

Independent School District No. 1

Rates and Information for Local Fitness Centers

- Most fitness centers require an ID card or proof of employment to get the discounted/corporate rate.
- The discounted/corporate rates listed are available to ALL employees regardless of whether or not they subscribe to the district's insurance.
- **Active&Fit Direct.** A Blues! Extras program offered through Blue Cross of Idaho. This program offers Blue Cross of Idaho insurance subscribers a \$25.00 enrollment fee and a \$25.00 per month membership. The enrollment fee is waived between 12/1/19 and 1/31/20.

Fitness centers participating in the Active&Fit Direct program:

- Anytime Fitness
- BA Nutrition and Fitness
- North Idaho Athletic Club (Moscow)
- Orofino Physical Therapy & Wellness (Orofino)
- Snap Fitness (both Lewiston and Clarkston locations)
- World Class Fitness

For more information about Active&Fit Direct, log into Blue Cross' website at members@bcidaho.com select Health & Wellness from the navigation menu across the top of the website and then find Fitness Clubs in the drop down menu. While there, feel free to check other valued programs and wellness tools available on their website.

Questions? Visit Active&Fit Direct's list of frequently asked questions at: <https://www.activeandfitdirect.com/FAQ/>.

Anytime Fitness (Member of Active&Fit Direct*)

Location: 102 Thain Road, Lewiston

Contact: 208-743-7100

Web: www.anytimefitness.com/gyms/917/lewiston-id-83501/

Discounted Rates (separate from Active&Fit Direct membership):

- ✓ **Enrollment fee special:** \$1.00 from January 1, 2020 through mid-January, 2020.
- ✓ Enrollment fee after mid-January: \$50.00
- ✓ Monthly rate: \$33.39 for individual; couple is \$59.94
- ✓ Mandatory key purchase: \$41.34 for first key and \$21.20 for additional keys (each family member must purchase a key)
- ✓ Family: \$83.74 per month
- ✓ Membership includes unlimited tanning.

Rates are separate from the Active&Fit Direct program, which offers **Blue Cross of Idaho members (i.e., employees that subscribe to the district’s insurance) a \$25.00 enrollment fee and \$25.00 monthly fees. See attached for more information.*

Asotin County Family Aquatic Center*

Location: 1603 Dustan Loop, Clarkston

Contact: 509-758-0110

Web: <http://theaquaticcenter.org/>

Rates include both the fitness center, indoor natatorium (pools) and water aerobics.

Washington Residents: 10% discount on rates listed below for non-residents

Non-Residents:

<u>Per month rates:</u>	<u>Quarterly per month rates:</u>	<u>Annual per month rates:</u>
Adults: \$45.99	Adults: \$39.99	Adults: \$34.99
Seniors:\$39.99	Seniors: \$34.99	Seniors: \$29.99

Daily rates: adults \$6.99; seniors and students \$4.99. Annual rates also include the outdoor water park; unlimited use when open.

*Participation with Active&Fit Direct ended 12/31/19.

BA Nutrition and Fitness/The Diet Doc (Member of Active&Fit Direct*)

Nutrition Consultant: Bailey Harrison, NASM CPT
Contact: 541-993-0225; baydawn@thedietdoc.com
Location: 3510 12th Street, Lewiston
Web: <https://www.thedietdoclewiston.com/Fitness>

Discounted/Corporate Rates:

- ✓ \$30.00 per month
- ✓ No enrollment fee
- ✓ \$15.00 key card

Rates are separate from the Active&Fit Direct program, which offers **Blue Cross of Idaho members (i.e., employees that subscribe to the district's insurance) a \$25.00 enrollment fee and \$25.00 monthly fees.*

CrossFit LCValley

Location: 2015 8th Avenue, Lewiston
Contact: 208-791-7391
Web: www.crossfitlcvally.com

Discounted/Corporate Rate:

