

Fitness Programs and Facility Discounts

Program	Locations and Amenities	Pricing Details
<p>REGENCE and KAISER PERMANENTE MEMBERS:</p> <p><i>See below for steps to register for an Active&Fit Direct membership</i></p> <p>How does it work?</p> <p>Once you have gone online and joined Active&Fit Direct through the steps below, you will choose the gym you want. You will then see your Active&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>	 <p>When members sign up for an Active&Fit Direct membership, they can visit any of the 12,500+ participating fitness centers in the nationwide Active&Fit Direct network. Participating gyms include 24-Hour Fitness, LA Fitness, Curves, Planet Fitness, Anytime Fitness, Fitness 19, and others.</p> <ul style="list-style-type: none"> • 12,500+ Standard Fitness Centers and Studios • 9,700+ digital on-demand workout videos in categories such as: Cardio, Dance, Yoga, HIIT, Muscle Release, and more • 5,600+ Premium Exercise Studios and Fitness Centers • Workout classes on YouTube and Facebook available anytime • Try a selection of free digital workout videos on the Active&Fit Direct website before you enroll • 50,000 live-stream weekly classes. • Enroll your spouse or domestic partner • 250+ wearable trackers and apps to stay on top of your goals • One-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep • You can switch fitness centers any time to make sure you find the right fit • Join multiple gyms for one low monthly rate • No long-term contracts or cancellation penalties <p>If you are having difficulty setting up your Active&Fit Direct account, please call: 844-646-2746</p>	<ul style="list-style-type: none"> • Monthly dues: \$28./month • Enrollment fee: \$28. <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>   </div> <div>   </div> <div>   </div> <div>   </div> <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:

**KAISER
PERMANENTE
MEMBERS:**

- Click here to go to Kaiser Permanente Health & Wellness page: [Health & Wellness](#)
2. Look for the Active&Fit Direct section and click on the “Learn more” button
 3. Sign in with your Kaiser Permanente account
 4. Scroll down to Get Started and the non-Medicare members section then click on the “ChooseHealthy” link in the text
 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
 6. After creating your ChooseHealthy account, find the purple Active&Fit Direct image and click on it
 7. Click “Get Started” and follow the steps to create your new Active&Fit Direct account
 8. You can now access the Active&Fit Direct site, where you can search for participating gyms in your area and select one to join

**REGENCE
MEMBERS:**

- Click here: [Activities & fitness](#)
2. Log into your Regence account
 3. Find the “Discount Codes” section at the top of this page and click on the Active&Fit Direct website link
 4. Click JOIN NOW in the blue bar at the top of the page
 5. Follow the steps to create your new Active&Fit Direct account
 6. You can now access the Active&Fit Direct site, where you can search for participating gyms in your area and select one to join

Other fitness facilities and studios offering discounts to King County Employees:

Facility	Location	Description/Amenities	Discount Details
<u>425 Fitness</u>	Bothell Issaquah Redmond	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"> • Enrollment fee: \$0. Redmond and Issaquah: • Monthly dues: \$79. with agreement Bothell: • Monthly dues: \$36. with agreement <i>Must show King County ID</i>

<u>Bala Yoga</u>	<p>Seattle <i>Fremont</i></p> <p>Kirkland <i>Sammamish</i></p>	<p>The Fremont studio is spacious and bright, generously appointed with everything you want to have for the yoga experience you need – whether 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>	<ul style="list-style-type: none"> • Monthly unlimited yoga: \$109. auto-pay <p><i>Must show King County ID</i></p> <p>For more information, call: (206) 802-2871</p>
<u>Bodytonic Pilates</u>	<p>Seattle <i>Pioneer Square</i></p>	<p>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>	<ul style="list-style-type: none"> • 1 group class: \$46 • 4 classes/month: \$164. • 8 classes/month: \$228. <p><i>To sign up, fill out your intake forms here and mention you are a King County Employee in the details section of your appointment request form. Bring your King County ID to your first session.</i></p> <p>For more information, email: info@bodytonicpilates.com</p>
<u>Columbia Athletic Clubs</u>	<p>Kirkland <i>Juanita Bay</i></p> <p>Sammamish <i>Pine Lake</i></p> <p>Everett <i>Silver Lake</i></p>	<p>Our vision is to offer excellent service 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, and</p>	<p>Individual memberships:</p> <ul style="list-style-type: none"> • Enrollment: \$150. • Monthly: 10% off <p>Couple memberships:</p> <ul style="list-style-type: none"> • Enrollment: \$200. • Monthly: 10% off <p>Family memberships:</p> <ul style="list-style-type: none"> • Enrollment: \$300.

