








## Fitness Programs and Facility Discounts

Eligibility	Program	Pricing Details
<p><b>REGENCE MEMBERS ONLY</b></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>	 <p>When members sign up for an Active&amp;Fit Direct membership, they can visit any of the 12,600+ participating fitness centers in the nationwide <b>Active&amp;Fit Direct</b> network. Participating gyms include 24-Hour Fitness, LA Fitness, Curves, Planet Fitness, Anytime Fitness, Fitness 19, and many more.</p> <ul style="list-style-type: none"> <li>• 12,600+ Standard Fitness Centers and Studios</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>• No long-term contracts or cancellation penalties</li> </ul> <p>If you are having difficulty setting up your Active&amp;Fit Direct account, please call: 844-646-2746</p>	<ul style="list-style-type: none"> <li>• <b>Monthly dues:</b> \$28./month</li> <li>• <b>Enrollment fee:</b> \$28.</li> </ul> <p>Initially, you'll pay a \$28. enrollment fee, \$28. for the current month, and \$28. for the second month, plus any applicable taxes.</p> <p>Join a second gym for an additional \$23./month.</p> <p>After a three-month commitment, participation is month-to-month and will be \$28. plus any applicable taxes. If you cancel before the end of your first three months, American Specialty Health will issue you a prorated refund.</p> <p><i>Below is <b>just a small selection</b> of the fitness options available through this program:</i></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>

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

<p><b>REGENCE MEMBERS ONLY:</b></p>	<p>Click here: <a href="#">Activities &amp; fitness</a></p> <ol style="list-style-type: none"> <li>Log into your Regence account</li> <li>Find “Discount Codes” section at the top of the page and click on the Active&amp;Fit Direct website link</li> <li>Click JOIN NOW in the blue bar at the top of the page</li> <li>Follow steps to create your new Active&amp;Fit Direct account</li> <li>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>	
Eligibility	Program	Pricing Details
<p><b>KAISER PERMANENTE MEMBERS ONLY</b></p> <p><b>To join:</b></p> <ol style="list-style-type: none"> <li>Please visit: <a href="#">One Pass Select</a> and click the “Learn more about One Pass Select Affinity” button to log into your Kaiser Permanente account.</li> <li>Follow prompts to set up a One Pass Select Affinity account.</li> <li>Choose a membership tier and check out.</li> </ol> <p>Questions? Call <b>1-877-515-9364</b></p>	<p><b>Optum One Pass Select Affinity™</b></p> <p>One Pass Select is a subscription-based fitness membership and well-being network designed to support a healthier lifestyle for members. On top of being one of the largest fitness networks in the industry, One Pass Select features extensive digital offerings, and home delivery services with most plans. No Annual Fees.</p> <p><b>Fitness network:</b> 19,000 gym locations and boutique studios with unlimited access to all locations within each selected tier. Change locations anytime and join as many gyms as you like within a given tier at no additional cost.</p> <p><b>Digital solutions:</b> Participate in 23,000 on-demand and live workout classes online, including customizable workout programs designed for all fitness levels, on-demand and livestreamed fitness classes through web, app, and TV, plus an AI workout builder tool app that creates customize workout routines and demonstrates how to perform exercises.</p> <p><b>Engagement:</b> Digital challenges and communities, activity and progress tracking, and digital coaching that adapts to member feedback.</p> <p><b>Grocery delivery services:</b> Receive free shipping on groceries and household essentials from major local retailers on orders that meet the minimum qualifying amount to help support healthier habits, even during busy times.</p> <p><b>Access to the affinity musculoskeletal program:</b> Get 20% off chiropractic care, acupuncture, and massage therapy within Optum’s provider network. To locate a provider, visit <a href="http://myoptumhelathphysicalhealth.com/ProviderDirectory">myoptumhelathphysicalhealth.com/ProviderDirectory</a> and select “Kaiser Permanente” from the Plan/Product list.</p>	<p><b>Membership tiers:</b> Choose from five membership tiers, based on members’ fitness goals and financial preferences, with competitive pricing starting at \$10 a month. <i>The tier pricing is as follows (taxes not included):</i>  <b>Digital</b> \$10/month (plus a \$10 enrollment fee)  <b>Classic</b> \$29/month (plus a \$29 enrollment fee)  <b>Standard</b> \$64/month (plus a \$29 enrollment fee)  <b>Premium</b> \$99/month (plus a \$29 enrollment fee)  <b>Elite</b> \$144/month (plus a \$29 enrollment fee)  <b>Note:</b> Join at the beginning of the month as the first month’s dues are <b>not</b> pro-rated.</p> <p>Unique benefits of a monthly membership include:</p> <ul style="list-style-type: none"> <li>Extensive network of gym locations, online workout classes and grocery delivery services</li> <li>Members can upgrade, downgrade, or cancel their monthly membership at any time.</li> <li>20% average retail gym membership savings for employees with One Pass Select</li> <li>Employees may add unlimited friends or family members aged 18+ to their membership (they can choose any tier) at a 10% discount.</li> <li>Enrollment fee is waived for friends or family.</li> </ul> <p><i>Below is just a small selection of the fitness options available through this program:</i></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>

