

2019 Wellness Discount Providers

HR Benefits
Lynsey Bond
lbond@co.slo.ca.us
805-781-5973

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.



2019 Wellness Provider Table of Contents

<u>Your Wellness Benefits</u>	<u>2</u>
<u>Alternative Healthy & Wellness Providers</u>	<u>4</u>
<u>Healthy Inspirations – San Luis Obispo.....</u>	<u>4</u>
<u>Healthy Inspirations – Atascadero</u>	<u>5</u>
<u>SLO Wellness Center.....</u>	<u>7</u>
<u>SloWave Acupuncture.....</u>	<u>8</u>
<u>Exercise</u>	<u>9</u>
<u>Avila Bay Athletic Club</u>	<u>9</u>
<u>Champion Health & Racquet Club</u>	<u>10</u>
<u>Equilibrium Fitness for Women.....</u>	<u>11</u>
<u>Fitness Works Morro Bay</u>	<u>12</u>
<u>The Gym.....</u>	<u>13</u>
<u>Kennedy Club Fitness</u>	<u>14</u>
<u>Los Osos Fitness</u>	<u>15</u>
<u>Pismo Beach Athletic Club</u>	<u>16</u>
<u>YMCA.....</u>	<u>17</u>
<u>Club Pilates.....</u>	<u>18</u>
<u>SLO Yoga Center.....</u>	<u>19</u>
<u>Swim.....</u>	<u>20</u>
<u>5 Cities Swim School</u>	<u>20</u>

[Alternative Health & Wellness Providers](#)



Healthy Inspirations of San Luis Obispo

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 of Atascadero

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



Free Consultations include body composition & health risk analysis

(1) Tone & Talk exercise only

- Doesn't need to change eating habits
- Wants to burn more calories
- Wants group support

You Receive:

- I. Unlimited Exercise
- II. Weekly Group Classes
- III. Member Discounts on products/services
- IV. Weekly Relaxation Treatments

Enrollment \$74.50 (Reg \$149)

Monthly \$44 (Reg \$49)

(2) On Track

- Needing to change eating habits
- Has self-discipline, doesn't need accountability

You Receive:

- I. Nutritional Plan tailored to you
- II. 1 x week One on One private Coaching & Support
- III. Unlimited Exercise
- IV. Weekly Group Classes
- V. 1 x week Relaxation Treatment

Enrollment \$74.50 (Reg \$149)

Edu/Material Fee \$269 (Reg \$279)

Monthly \$54 (Reg \$59)

(3) Fast Track Premier Program

- Needing to change eating habits
- Needs support and accountability
- Failed on other weight loss programs

You Receive:

- I. Total Accountability
- II. Nutritional Plan tailored to you
- III. 3 x week One on One private Coaching & Support
- IV. Guaranteed weight loss of 2-3lbs per week
- V. Unlimited Exercise
- VI. Weekly Group Classes
- VII. 1 x week Relaxation Treatment

Enrollment \$74.50 (Reg \$149)

Edu/Material Fee \$269 (Reg \$279)

Monthly \$74 (Reg \$79)

Infra-red Sauna Treatments:

Detoxify, reduce inflammation, reduce pain, lower blood pressure, burn 300-600 calories!

30 min session \$30 (Reg \$40)

Synergie Treatments:

Cellulite reduction, inch loss, tone & tighten skin, improve circulation

SLO Wellness Center

1428 Phillips Ln, Ste 300

San Luis Obispo, CA

93401

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 five chiropractors, two 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 only.

\$100 for 1st chiropractic treatment (regularly \$134)

\$50 for follow up chiropractic treatment (regularly \$59)

For SLO County employees, our acupuncturist would like to offer a discounted rate for acupuncture only.

\$100 for 1st acupuncture treatment (regularly \$130)

\$75 for follow up acupuncture treatment (regularly \$80)



SLO Wave Acupuncture and Massage

Treat pain, anxiety, and hormonal imbalances naturally

Trained in China and Taiwan

Years of experience

California board certified acupuncturist and oriental body worker

Utilizes all five branches of Chinese medicine for maximum effect: Herbs, Acupuncture, Qi Gong (energy work), Massage, and Dietary Therapy

Employee special:

20% off full treatment (Regularly \$100)

\$80 Dollars gets you:

Massage/cupping and acupuncture

Your insurance may apply toward much of the balance, as well

15% off acupuncture only (Regularly \$60)

Acupuncture in a private room

Call or book online

805-202-1492

www.slowaveacupuncture.com

[Exercise](#)

[Avila Bay Athletic Club](#)

6699 Bay Laurel Pl.
Avila Beach, CA 93424
805-595-7600



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

Avila Bay Athletic Club & Spa

Avila Bay Athletic Club & Spa is a four-acre tropical paradise of health and fitness for you and your whole family! The club offers an active tennis program, two beautiful heated ozone swimming pools, two Jacuzzis, two Infrared saunas, strength-training center, cardio center, cycle/spin classes, lessons and clinics, certified personal trainers, boot camps, cafe & catering services, conference room, specials events, happy hours, and more.

