, free weights, machine weights.	One-time enrollment fee \$60 & one-time processing fee of \$35 per person; Choose between One Club access \$69 or unlimited City CA Club access \$80 per month (excludes San Lorenzo & Sunnyvale) Month-to-month, no contract. Annual fee \$50.	Kevin McCrea kevin.mccrea@crunch.com 415-715-4358 Visit www.crunch.com for locations
	30,000 sq. foot facility; 100+ free classes a week ; barre, boxing, boot camp, climbing, cross training, Pilates, cycling, yoga, Zumba, and more.	Unlimited club and class access. One time \$50 enrollment fee; \$135 per month. Month-to-month, no contract.	www.studiomix.com 415-926-6790 1000 Van Ness Avenue, San Francisco
	Cardio, strength and weight training; classes; massage, chiropractic, and acupuncture treatments.	Five different types of memberships to choose from, \$10 discount off monthly membership; No contract. Classes are not included.	www.livefitgym.com 415-525-4364 Hayes Valley and Mission district, San Francisco
FEDERAL FITNESS CENTER	Group classes, free weights, aerobic and resistance equipment, Pilates	\$40 per month. One-time \$40 enrollment fee. Month-to-month, no contract.	Josephine.labanda@aquilaltd.com 450 Golden Gate Avenue, San Francisco
	Boot camps, boxing and TRX classes, weights, full size boxing ring, heavy bags, TRX stations, chin & dip bars, and a kids program.	No sign up fee and \$139 a month with no contract.	laurahitfitsf@gmail.com 415-440-8269 Nob Hill and Mission District, San Francisco www.hitfitsf.com



RETIREE FITNESS RESOURCES

Get fit for less!

Discounts at Fitness Centers: SFHSS has negotiated **discounts** at a variety of clubs, including: Crunch, Fitness SF, LiveFitGym, StudioMix, Planet Fitness, Federal Fitness Center, and Sonora Sport and Fitness Center. You can find details at: <http://myhss.org/well-being/downloads/EmployeeFitnessDiscounts.pdf>.

Fitness Memberships and Discounts Through Your Health Plan: Each health plan offers **discounts** to fitness centers. Certain plans include fitness center memberships. See the second page of this document for details.

HSS Wellness Center and City Hall Free Classes: Attend one of the **free** group exercise classes including yoga, Zumba and more: <http://myhss.org/well-being/exercise/classes.html>.

Daily Challenge: Take physical activity one step and one day at a time with the Daily Challenge. Receive one activity each day via email or text to try to increase your physical activity. Go to <http://myhss.org/well-being/dailychallenge.html> and select from one of these 28-day tracks: Exercise for Everyone, Senior Exercise, Flexibility and Posture, Wonderful Walks, and Simple Yoga.

Always Active Classes: Seniors in San Francisco can attend **free** exercise and health education classes: For more information call (415) 550-2265 or check out www.alwaysactive.org.

SF Rec and Parks: Attend one of the **free** Zumba classes or Healthy People, Healthy Parks walks, or register for a low-cost group exercise or senior class: <http://sfrecpark.org/>.

Tai Chi for Arthritis and Fall Prevention Classes: Seniors in San Francisco can register for a series of **free** classes to increase physical activity and reduce the risk of falls and injuries. Check out <http://taichiforafp.weebly.com/>.

SEE BACK FOR DISCOUNTS AND OFFERS FROM YOUR HEALTH PLAN.

FITNESS DISCOUNTS & OFFERS FOR RETIREES

Blue Shield Retirees

Under the age of 65 and not eligible for Medicare

24 Hour Fitness Discount:

- Waived enrollment, processing and initiation fees
- Discounted monthly dues—as low as \$24.99 a month.

Renaissance Club Sport, Club Sport Discount:

- 60% discount on enrollment when joining with a month-to-month agreement
- \$0 enrollment fee when joining with a 12-month agreement (there is a one-time \$25 processing fee when you enroll)
- Two complimentary personal training sessions for each new member (a \$150 value)
- Three hours of complimentary childcare with a family membership

To learn more go to

www.blueshieldca.com/wellnessdiscounts

or call Blue Shield Member Services: Access + members call 855-256-9404 Trio members call 855-747-5800.

Kaiser Permanente

Medicare Advantage Members

Silver & Fit Program

How to Register:

Online

1. Go to silverandfit.com
2. Register to use the website
3. Choose a fitness facility or sign up for the home fitness program. Enter zip code to locate nearby participating facilities.
4. Print your welcome letter and take your fitness card to the fitness facility and start exercising!

By Phone

Call toll free at 1-877-427-4788 (TTY 1-877-710-2746), Monday through Friday, 5 a.m. to 6 p.m. Pacific time to select a fitness facility convenient to their location or sign up for the Home Fitness program.

- Silver & Fit will mail a welcome letter within 72 hours of account activation.
- Members should bring this welcome letter to the selected facility.

Kaiser Permanente

All Retiree Members

Choose Healthy Discount Program:

- 10% discount on membership rates at participating fitness facilities

To Get Started:

1. 10% discount on membership rates at participating fitness facilities
2. Select the “Find a Provider” tab
3. Select the drop down menu “Fitness Club” option
4. Select your desired search criteria (zip code, State, by facility name) to find the nearest location

Find more details:

<http://myhss.org/well-being/downloads/ChooseHealthy.pdf>

United Healthcare/City Plan

Retiree Members

United Health Allies Discount Program:

- 50% or more discount on the enrollment fee
- 10-20% monthly fee discount to Anytime Fitness, Curves, Gold’s Gym, Jazzercise, Life Time Fitness, MyGym and Snap Fitness
- Discount is available to anyone living within the subscriber’s household

To Get Started:

1. Go to www.myuhc.com, or call 1-800-860-8773 to obtain verification of the discount
2. Take the verification when you go sign up

Find more details: http://myhss.org/well-being/downloads/UHC_HealthAlliesUHG1005354.pdf

United Healthcare National PPO/ Medicare Advantage Plan Members

Silver Sneakers Free Membership Program:

To Get Started:

1. Enroll in Silver Sneakers by calling Healthways at 1-888-423-4632 to have your membership card sent to you
2. To find a participating fitness center: Go to www.silversneakers.com or call Healthways at 1-888-423-4632
3. Take your Silver Sneakers ID card to the closest location and sign up

For more details:

http://myhss.org/well-being/downloads/UHC_SilverSneakersFlyer.pdf

UHC NPPO members also have access to all of the United Health Allies discounts available to all United Healthcare/City Plan members.