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

Facility	Location	Description/Amenities	Discount Details
<a href="#">425 Fitness</a>	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.	Enrollment fee: \$0. <b>Redmond and Issaquah:</b> Monthly dues: \$99. with agreement <b>Bothell:</b> Monthly dues: \$36. with agreement  Must show King County ID
<a href="#">Bodytonic Pilates</a>	Seattle <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.	10% off Group Classes  1 group class: \$43.20 (normally \$48.) 4 classes/month: \$147.60 - \$36.60 per class 8 classes/month: \$259.20 - \$32.50 per class  <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 to your first session.</i>  For more information, email: <a href="mailto:info@bodytonicpilates.com">info@bodytonicpilates.com</a>
<a href="#">Columbia Athletic Clubs</a>	Kirkland <i>Juanita Bay</i>  Sammamish <i>Pine Lake</i>  Everett <i>Silver Lake</i>	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 communities. Services vary by location and can include a	Individual memberships: Enrollment: \$150. Monthly: 10% off  Couple memberships: Enrollment: \$200. Monthly: 10% off  Family memberships: Enrollment: \$300. Monthly: 10% off  Must show King County ID

		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.	<i>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 a location.</i>
<a href="#">Cue CrossFit</a>	Seattle <i>South Pioneer Square</i>	Cue CrossFit is a private gym offering CrossFit classes, Olympic Weightlifting classes, and Open Gym hours from 4am - 11pm, 7 days a week. We help those looking to achieve their fitness goals with top tier coaching and programming designed for you. All fitness levels are welcomed! We also offer Nutrition Coaching for those who are looking for help planning their daily meals.	Individual memberships: Unlimited Classes \$190./month Open Gym \$190./month Full Access (all classes plus open gym) \$229./month  King County employees will receive 55% off any membership option for the first month.  Must show King County ID
<a href="#">Emerald City Athletics</a>	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.	Enrollment fee: \$0. Maintenance Fee: 50% off Monthly dues: Amenities Plus: \$29./month (month-to-month) Champions Training: \$119./month (with 12-month agreement)  We offer month-to-month for Champions Training and a Pre-paid option for both memberships. Prepaying gets \$0 maintenance and extra months for free.  Must show King County ID

<a href="#">Feminist Karate Union</a>	Seattle <i>SODO</i>	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.	“2 for 1” Karate 101 class for adults - bring a friend and save  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.  Must show King County ID  For more information, call: 206-325-3878
<a href="#">Fitness Quest</a>	Puyallup  Auburn <i>The Outlet Collection</i>	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 one free personal training session every month as well as full access to Auburn, Puyallup, and any future club we open!	Monthly dues: Silver Memberships: \$19. Platinum Single Memberships: \$29. <a href="#">Free Seven-day Pass</a>  Must show King County ID  For more information, call: 253-268-0625
<a href="#">Green Lake Strength &amp; Conditioning</a>	Seattle <i>Greenlake</i>	We help busy professionals find fitness and community. We are an inclusive community of athletes who find strength, confidence, and connection by pursuing lifelong health and fitness together. We offer personal training, strength, and aerobic conditioning all in small group settings designed to meet you where you are in your fitness journey.	\$50. credit towards a beginner course - for new members only  Must show King County ID  For more information, call: 206-526-5425
<a href="#">Greenlake Martial Arts School - Evolution of Martial Arts</a>	Seattle <i>Greenlake</i>	For over 44 Years, Greenlake Martial Arts has served the Greater Seattle community's self-defense needs.	10% off any in-person service including trial classes, workshops, and monthly, quarterly, and yearly tuition.

		<p>Our Mission has three primary goals:</p> <ol style="list-style-type: none"> <li>1. To offer students of all ages, sizes, skill levels and backgrounds the capability to defend ourselves from real world threats.</li> <li>2. To foster a training environment that focuses on real-world self-defense. This includes physical preparation, mindset training, and the emotional resolve necessary to succeed should self-defense be needed.</li> <li>3. To support students in a way that will improve their lives, so that our practice serves to improve both ourselves and our community making a positive, lifelong impact through martial arts.</li> </ol> <p>Come join us to Stay Safe, Stay Fit, and Stay Ready.</p>	<p>Must show King County ID and use "KingCo10" to receive the discount.</p> <p>For more information, call: 206-522-2457</p>
<p><a href="#">Harbor Square Athletic Club</a></p>	<p>Edmonds</p> <p><i><b>Please note:</b> Currently, all memberships are on a wait list status. Employees wishing to get on the wait list can go to the <a href="#">website</a> and register with a \$100 refundable deposit. Wait time averages around 90 days.</i></p>	<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>Additional services Towel service: \$30. annually; \$15./each additional family</p>	<p>Club Corporate memberships (includes access to all amenities except tennis): Registration fee: \$125. Monthly dues: \$90.</p> <p>Add-on family memberships: 2nd family member registration fee: \$100. Monthly dues: \$48.</p> <p>Additional family members (children ages 12-22 living in household) registration fee: \$75. Monthly dues: \$29.</p> <p>Must show King County ID</p> <p>For more information, call: 425-778-3546 x: 125</p>

