



# 2017 Wellness Discount Providers

HR Benefits  
Lacey Chagolla  
[lchagolla@co.slo.ca.us](mailto:lchagolla@co.slo.ca.us)  
805-781-1420

## Your Wellness Benefits

As a County Employee, you have access to discounted rates to participating businesses in San Luis Obispo County.

Are you looking for a gym membership?

Yoga? CrossFit?

Alternative health care providers?

Use this guide to assist you in finding a discounted program that you are interest in.

The Benefit is for **ALL** county employees. In order to receive your discount, be prepared to show proof of employment.



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# Alternative Health & Wellness Providers

## Healthy Inspirations



3121 S. Higuera, Unit F  
San Luis Obispo, CA 93401  
805-544-0077

### **Regular Services and Rates**

	Exercise Only	Nutrition Only	Nutrition/Exercise
Enrollment	\$149	\$149	\$149
Program Fee	-0-	\$249	\$249
Monthly Fee	\$39	\$59	\$79

### **Discounted/Corporate Rates (ALL County Employees)**

Enrollment	\$74.50	-0-	-0-
Program Fee	-0-	\$249	\$249
Monthly Fee	\$29	\$49	\$59

**Consultation FREE**

## Healthy Inspirations

8115 El Camino Real  
Atascadero, CA 93422  
805-462-3476

935 Riverside Ave #8b  
Paso Robles, CA 93446  
805-238-9395



### Atascadero & Paso Robles

Healthy Inspirations provides a Wellness Program which includes:

- ♥ **Sensible Nutrition**
- ♥ **Easy Circuit Exercise**
- ♥ **One-on-One Support**
- ♥ **Effective Relaxation**

County Employee discounts are as follows:

- **FREE Consultation** – a 45 minute consultation with body composition, health risk analysis, and understanding your relationship with food
- **FREE Enrollment** (\$149 value)
- **Tone & Talk** –\$39 Unlimited Exercise, weekly group classes, membership discounts, weekly Relaxation treatments (Reg \$49)
- **On Track** – \$54 Unlimited Exercise, weekly group classes, 1 x per week Private Nutritional Coaching, membership discounts, weekly Relaxation treatments (Reg \$59)
- **Fast Track** – \$69 Unlimited Exercise, weekly group classes, 3 x per week Private Nutritional Coaching, membership discounts, weekly Relaxation treatments (Reg \$79)

## San Luis Therapy Center – Victoria O'Toole

777 Pismo St.  
San Luis Obispo, CA 93401  
805-550-5405

### Massage Services

#### **OVER 20 year of Experience serving San Luis Obispo County**

- Restorative and Corrective Bodywork
- Personalized Massage Therapy for stress reduction, postural correction – lymphatic/circulatory drainage, and sport and muscle related injuries
- Ergonomic and Postural education available!

#### **Buy 3 Sessions get 1 FREE!**

***4 sessions usually costs \$360.00, but for County Employees it is only \$270.00!***

## SLO Wellness Center

1428 Phillips Ln, Ste 300  
San Luis Obispo, CA 93401  
[www.slowellness.com](http://www.slowellness.com)



Whether you are seeking symptom relief such as back pain, neck pain, hip or knee pain, or wellness care, our goal for our patients is whole person health. At SLO Wellness Center, we have four chiropractors, three massage therapists, and one acupuncturist. With this combination, we see great results and have many returning wellness patients.

For SLO County employees, our chiropractors would like to offer a discounted rate for chiropractic care.

**\$100 for 12st chiropractic visit (regularly \$130)**

**\$50 for follow up chiropractic visits (regularly \$55)**

# Gyms

## Avila Bay Athletic Club

6699 Bay Laurel Pl.

Avila Beach, CA 93424

805-595-7600

<http://abac.caclubs.com/club/scripts/section/section.asp?NS=HP>

Avila Bay Athletic Club & Spa offers all SLO County employees:

Memberships varies depending upon type of membership and the number of family members:

**20% off Registration Fee**  
**\$10 less dues per month**

Avila Bay Athletic Club & Spa is a full service health, fitness and wellness club. Two types of memberships are offered: Full Privilege (includes use of the tennis courts) and Swim and Health membership (includes use of all the club except the tennis courts.)

The club offers over 50 group fitness classes per week, a wide variety of fitness equipment for a well-rounded workout, two heated ozone swimming pools, two Jacuzzis, two Infrared saunas, a café, spa services, special events, seven tennis courts and more!

**For more information contact Amy Kueffler: 805-595-7600 ext: 105.**



# Champions Health & Racquet Club

8850 Santa Rosa Rd  
Atascadero, CA 93422  
805-462-8888

[www.championsworkout.com](http://www.championsworkout.com)

## **Your home town health club! Offering the nicest racquetball courts around!**

Fitness Membership at **\$10.95 per month** which includes all the weights, machines and cardio equipment.