		communities. 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, basketball court, youth programs, and Kids Club.	<ul style="list-style-type: none"> • Monthly: 10% off <p><i>Must show King County ID</i></p> <p>Please contact the location closest to you for exact pricing or visit their website www.columbiaathletic.com and click on a location.</p>
<u>Cue CrossFit</u>	Seattle <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.	Individual memberships: <ul style="list-style-type: none"> • Classes Only Monthly: \$190. • Full Access (all classes plus open gym) Monthly: \$229. <p><i>Must show King County ID</i></p>
<u>Emerald City Athletics</u>	Seattle <i>Wallingford</i> <i>Columbia City</i> Shoreline <i>Ballinger Village</i> Everett	Emerald City Athletics is committed to leading our members to holistic health through achieving their desired fitness results. Everyone starts with a complimentary fitness assessment and goal setting to help them establish what membership will be best for them and their goals. Club amenities vary by location and can include basketball, state-of-the-art weight and cardio equipment, group fitness classes, kids club, pool and hot tub, sauna, steam room, and/or Hydromassage chairs.	<ul style="list-style-type: none"> • Enrollment fee: \$0. • Monthly dues for 12-month terms*: Access Membership: \$29./month Amenities Plus: \$59./month Champions Training: \$129./month <p><i>*We offer month-to-month memberships for an additional monthly charge.</i></p> <p><i>Must show King County ID</i></p>

<u>Feminist Karate Union</u>	Seattle <i>SODO</i>	<p>Feminist Karate Union was founded over 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>	<ul style="list-style-type: none"> • “2 for 1” Karate 101 class for adults - bring a friend and save <p><i>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 <u>website</u> for more details.</i></p> <p><i>Must show King County ID</i></p> <p>For more information, call: 206-325-3878</p>
<u>Fitness Quest</u>	Puyallup Auburn <i>The Outlet Collection</i>	<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>Monthly dues:</p> <ul style="list-style-type: none"> • Silver Memberships: \$19. • Platinum Single Memberships: \$29. • <u>Free Seven-day Pass</u> <p><i>Must show King County ID</i></p> <p>For more information, call: 253-268-0625</p>
<u>Green Lake Strength & Conditioning</u>	Seattle <i>Greenlake</i>	<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"> • Bullet-proofing: designed to prevent injuries and counterbalance the work many of us do at our computers. • Skill: designed to focus on building techniques for movements used in our workouts. • Strength: designed to focus on building strength, generally with heavier weights and less aerobic work. • Aerobic: a combination of actual aerobic training along with teaching strategies for effective aerobic exercise. 	<ul style="list-style-type: none"> • \$50. credit towards a beginner course - for new members only <p><i>Must show King County ID</i></p> <p>For more information, call: 206-526-5425</p>

		<ul style="list-style-type: none"> • Metabolic Conditioning: a mix of exercises with little rest in between, to maximize calorie burn and increase metabolic rate during and after the workout. 	
<u>Greenlake Martial Arts School - Evolution of Martial Arts</u>	Seattle <i>Greenlake</i>	<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 1 day or years to train, we have programs, classes, and workshops to fit your needs.</p>	<ul style="list-style-type: none"> • 10% off any in-person service including trial classes, workshops, and monthly, quarterly, and yearly tuition. <p><i>Must show King County ID and use “KingCo10” to receive the discount.</i></p> <p>For more information, call: 206-522-2457</p>
<u>Harbor Square Athletic Club</u>	Edmonds	<p>Full-service fitness center helping members achieve their fitness goals. Since 1985, we are committed to providing the highest quality fitness environment available. Includes a fitness center, gymnasium, indoor pool, Jacuzzi, indoor and outdoor tennis courts, childcare, racquetball, squash courts, group fitness studios (Yoga/Mind Body Studio, Group Fitness Studio, Cycling Studio), and locker rooms, each complete with dry/steam saunas. Month-to-month with no annual contract required. 10% discount off prices if paid annually.</p> <p><u>Additional services</u> Towel service: \$30. annually; \$15./each additional family member Private locker: \$50. annually or \$4.50/month</p>	<p>Club Corporate memberships (includes access to all amenities except tennis):</p> <ul style="list-style-type: none"> • Registration fee: \$125. • Monthly dues: \$80. <p>Add-on family memberships:</p> <ul style="list-style-type: none"> • 2nd family member registration fee: \$100. • Monthly dues: \$40. • Additional family members (children ages 12-22 living in household) registration fee: \$75. • Monthly dues: \$25. <p><i>Must show King County ID</i></p> <p>For more information, call: 425-778-3546 x: 125</p>