- ✓ Monthly rate: \$85.00
- ✓ Childcare during certain hours, free of charge

CrossFit Rove:

Location: 1026 Bryden Avenue, Lewiston
Contact: 208-305-9515
Web: www.crossfitrove.com

Membership Rates:

- ✓ Monthly rate: \$90.00 + tax;
 - Discounted rates:
 - Military veterans, first responders and students \$75.00 + tax; under 18 years of age \$65.00 + tax
- ✓ Punch card: \$90.00 + tax for 15 punches (visits) – no time frame
- ✓ Day rate: \$10.00 + tax

Hells Canyon CrossFit

Location: 1445 5th Street, Clarkston

Contact: 509-295-8657; coach@hellscanyonfitness.com

Web: www.hells.canyonfitness.com

Membership Rates:

- ✓ First class if free.
 - ✓ Unlimited Membership: \$120.00 per month. This option gives you unlimited access to all CrossFit and Yoga classes, as well as access during open gym slots.
 - ✓ Punch Card: \$100.00 for 10 classes including CrossFit and Yoga
- Drop-in: \$15.00. Includes CrossFit, Yoga and Open Gym sessions.

Smart Fitness of the LC Valley

Location: 621 Bryden Avenue, Suite G, Lewiston

Contact: 208-413-6522

Web: <https://smartfitnesslc.com/>

Discounted/Corporate Rates (see attached brochure):

- ✓ Enrollment Fee: \$49.99
- ✓ Monthly rate: \$40.00
- ✓ Spouse = \$35.00/month + \$10.00 enrollment fee

Snap Fitness: (Member of Active&Fit Direct*)

Two Locations:

- ✓ Lewiston: 1019 21st Street
Contact: 208-298-2057; lewiston@snapfitness.com
Web: www.snapfitness.com/gyms/lewiston-id-83501/6717

- ✓ Clarkston: 1620 13th Street
Contact: 509-254-5065
Web: <https://www.snapfitness.com/gyms/clarkston-wa-99403/5806>

Discounted Rates/Business Buddies Plus + (see attached brochure):

- ✓ **Enrollment fee special:** \$10.00 from January 1, 2020 to January 31, 2020
- ✓ Enrollment fee: \$49.00
- ✓ Per month rates: Individual: \$34.95; spouse \$20.00; child under 18 years of age, \$20.00; child over 18 years of age in same household, \$30.00
- ✓ Month to month memberships with no contracts
- ✓ 24-7 access to any Snap Fitness internationally

Rates are separate from the Active&Fit Direct program, which offers **Blue Cross of Idaho members (i.e., employees that subscribe to the district's insurance) a \$25.00 enrollment fee and \$25.00 monthly fees.*

World Class Fitness (Member of Active&Fit Direct*)

Location: 1110 Main Street, Lewiston

Contact: 208-746-8309

Hours: 5:00 a.m. – 7:00 p.m.

Discounted Rates:

- ✓ 3 month membership: \$40.00 per month
- ✓ 6 month membership: \$35.00 per month
- ✓ 12 month membership: \$30.00 per month
- ✓ VIP membership – additional \$5.00 per month allows for 24 hour per day access

You only pay monthly regardless of membership level.

Rates are separate from the Active&Fit Direct program, which offers **Blue Cross of Idaho members (i.e., employees that subscribe to the district's insurance) a \$25.00 enrollment fee and \$25.00 monthly fees.*

Lewiston Golf & Country Club

Location: 2985 Country Club Dr., Lewiston

Contact: (208) 746-2801

Corporate Rates:

- ✓ Tier 1: 3-5 people: \$200.00 per month
- ✓ Tier 1: 6-10 people: \$175.00 per month
- ✓ Tier 3: 11-20 people: \$150.00 per month
- ✓ Tier 4: 21 + people \$125.00 per month

See Corporate Member Flyer and Membership Brochure on the District's Wellness page at:

<https://www.lewistonschools.net/wellness-4/>