Corporate Discounts Offered for all County Employees:

20% off Enrollment Fees and \$10 less per monthly dues.

Membership prices are based on type of membership and the number of family members. The club offers: Full Privilege, Swim and Health, and Senior Memberships.

For more information contact the membership staff at 805-595-7600 ext: 105

Champions Health & Racquet Club

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

www.championsworkout.com



The following is our special price discount for County Employees:

\$10.00 per month for our Fitness Membership which includes unlimited use of our Cardio Equipment, Free Weights, Life Fitness Weight Machines and Locker Rooms.

\$15.00 per month for our Fitness Plus Classes Or Saunas Or Racquetball (Pick 1)

\$20.00 per month Pick 2 from above

\$25.00 per month for Everything.

Receive One Free Smoothie from our Health Bar and a free body composition/evaluation when you sign up.

Each membership is a one year contract or you may join on a month-to-month contract by paying \$2.50 per month extra. Each membership has an annual maintenance/rate guarantee fee of \$29.00. Each membership is paid monthly through our Easy Pay debit system. Champions' sole purpose is to provide service and knowledge to each member. Champions puts a premium on educating each member. Champions is the cleanest club you'll ever exercise in, we pride ourselves in keeping Champions clean all day, every day. Champions offers free Racquetball Lessons. Personal Training and Nutrition/Lifestyle Coaching is our specialty because Champions' Master Trainer and Lead Trainer each have over 30 years and 17 years of experience respectively. They each have multiple certifications and extensive knowledge of the human anatomy as it relates to Exercise Physiology and Kinesiology. Education, knowledge and experience applied to each member's unique reasons for exercising and nourishing their body, is the absolute key to successfully and safely reaching your physical fitness goals.

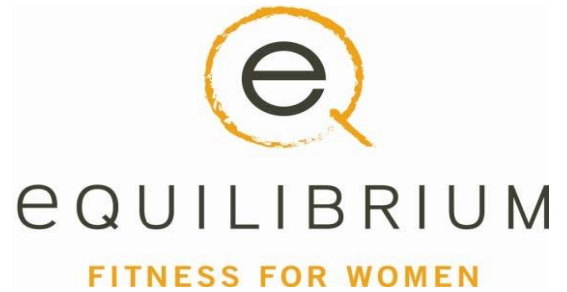
Champions now has an onsite massage therapist to instantly relieve any stress, realign and relax your body with deep massage or a lighter massage per your preference. We provide chair and or table massage therapy.

Champions built two of the finest and most therapeutic saunas - the pure distilled steam water sauna enclosed in white Carrera marble and our deep penetrating heat dry redwood sauna.

We invite you to take advantage of the county employee discounts. Please call or stop by for a free tour of our facilities, amenities and customer service !

Equilibrium Fitness for Women

3930 Broad Street
San Luis Obispo, CA 93401
805-541-1100
eqclubs.com



Experience the EQ Difference!

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

Our memberships include:

- Over 55 Classes a Week!
- Spin, Les Mills, Bootcamps & More!
- Cardio Equipment
- Strength Training Equipment
- Locker Room & Shower
- Personal & Small Group Training
- Prenatal, Postpartum, and Mommy & Me
- Child Care
- Easy Parking

San Luis Obispo County Employees

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

12 Month Pre-Paid Membership - \$499

No enrollment fees

OR

6 Month Pre-Paid Membership - \$270

No enrollment fees

OR

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

One time \$29 processing fee.

For more information visit or contact us!

541-1100 or membership@eqclubs.com

All memberships include a complimentary initial personal training session.

Start with our 30 days for \$30 trial for an opportunity to get your first month free!

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 \$50. Additional family members also save \$4 per month off of the monthly rates listed above.

1st Month FREE! Holiday Special Offer!

Sign up by January 31st, 2019 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 - HIIT - Circuit Challenge & more!
- On-Site Child Care
- Personal Training

For more information visit www.FitnessWorksMB.com or call 805-772-7466

The Gym

1081 Highland Way STE A
Grover Beach, CA 93433
(805) 489-1618

The rate for the County of SLO employees is \$30/month. There are no start up fees or any contacts.