		member Private locker: \$50. annually or \$4.50/month	
<a href="#">Momentum Indoor Climbing SODO</a>	Seattle <i>SODO</i>	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.	Two-week free trial 1 free guest pass 2 weeks free rentals Free Learn to Climb class Unlimited gym access for two weeks (can only be used once.) No enrollment fee when signing up for an autopay membership  Must show King County ID
<a href="#">Pranify Yoga</a>	Seattle <i>Greenlake</i>	Ranked 2024's #1 yoga studio in Seattle and #1 in the Greater Seattle Metro, <a href="#">Pranify Yoga</a> is a large 55-student heated yoga studio in Greenlake Village with daily yoga <a href="#">classes</a> , <a href="#">workshops</a> , events, <a href="#">trainings</a> , and community get-togethers. Our various styles of classes serve all levels and we welcome all ages (16+), bodies, races, expressions of gender, and sexuality, etc. Enjoy a full locker room and showers before or after class. Whether you're brand new to yoga or a life-long student, seeking the calming and balancing effects of yoga or a strong and dynamic challenge, Pranify is an inclusive home to cultivate power and grace.	King County employees will receive a \$24 discount off: Live Vital unlimited monthly membership (\$125.) or 5-class (\$105.) and 10-class (\$205.) packages. Monthly membership includes two guest passes a month, unlimited free freezes, and no cancellation fee. Class packages can be used for you or a guest reservation and expire one year after purchase. To enroll, please <a href="#">create an account</a> through our website. Email <a href="mailto:seattle@pranifyyoga.com">seattle@pranifyyoga.com</a> for questions or to apply your discount. Come try our \$60 for 2-week introduction before you commit! Please call with questions: (206) 402-6772.
<a href="#">Seattle Athletic Club</a>	Seattle <i>Downtown</i>	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 three hours is	Individual memberships: Initiation: \$250. Monthly dues: \$140. Young Professionals (ages 18-29) monthly: \$126. Seniors (age 65+) monthly: \$133.  Family memberships: Initiation: \$350. Monthly dues: \$217.

		at a reduced rate with gym validation, entrance is at 65 Lenora Street.	<p>Young Professionals (ages 18-29) monthly: \$197. Seniors (age 65+) monthly: \$215.</p> <p><a href="#">Free Day Pass</a>: Please contact Membership Representative to schedule.</p> <p>Must show King County ID</p>
<a href="#">Seattle Athletic Club</a>	Seattle Northgate	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>Individual memberships: Initiation fee: \$200. Monthly dues: \$124. Young Professionals (ages 18-29) monthly: \$103. Seniors (age 65+) monthly: \$113.</p> <p>Family memberships: <i>("Family" includes two spouses or domestic partners and children under the age of 18.)</i> Initiation fee: \$300. Monthly dues: \$179. Young Professionals (ages 18-29) monthly: \$163. Seniors (age 65+) monthly: \$166.</p> <p>Must show King County ID</p>
<a href="#">Seattle Pro Club</a>	Seattle Eastlake  Bellevue	<p>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.</p> <p>The Bellevue location has four pools, childcare, basketball courts, squash, tennis, pickleball and more along with the other fitness offerings listed above in the Eastlake location.</p> <p>Seattle Pro Club offers a new membership option called "Shared Membership" where up to six people can be on the same membership. This can be friends, coworkers,</p>	<p>Shared Membership rates:</p> <p><b>Seattle location</b> Initiation fee: \$100. Primary: \$160. Adult (30-64): \$100. Senior (65+): \$85. Young Adult (21-29): \$85. Junior (13-20): \$60. Child (0-12): \$30.</p> <p><b>Bellevue location</b> Initiation fee: \$300. Primary: \$240. Adult (30-64): \$140. Senior (65+): \$125. Young Adult (21-29): \$125. Junior (13-20): \$60. Child (0-12): \$30.</p> <p>Must show King County ID</p>



		neighbors, etc.! This membership offers flexibility and the ability to team up with workout friends and family for a less expensive blended rate.	
<a href="#">SOL Yoga</a>	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.	Monthly membership: \$135. 10-class package: \$252. Please email <a href="mailto:hello@solyogaseattle.com">hello@solyogaseattle.com</a> and send a photo of your King County ID to access the discounts above.