Fitness + Classes or Racquetball at **\$15.95 per month** which includes all of the above and all of our classes.

Fitness + Classes or Racquetball + Showers/ Saunas at **\$19.95 per month** which includes all of the above plus the choice of classes or racquetball and the use of our steam and dry saunas and showers.

We offer free racquetball lessons.

We have a great smoothie bar where, if you buy 4 egg white protein smoothies you can enjoy the fifth one for **free!**





## CrossFit Inferno – Three Locations

4120 Horizon Lane  
San Luis Obispo, CA  
93401  
805-328-4591

1228 11<sup>th</sup> Street #106  
Paso Robles, CA 93446  
805-270-5380

513 Sandydale Dr.  
Nipomo, CA 93444  
805-622-9631

<http://www.crossfitinferno.com/>

**Current Rates Range from \$100 - \$140 a month pending on the plan the employee wanted. County Employee will received 10% off the plan he/she selects.**

### What is CrossFit?

A good explanation is provided by Crossfit Headquarters:

CrossFit is a fitness regimen developed by Greg Glassman over several decades. Glassman, CrossFit's Founder and CEO, was the first person in history to define fitness in a meaningful, measurable way: increased work capacity across broad time and modal domains. He then created a program specifically designed to improve fitness and health.

CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time. Intensity is essential for results and is measurable as work divided by time—or power. The more work you do in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

The community that spontaneously arises when people do these workouts together is a key component of why CrossFit is so effective, and it gave birth to a global network of CrossFit affiliates that number over 13,000. Harnessing the natural camaraderie, competition and fun of sport or game yields an intensity that cannot be matched by other means.

The CrossFit program is driven by data. Using whiteboards as scoreboards, keeping accurate scores and records, running a clock, and precisely defining the rules and standards for performance, we not only motivate unprecedented output but derive both relative and absolute metrics at every workout. This data has important value well beyond motivation.

Overall, the aim of CrossFit is to forge a broad, general and inclusive fitness supported by measurable, observable and repeatable results. The program prepares trainees for any physical contingency—not only for the unknown but for the unknowable, too. Our specialty is not specializing.

While CrossFit challenges the world's fittest, the program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. We scale load and intensity; we don't change the program. The needs of Olympic athletes and our grandparents differ by degree, not kind.

## Equilibrium Fitness for Women

3930 Broad Street  
San Luis Obispo, CA 93401  
805-541-1100  
[eqclubs.com](http://eqclubs.com)



### Experience the EQ Difference!

We are a full fitness health club, open 7 days a week!

Our memberships include:

- Over 60 group exercise classes per week in two different studios (see schedule for details)
- 40 pieces of cardiovascular equipment (treadmills, ellipticals, bikes, step mills)
- Women's strength training equipment and free weights
- Locker room and shower facilities
- Clean and motivating workout facility with convenient free parking.
- Friendly and supportive staff
- Child Care coming in January 2017

Additional services include:

- Personal and small group training, and Nutrition counseling
- Bump and Beyond: Prenatal, Postpartum, and Mommy & Me sessions
- Esthetician services (facials and waxing)

*Invites*

## San Luis Obispo County Employees

**Prepaid or month to month memberships available to all women employees, family members, and significant others.**

**12 Month Pre Paid Membership - \$479**

**No enrollment fees and includes a complimentary initial personal training session.**

**OR**

**Month to Month/ No Contract Option - \$44.99 per month**

**One time \$29 processing fee.**

**Membership includes a complimentary initial personal training session.**

**For more information visit or contact us!**

**541-1100 or [membership@eqclubs.com](mailto:membership@eqclubs.com)**

## Fitness Evolution

8665 El Camino Real  
Atascadero, CA 93442  
805-538-2820

2406 South Broadway  
Santa Maria, CA 93454  
805-310-4701

### Your Evolution Starts Today!

You and your family can become members of Fitness Evolution with this special offer

This includes Premium membership, access to all our facilities Nationwide, and unlimited use of all amenities.