Our facility is 24 hours. We don't have any classes but we do have members that are personal trainers. At our gym we have a little bit of everything. We offer strength training equipment, cardio, CrossFit type work out equipment, and people can even do some strong man training.

The Gym itself is 24 hours, but our office hours are Monday to Friday from 4:30 pm to 7 pm. We are always able to make arrangements to meet someone at The Gym if those hours or days don't work.

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 \$525. 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 2019 Los Osos Fitness offers no Start-Up Fee (a \$75 savings) for current County Employees purchasing a 12 month membership.

Member dues for a 12-month membership are **\$49-54/month**.

Services available are group classes (36 per week), cardio and weight equipment, personal training, physical therapy, smoothies, snacks, pro shop, showers, and day use lockers.

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

Please bring proof of employment. Thank you!

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, whirl pool, sauna, steam room, pickleball, racquetball, a well-equipped fitness floor, cycle room, cardio room, and a variety of group fitness classes including TRX, Zumba, Yoga, BodyPump, Barre, Aqua Aerobics, and much more.

FITNESS CLUB MEMBERSHIP

This membership includes all facilities except court sports, towel service & exceed classes.

FEES

	\$0.00 Initiation	\$45.00/month	or	\$450.00/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, & exceed classes.

FEES

	\$0.00 Initiation	\$55.00/month	or	\$550.00/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, 2020

YMCA - SLO County

1020 Southwood Dr.,
San Luis Obispo, CA 93401
805-543-8235
www.sloymca.org



Benefits of a YMCA Membership

- Waived joining fee for County of SLO Employees!
- Access to YMCA's Nationwide!
- Membership pricing for Personal Training
- No annual contract

Included in your YMCA Membership

- Free health & wellness orientation for every member
- Over 50 weekly group fitness classes
- MX4 30-minute small group training
- Access to the SLO Swim Center
- Child Watch, on-site drop in childcare, included with family memberships
- Weights & strength machines
- Cardiovascular equipment
- Indoor half-court basketball gym
- Racquetball/Handball Court
- Day-Use lockers
- Dry-heat saunas

Monthly Membership Rates

Membership Type	Monthly Rate
Young Adult (18-24)	\$43
Adult	\$46
Single Adult Family	\$57
Two Adult Family	\$71

As a nonprofit organization, the Y welcomes everyone, regardless of financial circumstance. If you are unable to pay full membership rates financial assistance is available

209 Madonna Road
San Luis Obispo, CA 93405
(805) 366-4750
sanluisobispo@clubpilates.com

- Club Pilates San Luis Obispo offers more than just low-impact, full-body workouts. With a range of class offerings that challenge your mind as well as your body, Club Pilates provides a path to a richer, more-fulfilling life. Book a free intro class [here](#).
- The corporate rate for the County of SLO employees is 10% off our memberships and \$0 enrollment. Private training and membership packages are also available.



SLO Yoga Center

672 Higuera St #200
San Luis Obispo, CA93401
805-543-8235
www.sloymca.org



and

3840 Broad Street, Suite 1
San Luis Obispo, CA 93401
805-439-4333
<https://www.sloyogacenter.com/>

Two locations in SLO: Downtown on Higuera between Broad and Nipomo Streets

- Yoga, Aerial Yoga, Sculpt, & Barre
- Community Lounge & Patio
- Mat storage and shower

Marigold Shopping Center location

- Yoga, Sculpt, & Barre
- Infrared heated studio for hot yoga
- Non-heated studio for Restorative, Gentle, & Yin Yoga
- Locker rooms & showers

Get started with our Intro Month: 30 days unlimited classes for \$39

Discounted membership rate for SLO County employees: \$89

Sign up : www.sloyogacenter.com



Swim

5 Cities Swim School

425 Traffic Way
Arroyo Grande, CA 93420
805-481-6399

<http://5citiesswimschool.com/>



The Five Cities Swim School is grateful to have the opportunity once again to give all San Luis Obispo County employees a discounted rate on all programs that we offer. The Five Cities Swim School (formerly Five Cities Swim Club) is located in Arroyo Grande. The facility is an indoor pool which is heated to a warm 90 degrees. We are open all year round with the exception of a few holidays. We will be offering county employees the following for the year 2019:

- 1). FREE Membership for the calendar year 2019.

THE SWIM SCHOOL OFFERS THE FOLLOWING AT MEMBER RATES TO COUNTY EMPLOYEES:

1. Swimming Lessons
2. Water Exercise Classes
3. Lap/Recreational swimming
4. Private Pool Rental
5. Recreational Swim Team

Rates printed in our current brochure are subject to change.

A current County ID is required to be presented when utilizing these offers.

If you should have any questions, please do not hesitate to call us at 481-6399.