<u>Momentum Indoor Climbing SODO</u>	Seattle SODO	Momentum SODO offers 20,000 square feet 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.	<ul style="list-style-type: none"> • Two-week free trial • 1 free guest pass • 2 weeks free rentals • Free Learn to Climb class • Unlimited gym access for 2 weeks • No enrollment fee when signing up for an autopay membership <p><i>Must show King County ID</i></p>
<u>ProFitness Club</u>	Burien	<p>ProFitness has the state-of-the-art equipment. We offer personal training and classes. We have Kids Club available.</p> <p>Our gym believes in positivity and encouragement. As a part of our community, you gain access to some of the best workout equipment and machines available. When you need to relax, take advantage of our steam room and locker rooms with private showers.</p>	<ul style="list-style-type: none"> • Enrollment fee: \$0. <p>24-hour access monthly membership:</p> <ul style="list-style-type: none"> • Monthly dues: \$49.99 • Each additional family member: \$44.99 <p>Regular access monthly membership (5am-10pm M-F; 8am-8pm Weekends):</p> <ul style="list-style-type: none"> • Monthly dues: \$29.99 (Regularly \$39.99 per month) • Each additional family member: \$24.99 <p><i>Must show King County ID</i></p>
<u>Seattle Athletic Club</u>	Seattle Downtown	All memberships are month to month, they include all group exercise classes and have no hourly restrictions. Locker rooms include sauna, Jacuzzi, lockers, and complimentary towels. Additional specials may be available and vary based on current promotions. Parking under 3 hours is at a reduced rate with gym validation, entrance is at 65 Lenora Street.	<p>Individual memberships:</p> <ul style="list-style-type: none"> • Initiation: \$250. • Monthly dues: \$135. • Young Professionals (ages 18-29) monthly: \$119. • Seniors (age 65+) monthly: \$129. <p>Family memberships:</p> <ul style="list-style-type: none"> • Initiation: \$350. • Monthly dues: \$210. • Young Professionals (ages 18-29) monthly: \$188. • Seniors (age 65+) monthly: \$209. • <u>Free Day Pass:</u> Please contact Membership Representative to schedule. <p><i>Must show King County ID</i></p>

<u>Seattle Athletic Club</u>	Seattle <i>Northgate</i>	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.	Individual memberships: <ul style="list-style-type: none"> • Initiation fee: \$200. • Monthly dues: \$118. • Young Professionals (ages 18-29) monthly: \$97. • Seniors (age 65+) monthly: \$109. Family memberships: <i>("Family" includes two spouses or domestic partners and children under the age of 18.)</i> <ul style="list-style-type: none"> • Initiation fee: \$300. • Monthly dues: \$171. • Young Professionals (ages 18-29) monthly: \$155. • Seniors (age 65+) monthly: \$160. <i>Must show King County ID</i>
<u>Seattle Pro Club</u>	Seattle <i>Eastlake</i> Bellevue	Seattle Pro in Eastlake offers personal training, state of the art equipment, group fitness classes, physical therapy, and more! Day Pass available – contact the Eastlake gym for more information: 206-332-1873. The Bellevue location has 4 pools, childcare, basketball courts, squash, tennis, pickleball and more along with the other fitness offerings listed above in the Eastlake location.	Seattle location: Individual memberships: <ul style="list-style-type: none"> • Initiation fee: \$200. • Monthly dues: \$145. Family memberships: <ul style="list-style-type: none"> • Initiation fee: \$300. • Monthly dues: \$225. Bellevue location: Individual memberships: <ul style="list-style-type: none"> • Initiation fee: \$150. • Monthly dues: \$219. Family memberships: <ul style="list-style-type: none"> • Initiation fee: \$300. • Monthly dues: \$335. for the first two on the account <i>(additional children can be added at rate after that, depending on age).</i> <i>Must show King County ID</i>

<u>SOL Yoga</u>	Seattle <i>Leschi</i>	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.	<ul style="list-style-type: none"> • 1-month unlimited: \$144. • 5-class package: \$112.50 • 10-class package: \$189. • Please email hello@solyogaseattle.com and send a photo of your King County ID to access the discounts above.
<u>YMCA of Pierce and Kitsap Counties</u>	<i>Locations vary</i>	Membership includes full access to all Pierce and Kitsap facilities, group exercise classes, wellness orientations, and youth programs like swim lessons and gymnastics. <u>Find your YMCA</u>	<ul style="list-style-type: none"> • Joining fee: \$0. No joining fee for King County employees, their families, and retirees. <i>Must show King County ID</i>