\*Spouse, Domestic partners, and Children 12-21 years of age, living at the same address via EFT

### CORPORATE MEMBERSHIP DISCOUNT

Only \$14.99/month  
\$0 enrollment fee  
\$0 annual fee  
Month-to-month

### Featuring:

- Cardio
- Abs & Stretch
- Free Weights
- Personal Training
- Executive Locker Rooms
- Yoga
- Zumba
- Pilates
- 30 Minute Circuit
- Massage
- Tanning
- Circuit

\*amenities by location



## Fitness Works – Morro Bay

500 Quintana Rd  
Morro Bay, CA 93442  
805-772-7466  
www.FitnessWorksMB.com

Fitness Works of Morro Bay is proud to offer all SLO County Employees the following discounted membership rates:

**\$44\* per month** (regular \$48) on a 1-Year Monthly Payment Membership

**\$36\* per month** (regular \$40) on a 2-Year Monthly Payment Membership

\*Membership requires a one-time enrollment fee of \$99 for the first member and \$50 for immediate family member add-ons. Additional family members also save \$4 per month off of the monthly rates listed above.

### **1<sup>st</sup> Month FREE! Holiday Special Offer!**

Sign up for during December 2016 or January 2017 and your first month is **FREE!**

All Fitness Works Memberships include unlimited access to our full-service Gym and Group Fitness Classes

- Extensive Strength and Cardio Machines
- The Rock (Functional Fitness Training Cage)
- Group Fitness - Over 50 Classes Weekly!
  - Spin - Body Pump - Pilates - Barre – Zumba - Body Combat CX
  - Worx - Core & More - SeniorWorks - Yoga - Tai Chi - PlyoJam - Circuit Challenge & more!
- On-Site Child Care
- Personal Training

For more information visit [www.FitnessWorksMB.com](http://www.FitnessWorksMB.com) or call 805-772-7466



## GIVE Fitness

7175 El Camino Real  
Atascadero Vons Shopping Center  
Atascadero, CA 93422  
805-466-GIVE(4483)  
<http://givefitness.com/>



GIVE Fitness Health Club has the mission “To exceed member expectations at every opportunity with fitness facilities that are maintained, affordable, accessible and safe.” The GIVE model pre-allocates all profits for the various businesses that currently operate under the Working to GIVE umbrella. 50% of GIVE profits are donated back into the communities in which GIVE businesses operate and the other 50% are reinvested back into the business in order to sustain the company’s growth pattern.

**\$24.99 a month, no contract, with the ability to add your first family member at \$19.99 and any additional family members at \$15**

**Corporate membership plans includes free services: unlimited Kid Care and unlimited tanning—two free services may be utilized as Kid Care for 1 child and tanning, or Kid Care for 2 children. Additional service is \$10/month**

All County Employees may sign up on our website at <http://givefitness.com/join/> using corporate code SLOCOUNTY.

## Kennedy Club Fitness

188 Tank Farm Road  
San Luis Obispo, CA 93401  
805-781-3488  
<http://kennedyclubs.com/>



### Kennedy Club Fitness Corporate Membership Program:

#### Program Highlights

- The Corporate Discount Fee is \$475. Members can use all of Kennedy's facilities.
- When you join or renew on the County plan your choice of: a 30 hour child care card, one month of hydro massage, or three "one week" buddy passes. Please contact Debbie with Kennedy Club Fitness at 781-3488 extension 25 with your selection.
- Discounted rates for family members who join within 30 days of employee/retiree. To enroll Spouse & dependents please contact Kennedy Club Fitness.

For Employee enrollment please contact Debbie with Kennedy Club Fitness at 781-3488, extension 25.

## Los Osos Fitness

1078 Los Osos Valley Rd  
Los Osos, CA 93401  
805-528-1190  
<http://www.lososofitness.com/>



In 2016-17 Los Osos Fitness offers no Start-Up Fee for current County Employees purchasing a 12 or 18-month membership.

Member dues for an 18-month membership are **\$39-49/month** and for a 12 month membership, **\$44-54/month**.

Services available are group classes (36 per week), cardio and weight equipment, personal training, Physical Therapy, smoothies, snacks, pro shop. Showers, and da use locker rooms.

**Call 805-528-1190 for more information or go to <http://www.lososofitness.com/>**

**Please bring proof of employment. Thank you!**



## MZR Fitness

75 Higuera St. Suite 210/220  
San Luis Obispo, CA 93401  
<http://www.mzrfitness.com/>

Reach a plateau, need more energy, bored with your current workouts, want to lose weight, decrease body fat, or are you just looking to try something new & fun?

If so, then our signature line of MZR Fitness Large Group Training Classes are PERFECT  
**FOR YOU!**

Each program is carefully designed to achieve amazing results for not only your body but also your mindset using our MZR Secret Ingredients for Fitness Success. All of our Large Group Training Classes are overseen by World Renowned Fitness Expert and 2015 IDEA Personal Trainer of the Year, Mike Z. Robinson.

Our San Luis Obispo based Large Group Training program has been recognized as being the most motivating, results driven, and fun exercise program on the entire Central Coast. Our unique & effective workouts are designed for ALL FITNESS LEVELS and will primarily take place in our intimate, non-intimidating, and award winning personal training studio.

Each group is led by an amazing MZR Fitness Personal Trainer ensuring that you not only get the best workout possible but that you obtain outstanding fitness results safely and in the quickest amount of time possible.

**In Our Large Group Training Program, you will experience the following benefits:**

Lose Pounds and Decrease Body Fat  
Decreased Inches in the Midsection  
Learn New Exercises And Have Fun While Doing It  
25 - 50% Improvement in Core, Endurance, and Strength  
Tone and Increase Muscle Definition  
100% Gain In Self Confidence

**3 Options to Choose From**

- Mondays, Wednesdays, and Thursdays (6am – 6:50am)
- Mondays, Wednesdays, and Thursdays (8am – 8:50am)
- Mondays, Wednesdays, and Thursdays (5:30pm – 6:20pm)

**ALL COUNTY EMPLOYEES WILL RECEIVE THEIR FIRST MONTH FREE (NO CHARGE) FOR ONE OF THE GROUP SLOTS LISTED ABOVE**

# Pismo Beach Athletic Club

1751 Price Street  
Pismo Beach, CA 93449  
805-773-3011  
<http://pbac.com/>



We offer a heated 25-yard indoor lap pool, spa area, tennis court, pickleball courts, racquetball courts, a well-equipped fitness floor (free-weights and machines), cycle room, cardio room, and a variety of group fitness classes including Zumba, Yoga, BodyPump, Aqua Aerobics, and much more.

## **FITNESS CLUB MEMBERSHIP**

This membership includes full use of the facility except racquetball, tennis, and towel service.

### **FEES**

	\$25.00 Initiation	\$39.00/month	or	\$390.00/year
AFM**	\$0.00 Initiation	\$25.00/month	or	\$250.00/year

## **DELUXE FITNESS CLUB MEMBERSHIP**

This membership includes full use of the facility including court sports, towels, and exceed classes.

### **FEES**

	\$25.00 Initiation	\$49.00/month	or	\$490.00/year
AFM**	\$0.00 Initiation	\$25.00/month	or	\$250.00/year

- \*based on monthly automatic Credit Card or EFT payment
- \*\*AFM: Additional Family Member(s) – Rules & Regulations Apply
- Rates good through January 1, 2018

## Pit.Fit

1257 Laurel Lane  
San Luis Obispo  
805-242-2032  
<http://www.pit.fit/>

**We can provide all County employees (as well as their immediate family) 10% off our rates (even seasonal specials), no sign-up fee and a free introductory week to try out any classes they like.**

### **Current Rates:**

\$79/mo for a twice a week membership  
\$99/mo for a three times a week membership (most popular)  
\$119/mo for unlimited membership  
\$139/mo for Hawaiian Kempo

so this would translate to  
\$71.10/mo for twice a week  
\$89.10/mo for three times a week  
\$107.10/mo for unlimited  
\$125.1/mo for Hawaiian Kempo

**We offer: no-gi grappling, fitness kickboxing, flex-fit yoga (seasonally), fitness challenges, private lessons, women's self-defense (seasonally) and Hawaiian Kempo. Classes are offered throughout the day and can be viewed at [www.pit.fit](http://www.pit.fit).**

# Swim

## 5 Cities Swim School

425 Traffic Way

Arroyo Grande, CA 93420

805-481-6399

<http://5citiesswimschool.com/>



The 5 Cities Swim School is grateful once again to have the opportunity to offer San Luis Obispo County employees our member discounted rates to our programs. We are located at 425 Traffic Way, Arroyo Grande. Our indoor pool (90 degrees) is open offering County Employees the following for the year 2017.

1. Membership fee (\$60.00) will be waived with presentation of current County ID.
2. Discount Rates on all programs which include: Swim Lessons, Water Exercise Classes, Lap/Recreational Swimming, Pool Rental for Parties and Recreational Pre-Swim Team.

# Yoga Studios

## SLO Yoga Center

672 Higuera St. #200  
San Luis Obispo, CA 93401  
805-598-7100  
<http://sloyogacenter.com/>



We are very close to your downtown SLO Offices and so very convenient for people to come and practice yoga before work, at lunch time, or after work.

We offer **over 70 classes per week** including several different styles of Yoga (Power Yoga, Vinyasa, Hatha, Yin, Ashtanga, and Restorative Yoga) as well as Aerial Yoga and Barre Fusion classes.

SLO County employees will receive a discounted corporate rate for our monthly unlimited membership at **just \$59**. This is \$20 less than our regular monthly membership rate.

Please call or come by the studio in person to sign up for this lower rate.

Our class schedule, class descriptions, upcoming events, and more information can be found at [www.sloyogacenter.com](http://www.sloyogacenter.com).